Mindfulness in the Classroom

Relax Like a Cuddly Wibble

Older Learners 3rd to 5th Grade
Moshi Mindfulness in the Classroom series is a focused sequence of CASEL-aligned lesson plans. Built around the magical Moshi world, the lessons use audio content and characters to bring social-emotional learning to life across topics like self-regulation, awareness, and making friends. Take-home sheets are included with each lesson so that kids and families can practice mindfulness in and out of the classroom.
CASEL Standards:

SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.
RESPONSIBLE DECISION-MAKING: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.

Academic Standards:

CCSS.ELA-LITERACY.SL.3.2
Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

CCSS.ELA-LITERACY.SL.4.2
Paraphrase portions of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

CCSS.ELA-LITERACY.SL.5.2
Summarize a written text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

Objective:
I can use progressive muscle relaxation to manage stress.

Essential Questions:
What is progressive muscle relaxation?
What strategies can I use to relax my mind and body?
How can I calm myself down when I feel upset or stressed?

I Can:
I can choose a relaxation tool to calm myself down.
I can use mindfulness to manage my emotions.
Relax Like a Cuddly Wibble
Now we will listen to a meditation called Relax Like a Cuddly Wibble. This are Cuddly Wibbles! Click on the picture to begin listening*:

*link opens in app. https://links.moshisleep.com/story/Relax_like_a_Cuddly_Wibble_v1
Today you will learn how some Moshling’s called Cuddly Wibble’s like to relax. We will practice stretching like a cat today, and use our muscles to help us relax. When you stretch, you are in your own space and you let others be in their own space. Practice taking a stretch like a cat, or another animal, and make sure you have enough room to move without touching anyone else.

We will learn a tool called progressive muscle relaxation, a way to tense our muscles up, then relax them. This helps our bodies to relax when we feel stress. When our bodies are relaxed, it becomes easier to relax our minds.

**Before You Listen**
Relax your body in your own space.
Remember your slow, deep breathing. Breathe in through your nose, then out through your mouth. Take several deep breaths to calm yourself.

**After You Listen**
How do Cuddly Wibbles like to relax?

Can you remember how to do the Wibble? The Wibble Bibble? The Wibble Bibble Bobble??

What did it feel like to tense your muscles, then relax them?

When is it useful to have tense muscles?

When is it useful to have relaxed muscles?

When could you do the Wibble to help you manage your stress?