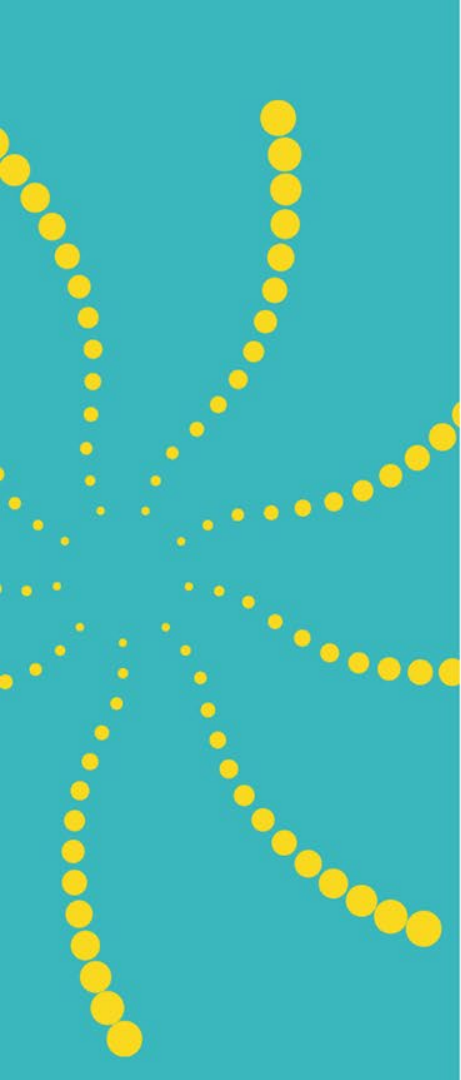




# ***Visiting Feelings***

***Moving Storytime***

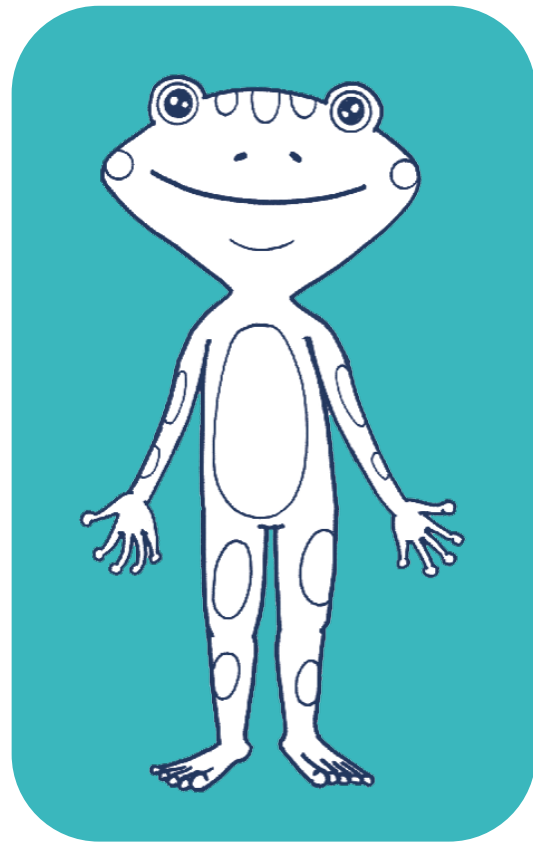
***Unit 2 Lesson 2***  
***K-1***



***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  
of purpose with curiosity and  
