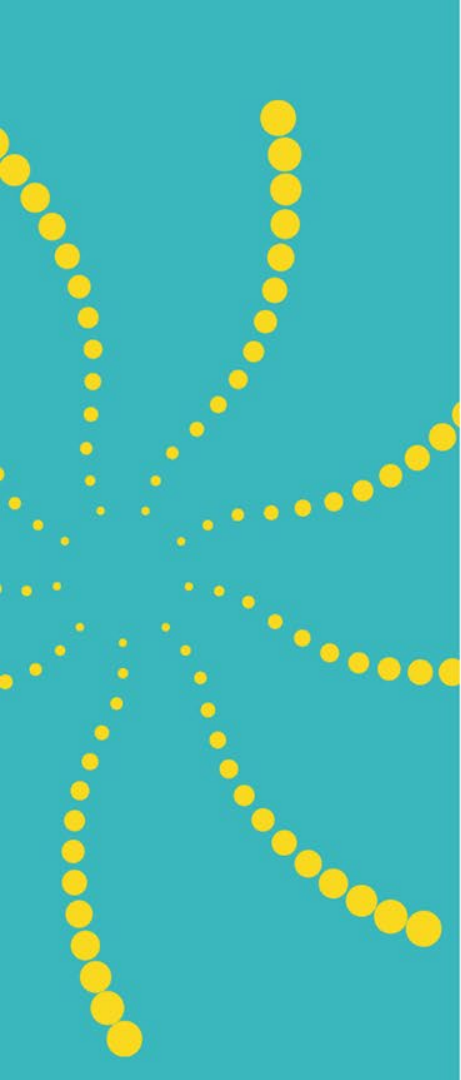




Learning About Me

Moving Storytime

Unit 2 Lesson 2
K-1

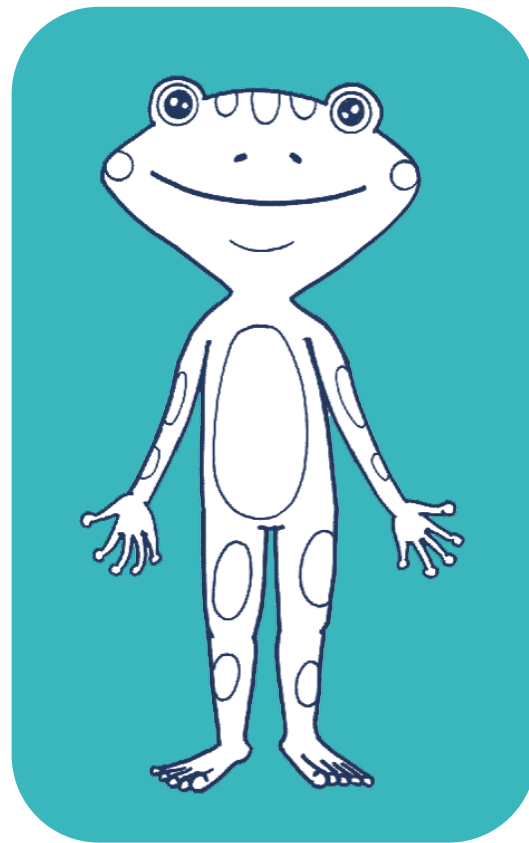


Today, we'll see if you remember the sequence that Maria and Michael create to help them stay healthy and feel good.

