Mindfulness in the Classroom

Snookums and the Sleepy Desert Kingdom

Moshi for Schools

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.

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CASEL Standards:

SOCIAL AWARENESS: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.
RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.

Academic Standards:

Common Core English/Language Arts Standards:
CCSS.ELA-LITERACY.W.K.8
CCSS.ELA-LITERACY.W.1.8
With guidance and support from adults, recall information from experiences or gather information from provided sources to answer a question.
CCSS.ELA-LITERACY.W.2.8
Recall information from experiences or gather information from provided sources to answer a question.

Objective:

Use relationship skills to negotiate a conflict constructively by seeing another person's point of view.

Essential Questions:

How can I work out a conflict in a positive way with others?

I Can:

I can settle a conflict in a positive way with others.

Snookums and the Sleepy Desert Kingdom

Now we will listen to a Moshi Moment called 'Snookums and the Sleepy Desert Kingdom'. This is Snookums! Click on the picture to begin listening*:

*link opens in app.
https://links.moshisleep.com/story/Snookums_and_the_Sleepy_Desert_Kingdom

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Today we will travel to a valley desert full of sand dunes called Wadi-Wadi Beddi Biddi to meet a very tired Baby Tumteedum named Snookums. Snookums is searching for a special enchanted goblet that will help him fall asleep.

How do you know when you are tired?
What do you do when you are tired?
Why is it important for your body to sleep?

After You Listen

When Snookums arrives at the temple carved from pink stone, he hears a crumbling sound and looks up to see the genie. Then he notices the genie has the goblet! The genie says he's tired of counting sheep and wants to go to sleep, too. Snookums suggests they share the goblet so both of them can sleep. The genie thinks this is a good idea so he throws down the goblet and makes a deal with Snookums.

They decide to share the treasure so each one can solve their problem in a positive way.

Work with a partner to draw a picture of what the goblet looks like. Each person should share their ideas and help to draw part of the picture.

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