kindness**



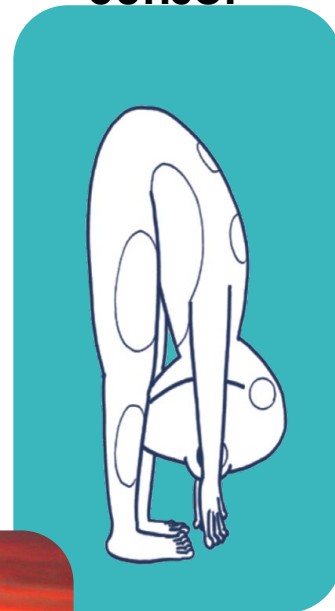
## Sunrise



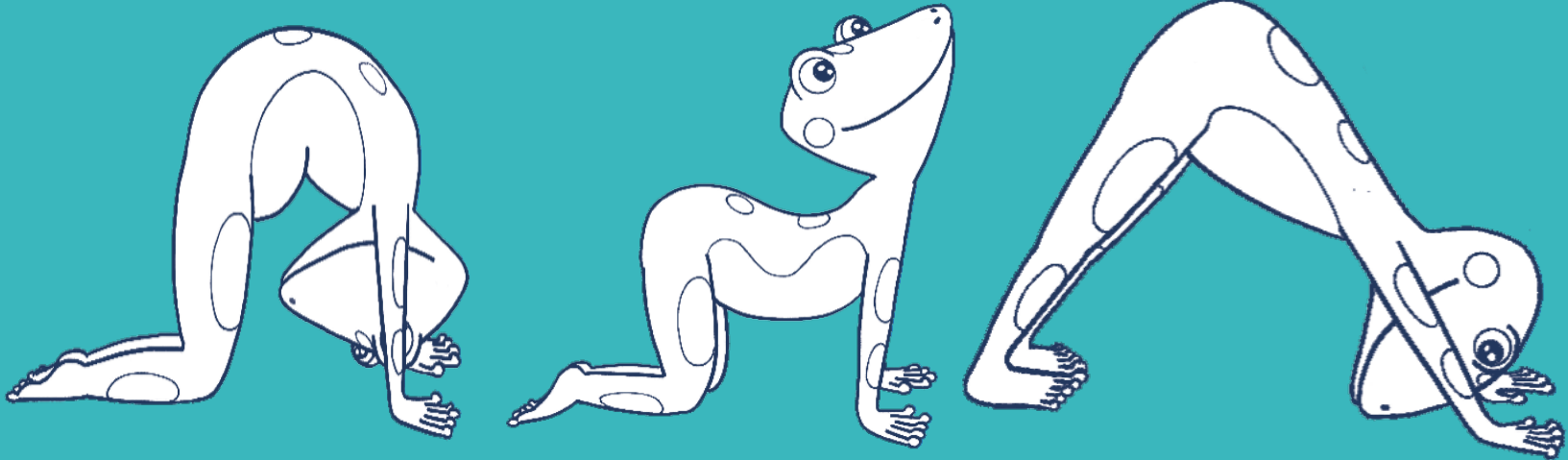
***Every morning their friends  
on the mountain get up  
with the sunrise, and every  
night they come inside at  
sunset.***