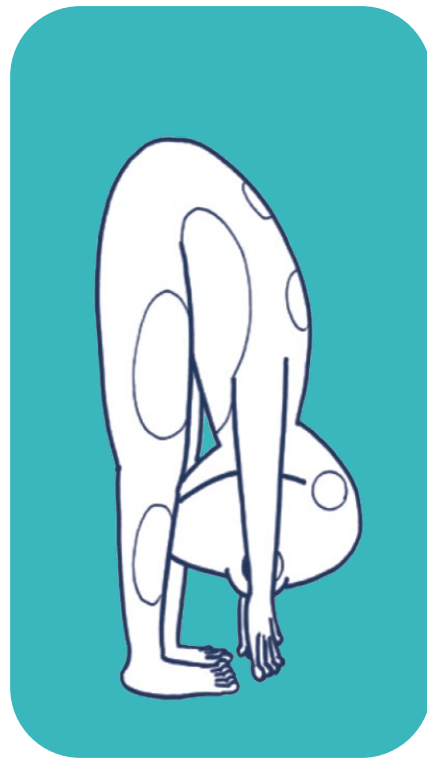
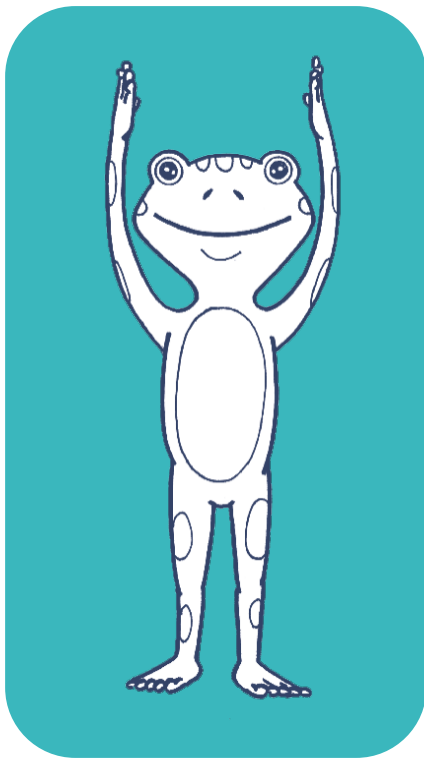
Let's see what feelings visit us as we do the Moving Storytime!

Mindful Mountain

***Mindful means paying attention
on purpose with curiosity and
kindness***

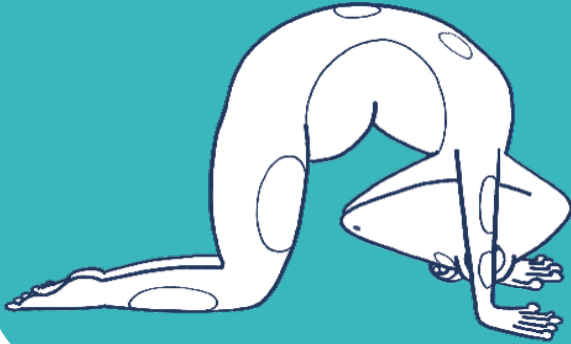


Every morning their friends on the mountain get up with the sunrise, and every night they come inside at sunset.

