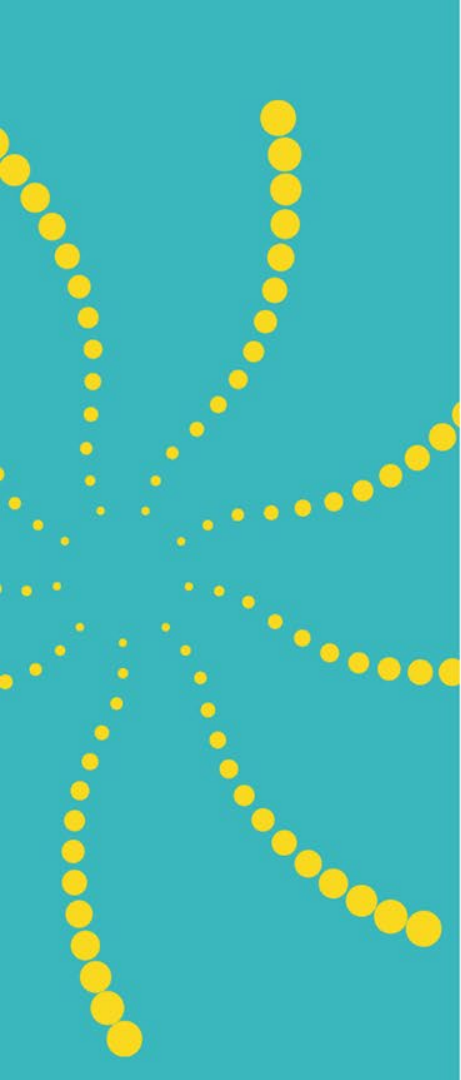




Examining Feelings

Moving Storytime

Unit 2 Lesson 4
K-1



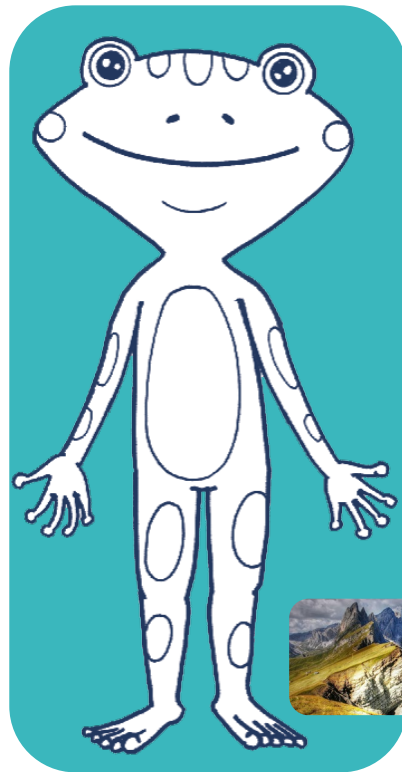
***Today we are going to use our imaginations again and revisit
Maria and Michael's beach adventure***



