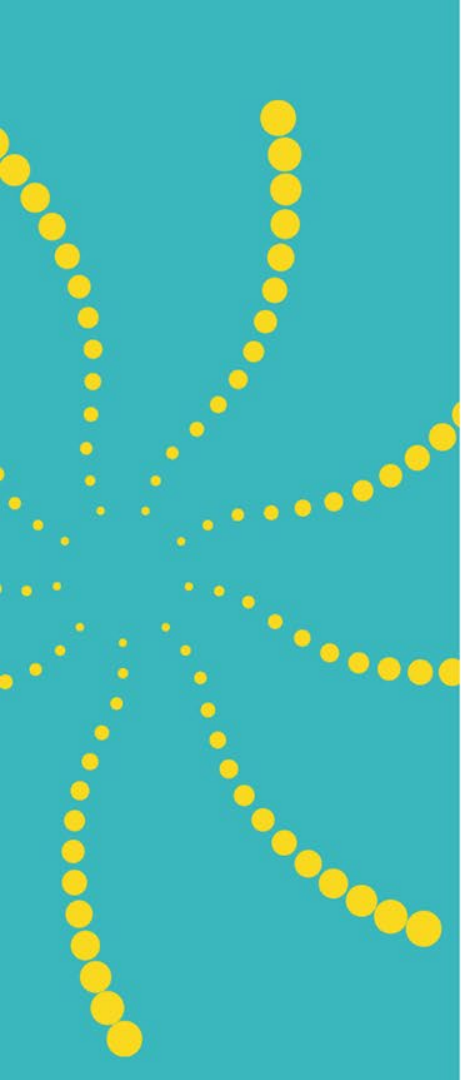




Looking Closer

Moving Storytime

Unit 2 Lesson 5
K-1

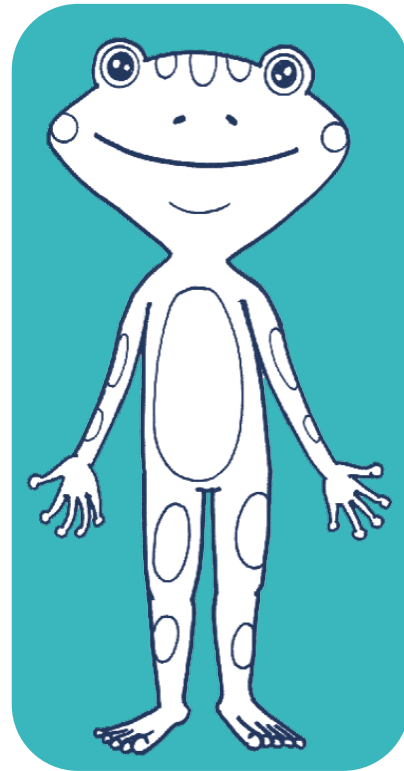


This morning Maria and Michael woke up in their home on the mountain. They remembered that their friends were busy today and they had no one to play with.

Michael took a deep breath and noticed that when he thought about this, the feeling of being lonely came to visit.

Maria took a deep breath and noticed that when she thought about it, the feeling of being bored came to visit.

Do you think these are comfortable or uncomfortable emotions? What was the trigger Maria and Michael were responding to?