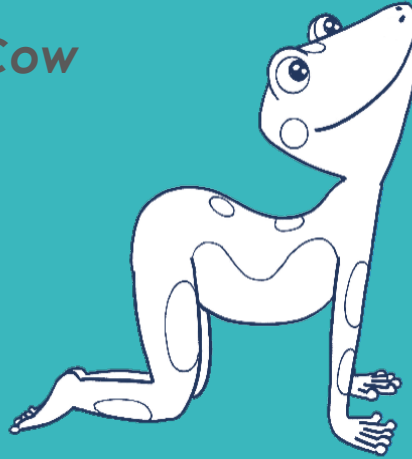


***When Maria and Michael go outside, they say
hello to their friends Cat, Cow and Dog.***

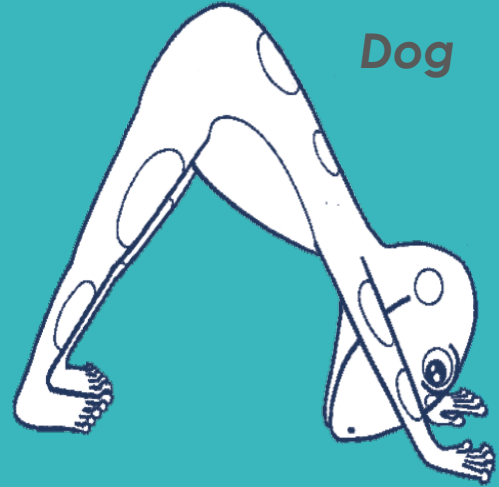
Cat



Cow



Dog

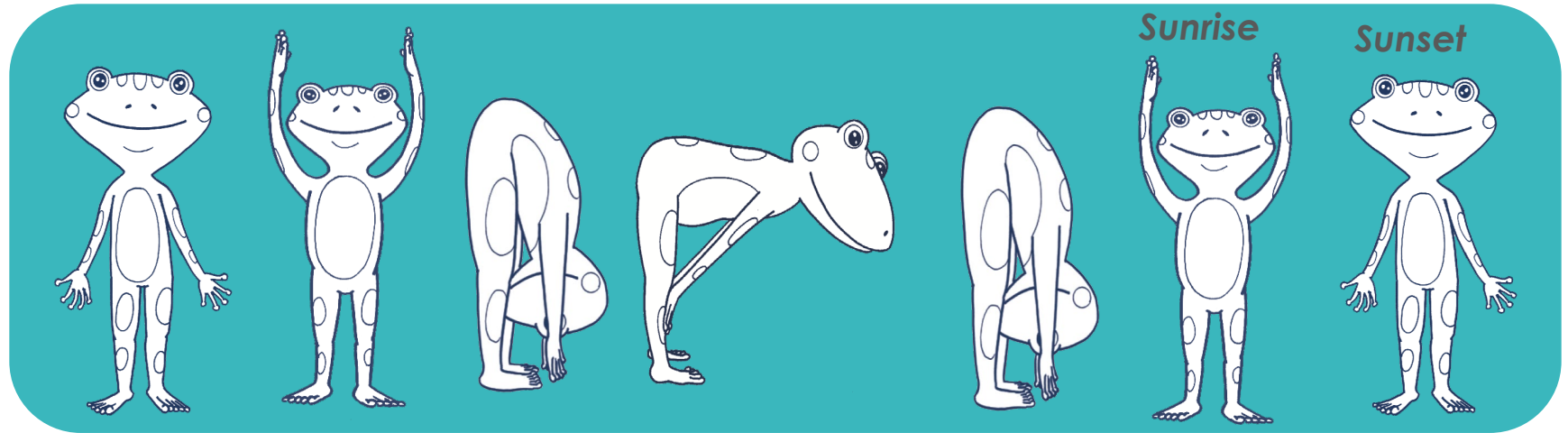


Maria and Michael love to move, their friends Cat, Cow and Dog asked Maria and Michael to teach them something to help them feel happy, healthy and strong.

Maria and Michael put their favorite movements together and taught the sequence to their friends.

Do you remember the name of the sequence that Maria and Michael taught their friends?

Michael's favorite movement sequence.



Mountain

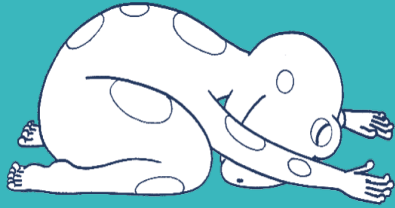
Sunrise

Sunset

Monkey

Sunset

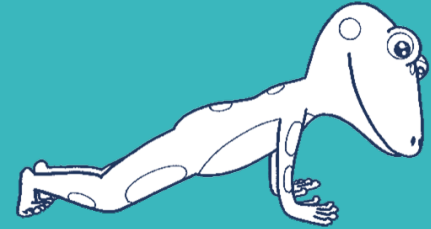
Maria's Favorite Movement Sequence



Child's Pose



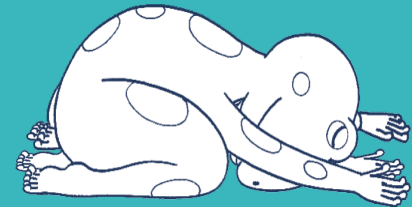
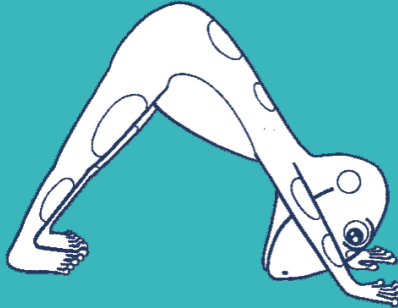
Down Dog



