

***Try it,
You'll Like It***

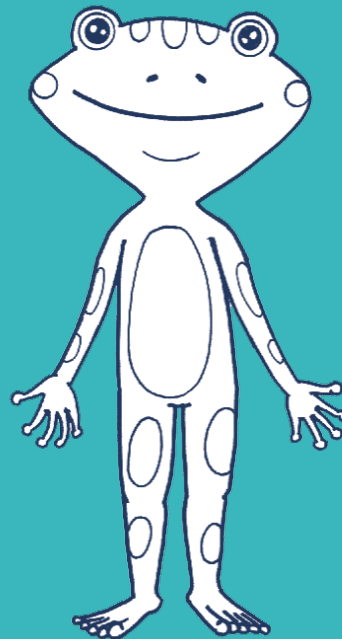
Moving Storytime

Unit 2 Lesson 7

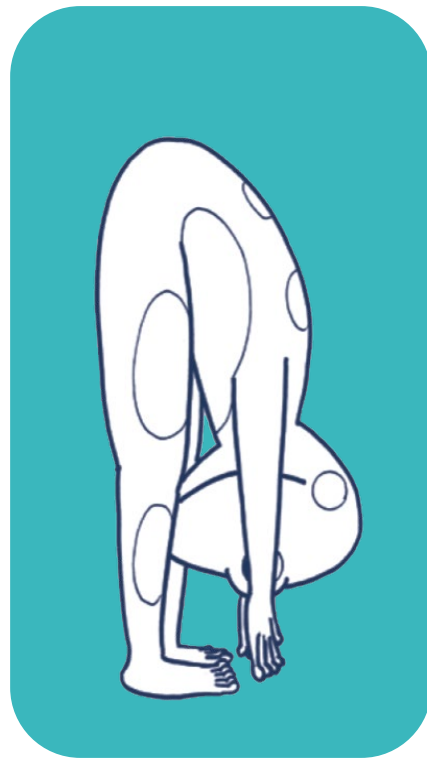
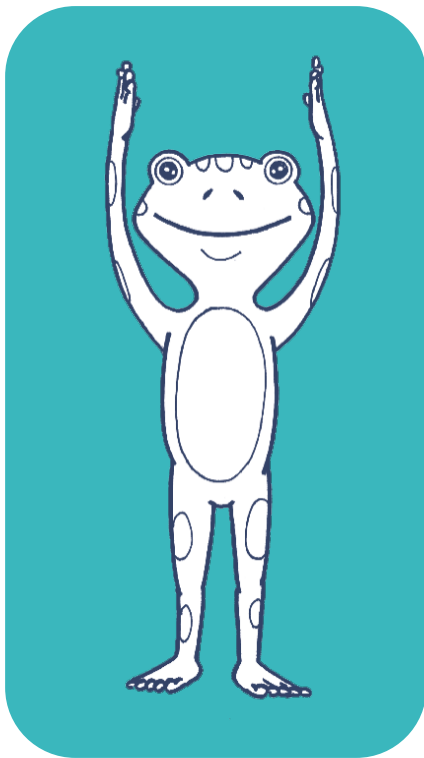
K-1



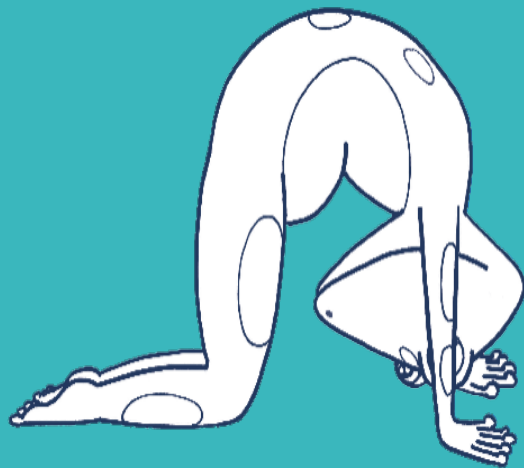
***This morning, Maria and Michael
woke up in their home on the
mountain.***