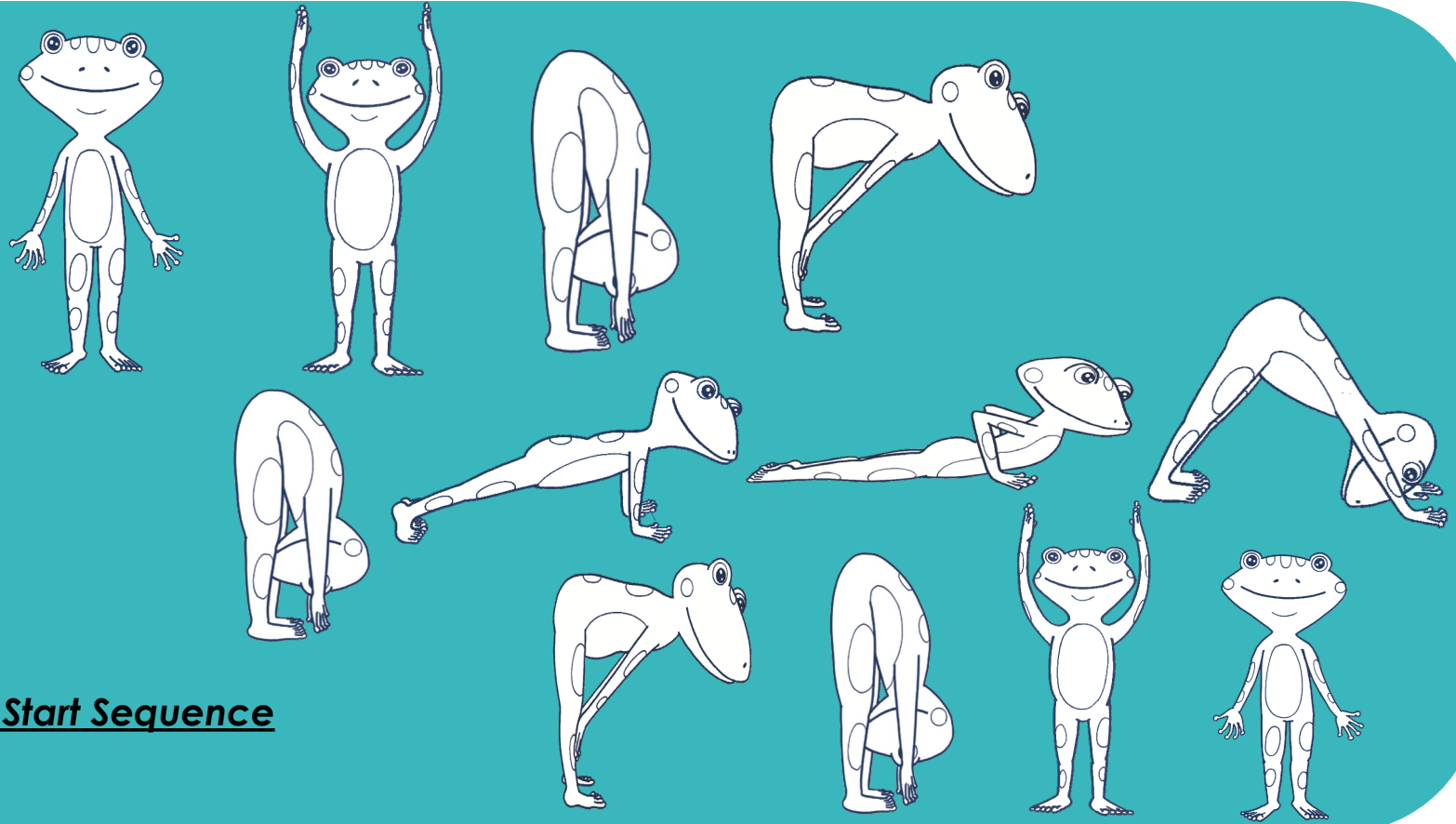


Maria and Michael took a few minutes to welcome the feelings that came to visit. Then they listened to them, to see what they were all about.

They realized that their visiting feelings were showing them that they wanted to do something!

Michael came up with the idea to go on another adventure. Maria remember that they had always wanted to go on a safari in Africa.

They decided they would do their Fresh Start sequence together to get their bodies awake and ready for the adventure.



Fresh Start Sequence

After they did their Fresh Start sequence, Maria noticed that she was feeling excited for the adventure. Michael noticed that he was feeling curious about what they would see on their safari.

Maria and Michael got a map to go on their safari adventure. This map shows the steps in their itinerary.

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

Michael looked at the map and found Step 1, get on a plane and fly across the ocean.



When they got off the plane in Kenya, a country in Africa, the first thing they saw was a huge volcano.

When Michael saw the volcano, he felt scared. He wondered if it might erupt.

Maria felt fascinated. She just couldn't stop staring at it! She never thought she would see a volcano in real life.

When you see a volcano, do you feel more like Michael or Maria?



Maria looked at the map and found Step 2, take a train to Nairobi, the city where the safari will start.

While they rode the train, Maria and Michael looked out the windows at all the times they could see.

They saw big animals they had never seen before.