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

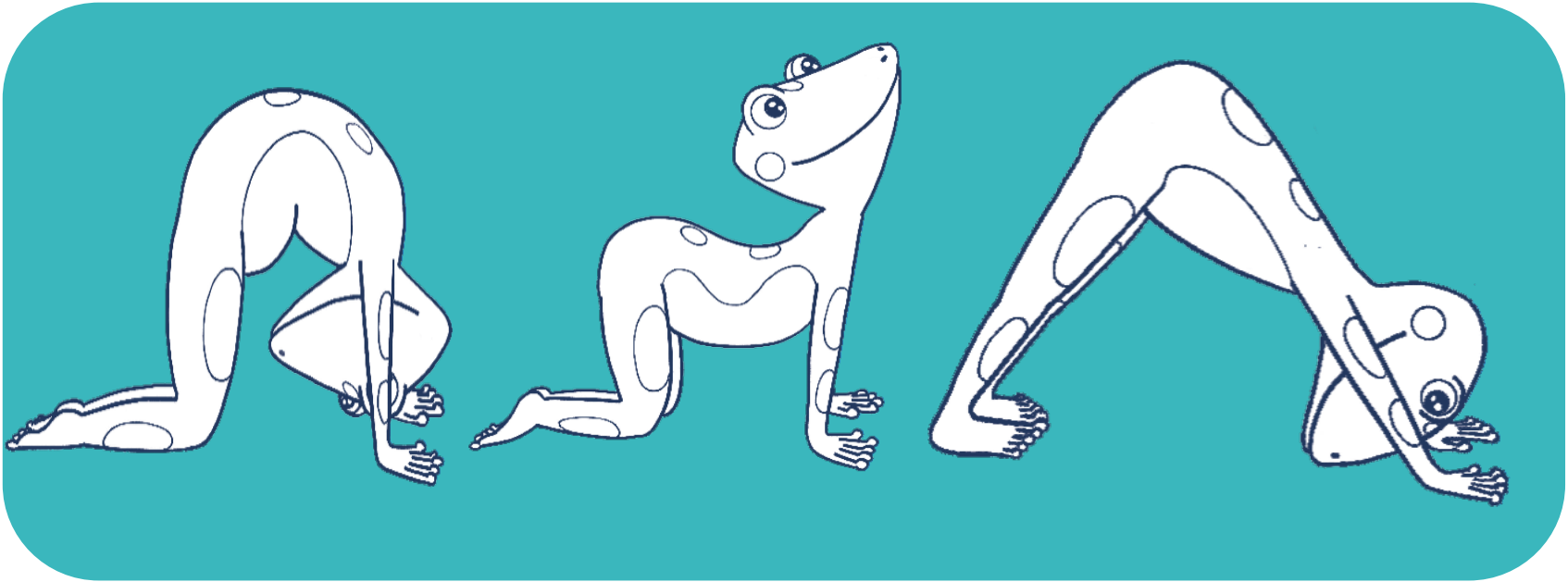


Sunrise



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.



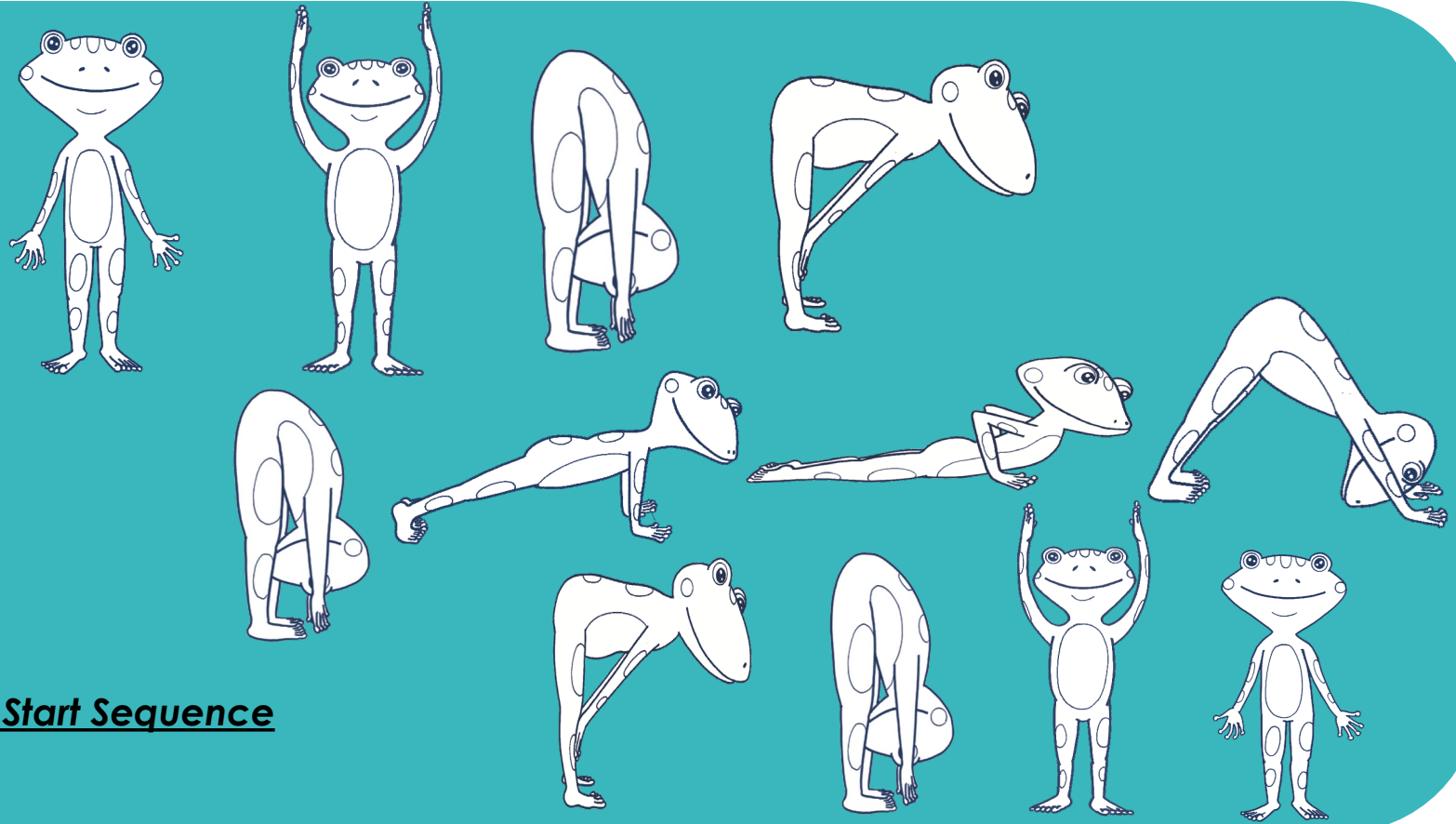
Cat asked, “Where will you be going?”