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



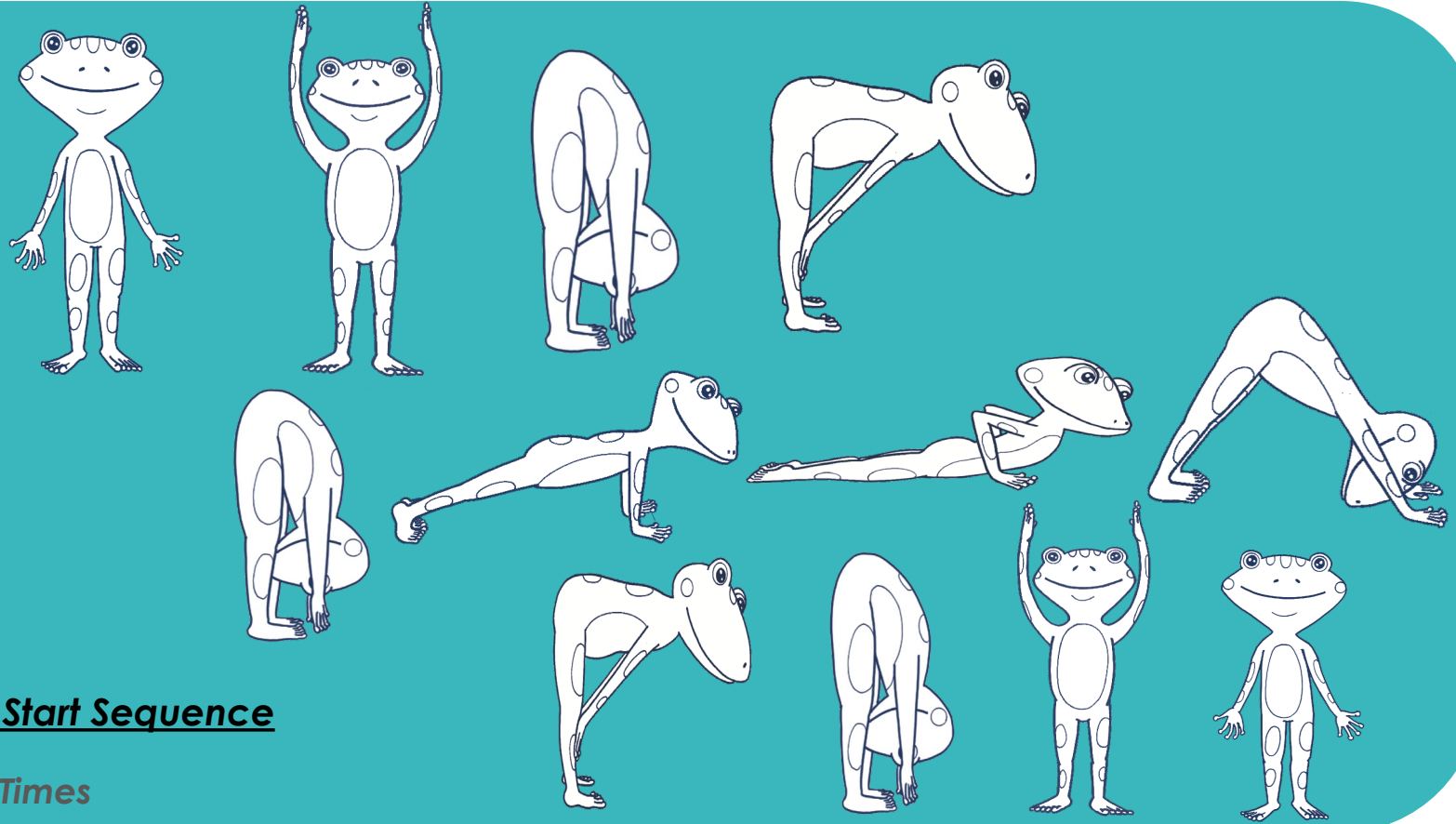
Cow



Dog

They decided they would all do their Fresh Start Sequence together to wake up their bodies and get ready for the day. After they did their Fresh Start Sequence, Maria and Michael both noticed that they were feeling excited to tell their friends all about the safari and beach adventures they had.