Plank



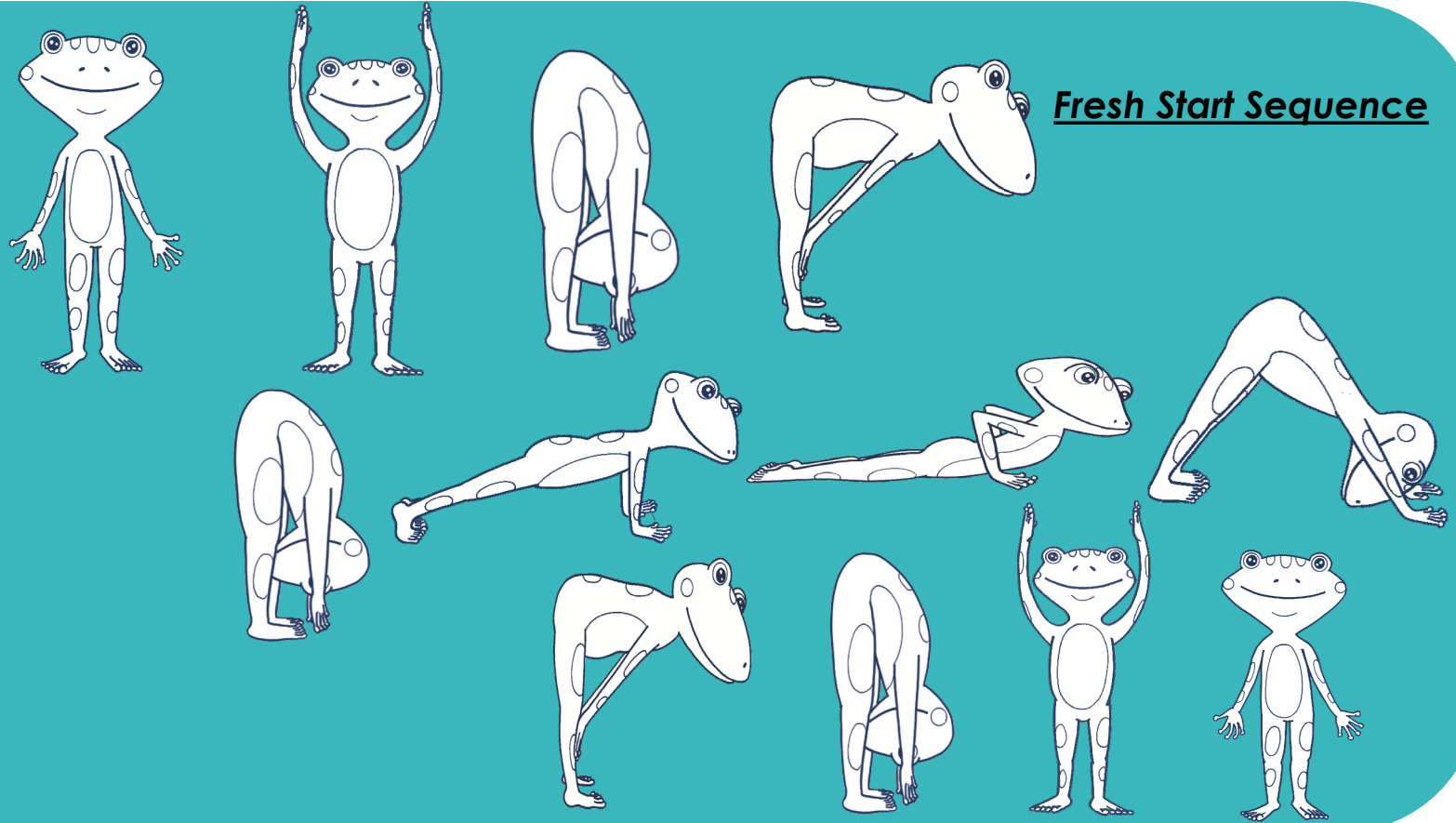
Cobra



Maria and Michael love to move, their friends Cat, Cow and Dog asked Maria and Michael to teach them something to help them feel happy, healthy and strong.