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.

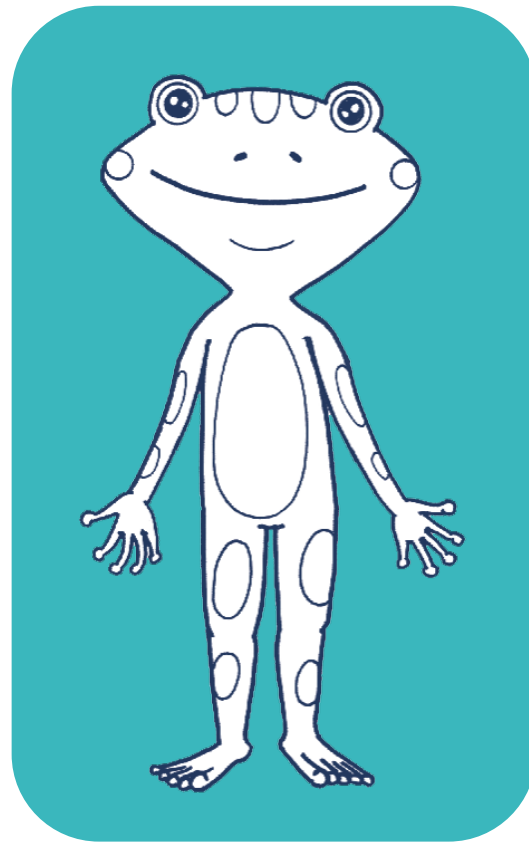
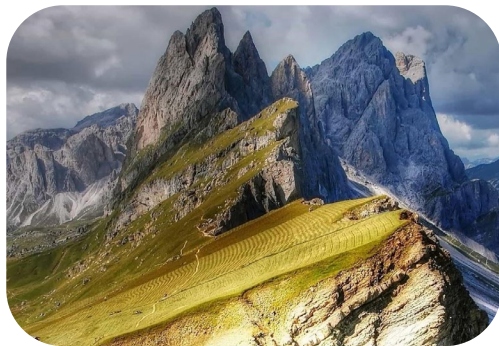
They decided that first they would do their Fresh Start Sequence together to get their bodies awake and ready for their adventure.



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!



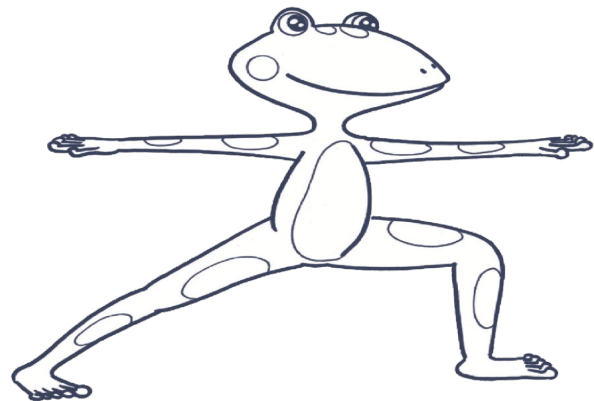
There were so many things to do at the beach. Maria and Michael went swimming, picked up seashells, and watched fish swimming in the water and crabs scurrying along the sand.

