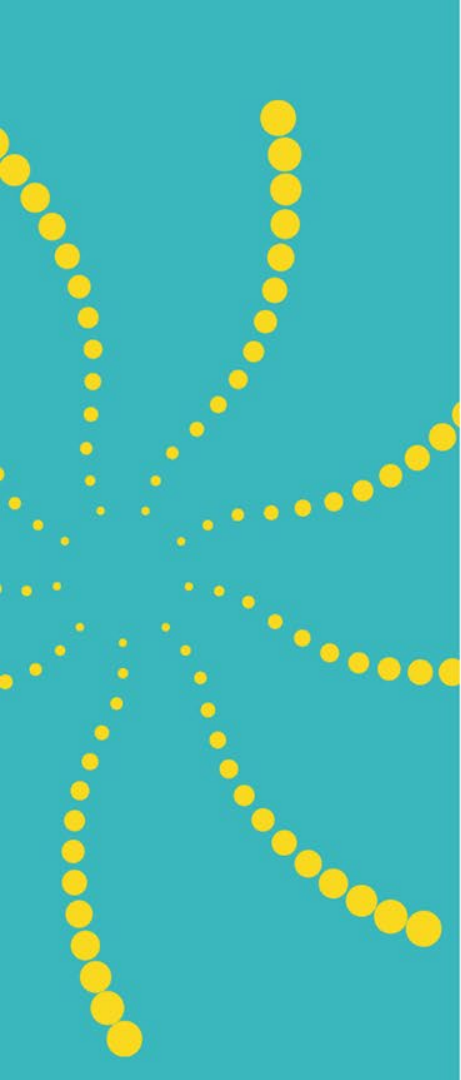




Describing Feelings

Moving Storytime

Unit 2 Lesson 3
K-1



Today we are going to follow our friends Maria and Michael on a new adventure.

Maria and Michael are very curious about the world. Do you ever feel curious? They are feeling curious and feeling brave, so they are going to leave the mountain today and travel on an adventure. Do you feel brave?

Let's use our imagination to travel with them.

This morning Maria and Michael woke up in their home on the mountain.

Michael took a deep breath and noticed that he was feeling very curious this morning.

Maria took a deep breath and noticed that she was feeling very brave this morning.



***Maria and Michael
looked outside and
saw that the sun
was rising in the
clear blue sky and it
was going to be a
beautiful day.***

***They decided it was
the perfect day for
an adventure.***

Mountain

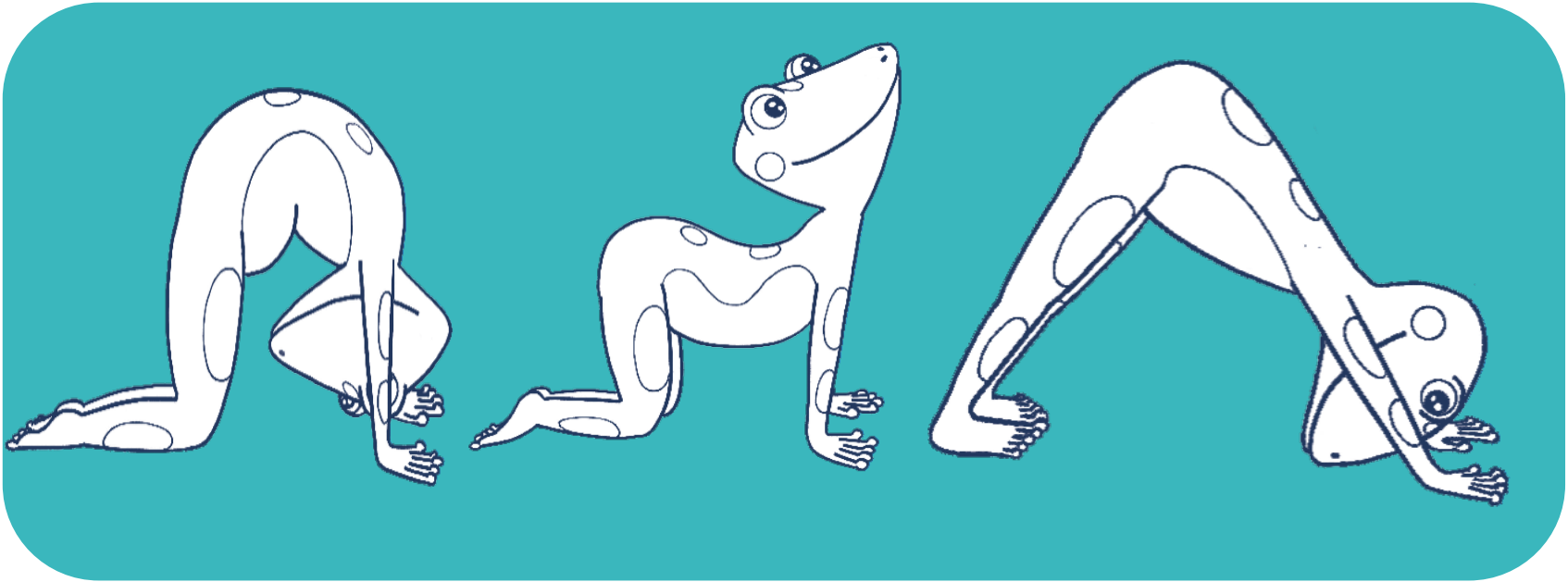


Sunrise



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

Maria and Michael told their friends that they woke up feeling brave and curious this morning and decided to go on an adventure.