Maria and Michael put their favorite movements together and created a Fresh Start Sequence.

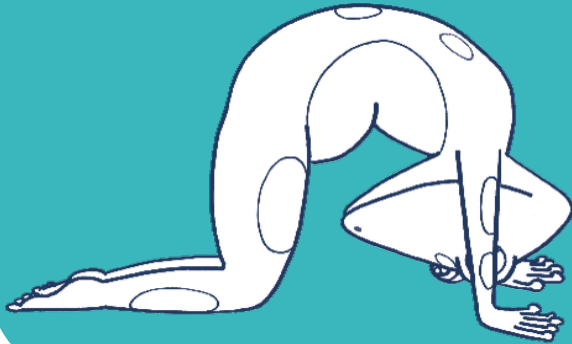
This is what they taught their friends.



Fresh Start Sequence

After learning the sequence, Cat, Cow and Dog checked in with themselves with curiosity and kindness to see what thoughts and feelings had come to visit.

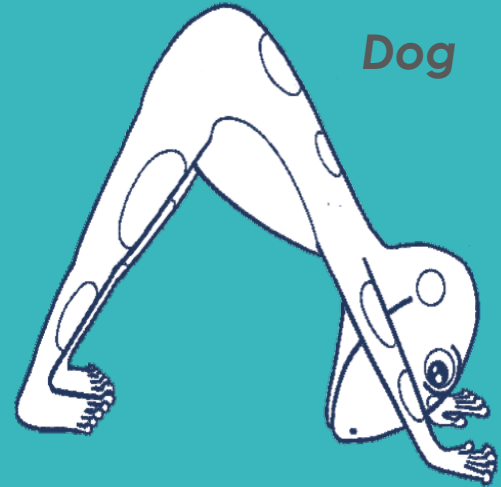
Cat



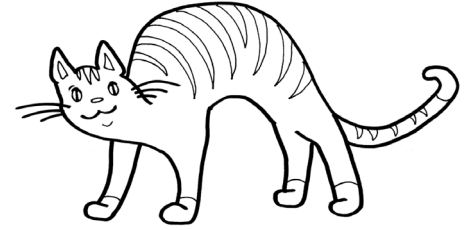
Cow



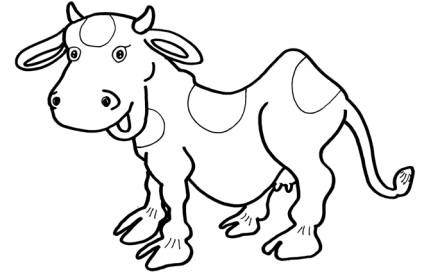
Dog



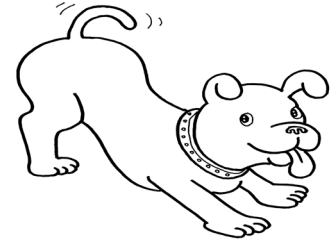
Cat said, “My body is a bit sore, and the feelings of nervousness has come to visit me. I wonder if I will get better at this with practice.”



Cow said, “My muscles feel like they’re working and getting stronger. I feel proud of myself. I think that we will all improve with practice.”



Dog said, “My body feels tingly, and the feeling of excitement has come to visit me. I can’t wait to do the sequence again!”



We just learned what Cat, Cow and Dog were thinking and feelings were visiting them.

Let's use our detective minds to check-in with ourselves with curiosity and kindness just like Cat, Cow and Dog.



We learned today that Maria and Michael can do with their bodies. Let's learn what you can do. Maria and Michael asked us to teach them some of our favorite movements.

Can you think of one movement that helps you feel happy and healthy?

When Maria and Michael took a break on their mountain walk, they slowed down and noticed the world around them- a Butterfly, a little Flower, and a Turtle.

When you are quiet and still in these poses, what do you notice?