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 Maria saw the surfer, she felt curious. She wondered how surfing worked and how you could learn how to do that.

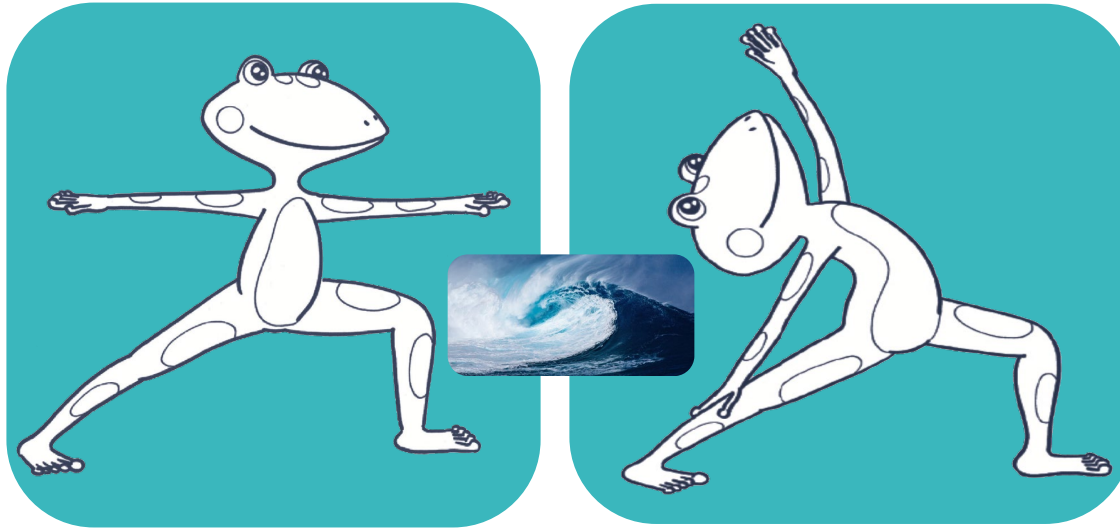
When you see the surfer do you feel more like Michael or more like Maria?

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.



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

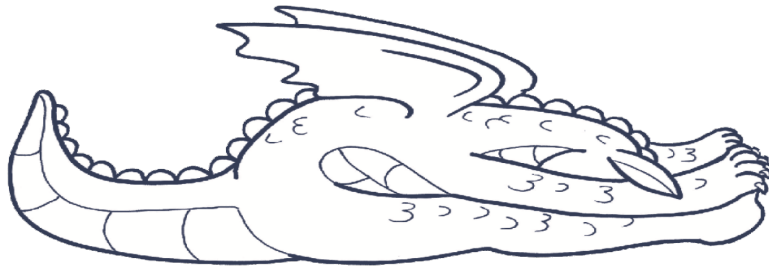
Imagine you are surfing and see this big wave. Do you think you would feel more like Michael or more like Maria? What feeling comes to visit you when you see the big wave?

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.

Maria felt relieved because she was ready to rest after such a busy day.

How do you feel right now about this beach adventure ending? What feeling comes to visit you when you notice that our beach adventure is ending?



Feelings often arise in response to experiences, or triggers.

→ A trigger can be something we do, something that happens, or something we experience with our senses.

Feelings can be comfortable or uncomfortable, but all feelings are okay.



After such an exciting and busy adventure, Maria and Michael and all of us need a few moments to let our bodies rest.



Rest and Reflection with: Ocean Wave Breath

Imagine visiting the beach and surfing on the ocean waves. While we rest today, imagine lying on the beach and listening to the ocean waves.

- Can you make your breaths sound like ocean waves? Listen as you breath in and out.**
- Can you hear your steady breath? Place your hand on your belly.**
- Can you feel your belly moving up and down like ocean waves?**