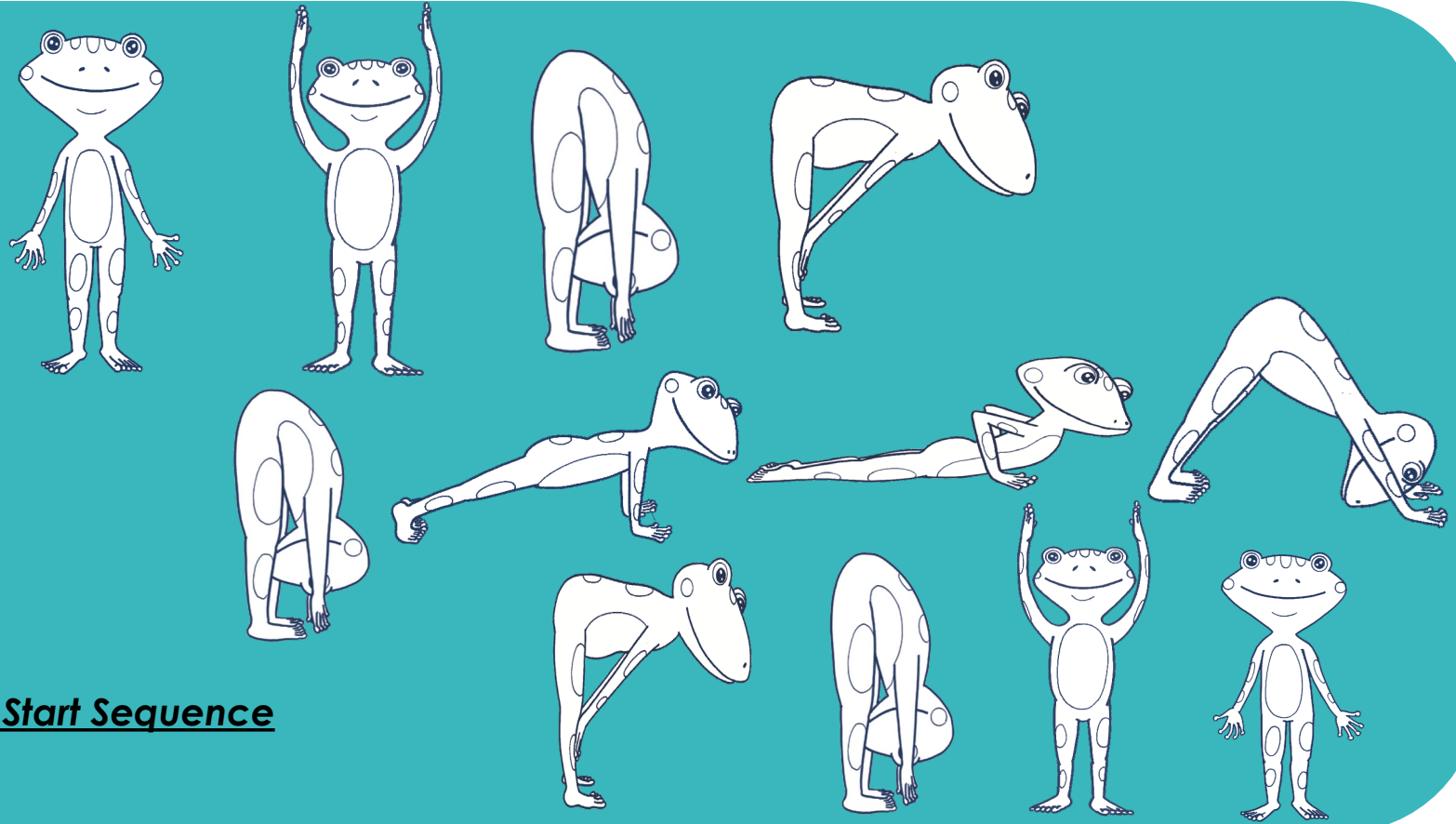


Cat asked, “Where will you be going?”

Maria said, “We haven’t thought of that yet!”

Michael asked their friends if they had any ideas, and Cow said, “I know the perfect place!”