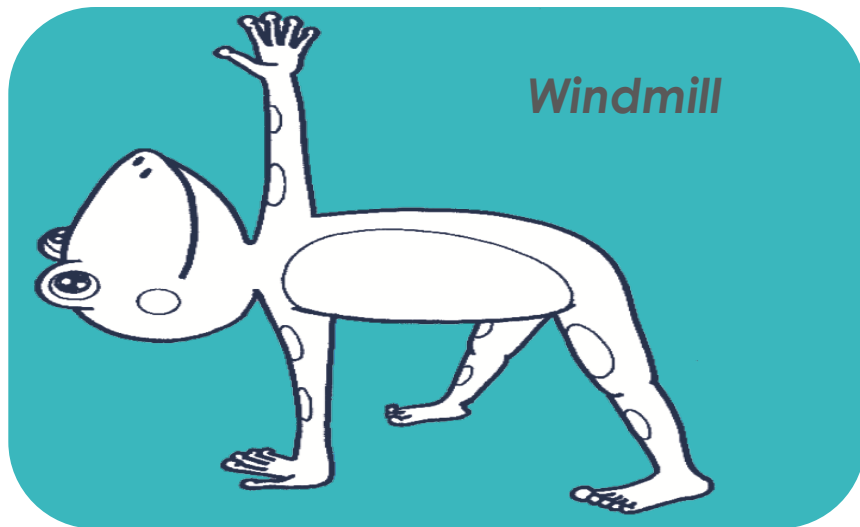
Then they passed by lots of farms that had windmills to help bring water to their crops.



The train conductor told them all about the windmills. Looking out the train window, Michael felt relaxed watching the windmills spin round and round.

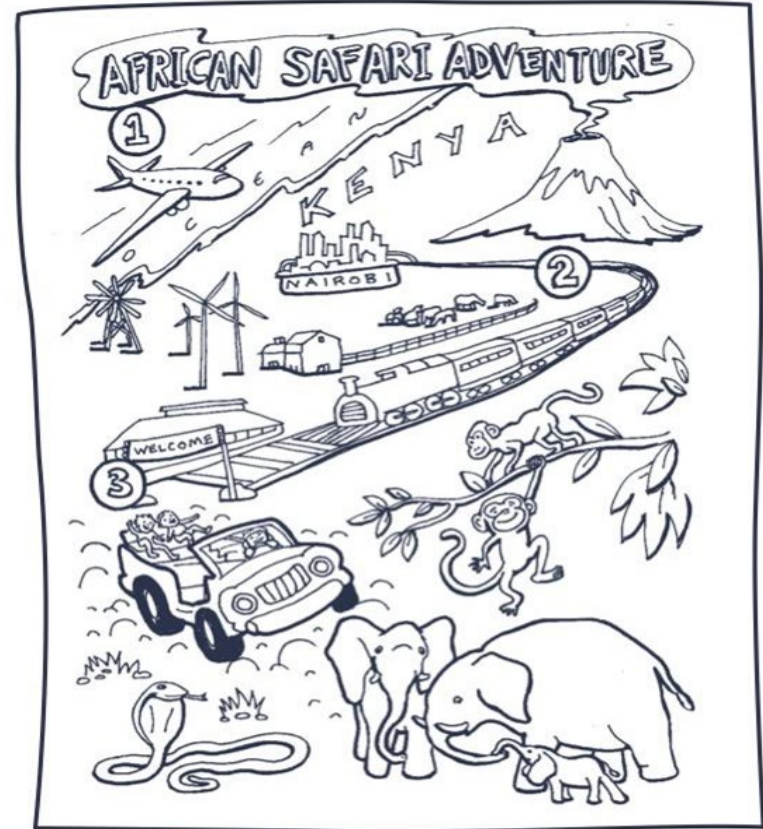
Maria felt bored. She couldn't wait for the safari to start.

When you see windmills, do you feel more like Michael or Maria?



When they got off the train, Michael looked at the map and found Step 3, get in a jeep and drive to the wildlife reserve for their safari.

It was a very bumpy ride!



Finally they drove their jeeps into the wildlife reserve.

There were so many things to see on the safari!