Fresh Start Sequence

1-2 Times

Maria and Michael told their friends all about their beach adventure and their safari adventure. There were so many things to share! They has traveled in lots of different ways and they had seen lots of interesting sights.



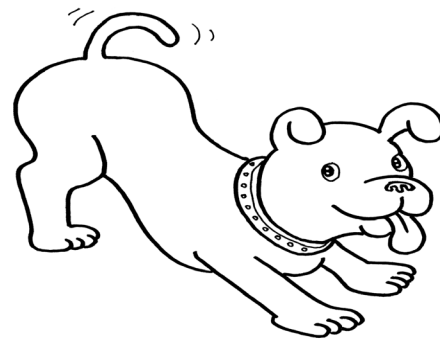
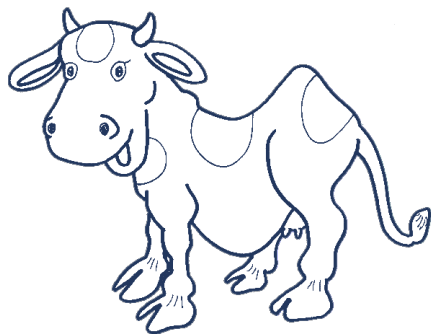
After they had done a lot of work to till the ground, Aunt Zazu gave each of the children a packet of seeds.

Michael planted big, long, thin, white seeds.

Maria planted round, bumpy, black seeds.

Kaya planted tiny little brown seeds.

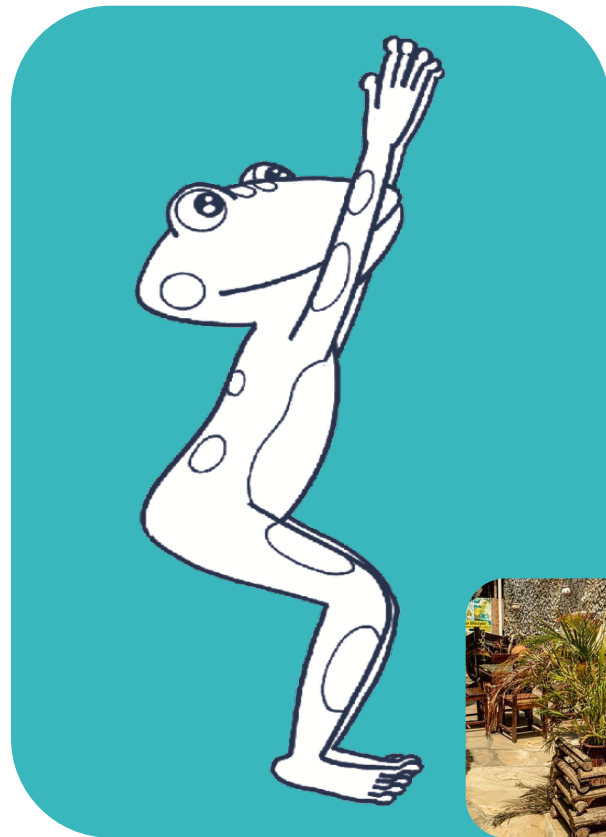
What kind of seeds are you planting?



Maria and Michael had forgotten to tell their friends about a very interesting adventure they had in a restaurant.