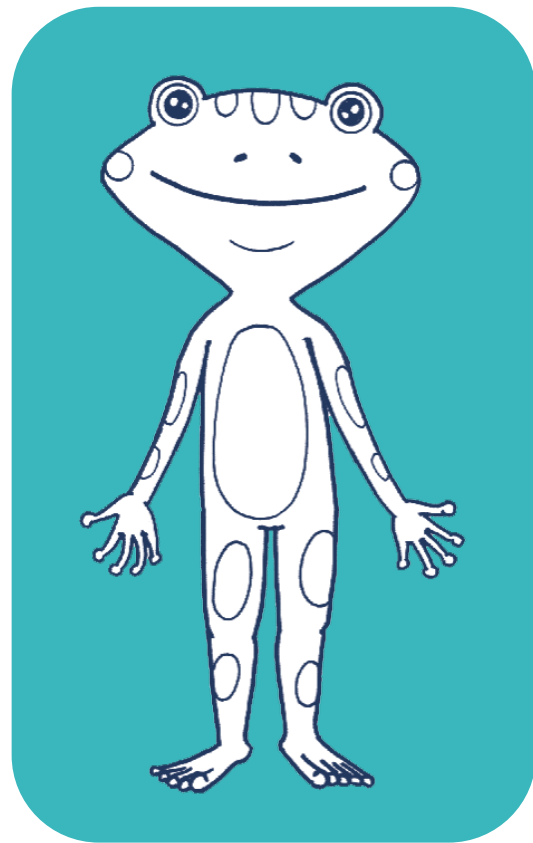
Cow whispered to Dog, and Dog drew a map.



Fresh Start Sequence

After practicing the Fresh Start Sequence, Maria and Michael were ready for their adventure.

They took the map from Dog, said goodbye to their friends, and decided to get started.



First they hiked down the mountain to the place where the map starts.

Maria looked at the map and found Step 1, to run as fast as you can across the meadows.

Michael looked at the map and found Step 2, to jump across 20 stones to cross the river.

Maria looked at the map and found Step 3, to crawl and climb through the winding cave tunnels.

When they made it through the caves, they were at the beach!



***During their beach adventure,
they saw a lot of things, and some
feelings came to visit.***



First, Maria and Michael saw a talented surfer riding high on the waves. Do you see the surfer? When Michael saw this surfer, he felt jealous. He wanted to be able to surf like that too, and it bothered him that he couldn't.

When a jealous feeling comes to visit, is that comfortable/pleasant or uncomfortable/unpleasant? Show me what happens to your face and body when you feel curious. Is it okay to feel this way?

Maria and Michael decided they would try to learn to surf. They asked the surfer to give them a lesson, and the surfer taught them how to stand on the board.



Maria and Michael practice surfing, and it was very challenging! They saw some huge waves, and lots of waves came crashing down on them, knocking them off their surfboards.

When Michael saw a giant wave coming, he felt hopeful. He hoped that he would be able to stay up and keep surfing on the big wave.



When a feeling of being hopeful comes to visit, is that comfortable/pleasant or uncomfortable/unpleasant?

Show me what happens to your face and body when you feel hopeful. Is it okay to feel hopeful sometimes?

Maria felt frustrated! She was tired of falling off her board into the rough waves.

When a feeling of being frustrated comes to visit, is that comfortable/pleasant or uncomfortable/unpleasant? Show me what happens to your face and body when you feel frustrated. Is it okay to feel frustrated sometimes?

After all that surfing, Maria and Michael were very tired!

They sat down on the beach for a rest, and they saw that the sun was beginning to set in the sky.

Michael felt sad, because their beach adventure was ending. When a feeling of sadness comes to visit, is that comfortable/pleasant or uncomfortable/unpleasant? Show me what happens to your face and body when you feel sad.

Maria felt relieved because she was ready to rest after such a busy day. When a feeling of being relieved comes to visit, is that comfortable/pleasant or uncomfortable/unpleasant? Show me what happens to your face and body when you feel relieved.

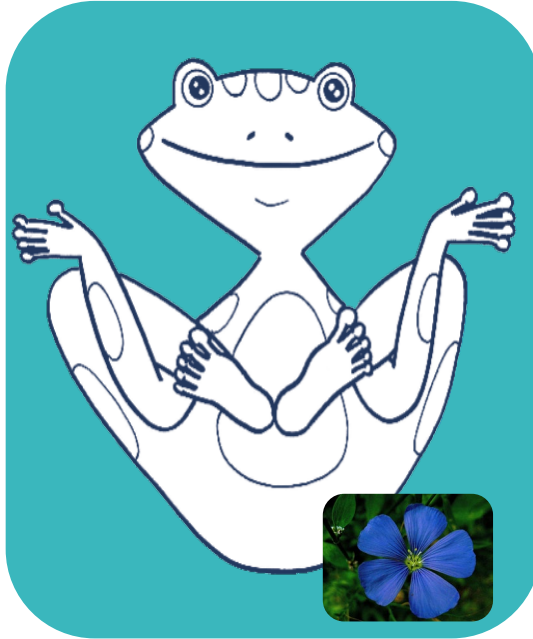
Is it okay to feel both sad and relieved sometimes?



Seated Forward Fold



When Maria and Michael finally got back home from their adventure, they decided to do a few stretches to relax before going inside to rest.



Rest and Reflection with:

Ocean Wave Breath