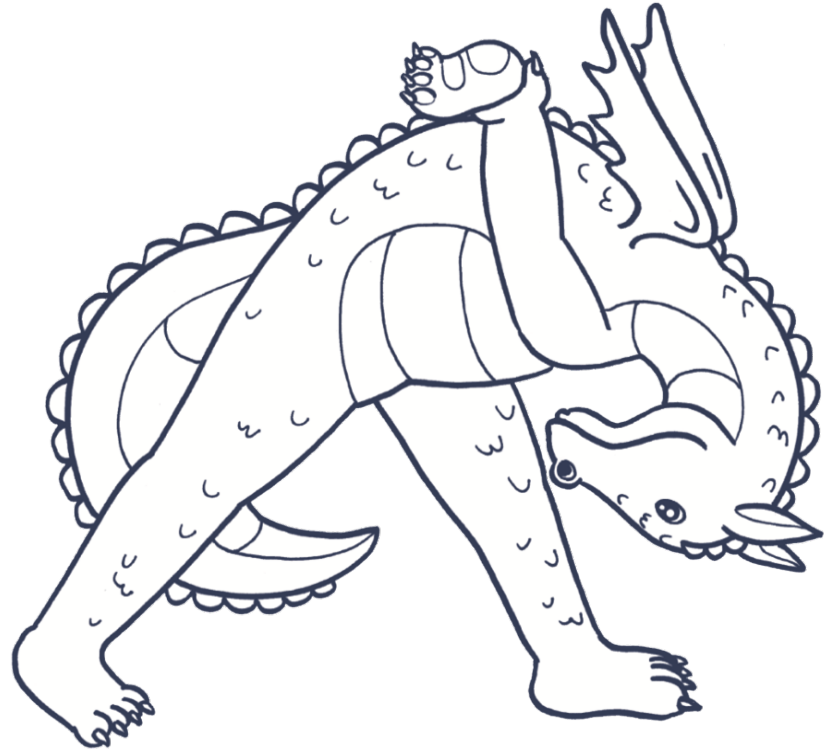
The biggest animals they saw were elephants. While they were watching from the jeep, the herd of elephants started to walk toward them.



Michael felt nervous because the elephants were so big and powerful.

Maria felt courageous and wanted them to get closer so she could see them up close.

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



Maria and Michael really wanted to see some monkeys and had been hoping they would see them all day.

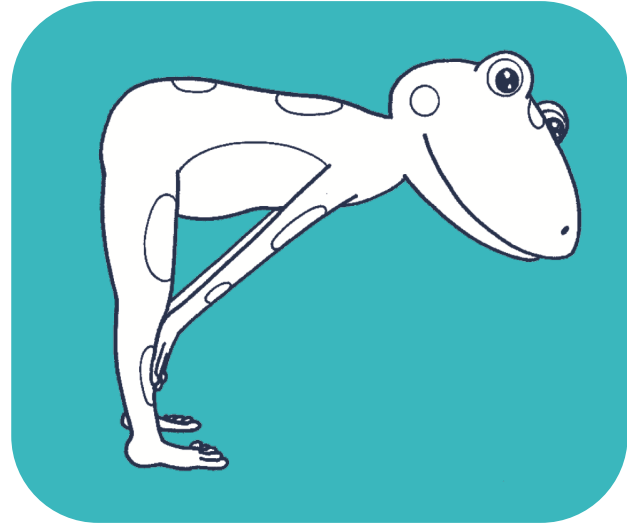
While they were taking a break and eating lunch by themselves, they saw a group of monkeys playing in a tree.



Michael felt grateful 😊 . He had always wanted to see a real monkey.

Maria felt lonely 😞 . She saw the monkeys playing together and wished all of her friends were with her to see the monkeys too.

**When a feeling of gratitude comes to visit, is that comfortable/pleasant or uncomfortable/unpleasant?
What about the feeling of loneliness?**

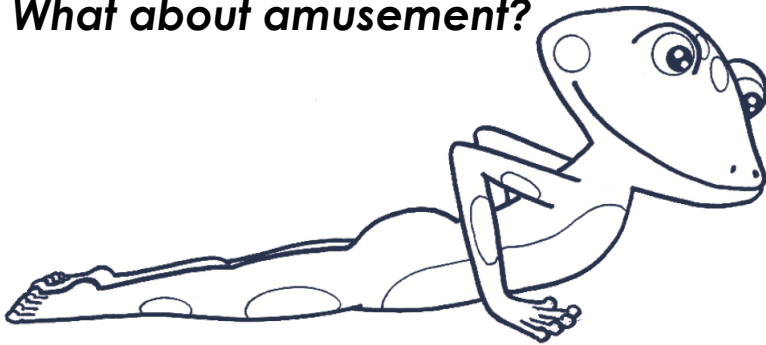


While Maria and Michael were leaving the wildlife reserve in their jeep, a cobra slithered across the path and they saw it through the window.

They both jumped in their seats and squealed! Michael felt embarrassed 😬. He didn't want people to laugh at him for being scared.

Maria felt amused 😄. She thought it was funny that they both jumped and screamed when they were safe inside the jeep.

**When the feeling of embarrassment comes to visit, is that comfortable/pleasant or uncomfortable/unpleasant?
What about amusement?**



Maria and Michael had an interesting adventure on their safari in Kenya. They saw a lot of new things and had a lot of feelings come to visit. They were ready for their journey home, back to the mountain.

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