## Sunset



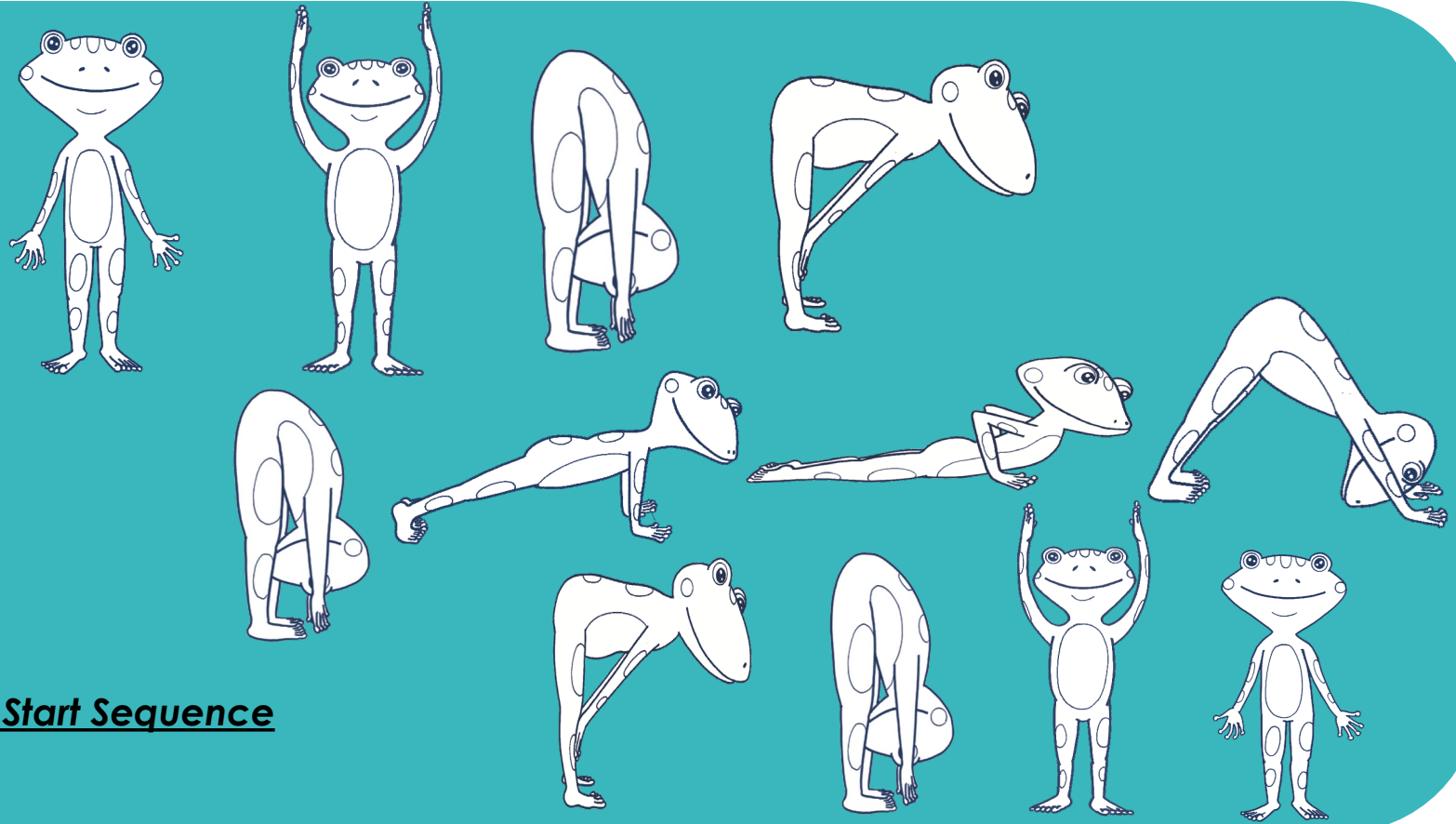
***When Maria and Michael go outside, they say hello to their friends Cat, Cow and Dog.***



***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?***

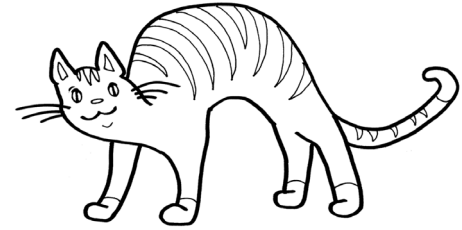


## Fresh Start Sequence

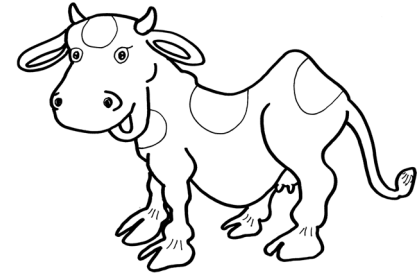
***After learning the sequence, Cat, Cow and Dog checked in with themselves with curiosity and kindness to see what thoughts and feelings had come to visit.***



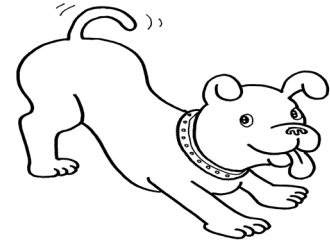
**Cat said, “My body is a bit sore, and the feelings of nervousness has come to visit me. I wonder if I will get better at this with practice.”**



**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.**

**Now let's learn what feelings  
are visiting you.**

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

**When you notice a feeling,  
name what it is silently or with  
a whisper.**



***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?***