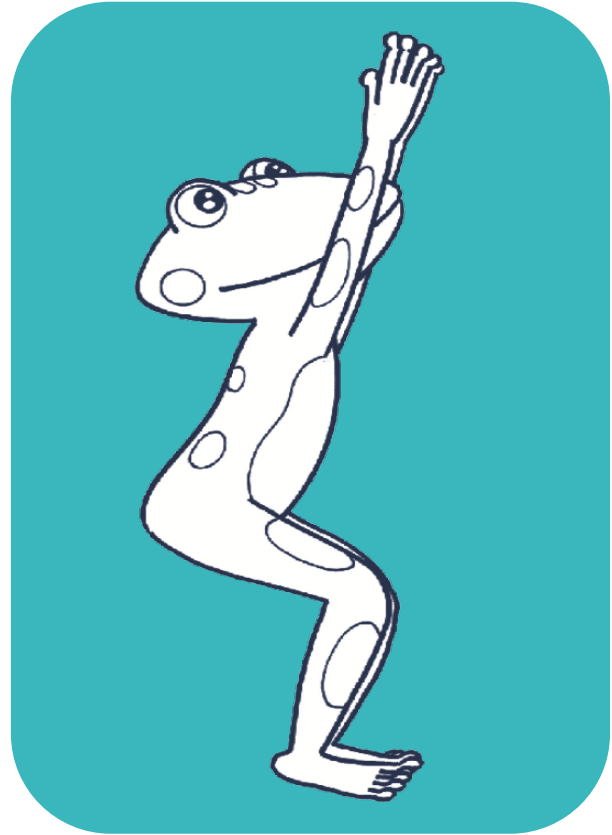
While they were traveling through Kenya on their safari adventure, their group stopped to eat lunch one day at a small village cafe. They were so hungry!

They sat down on chairs at their table and waited for lunch.



While they were sitting in their chairs, Michael thought about how he really wanted a peanut butter and jelly sandwich, his favorite lunch to make at home.

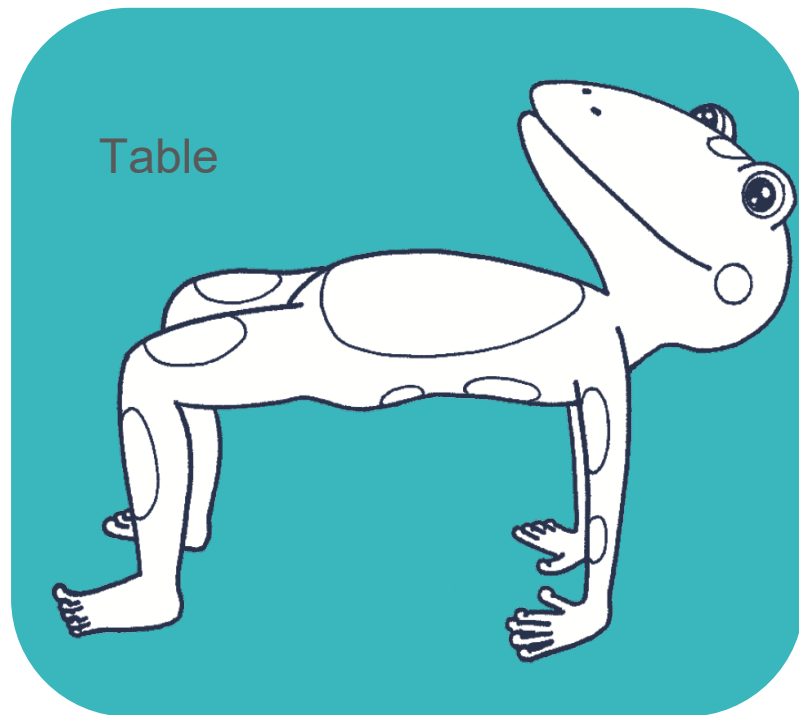
Maria really wanted a grilled cheese, which she thought was the most delicious lunch anyone could eat.



They waited and waited at the empty table, and they go hungrier and hungrier. 🥹

Michael could feel a rumbling in his tummy.

Maria;s stomach growled out out while she imagined all her favorite foods.



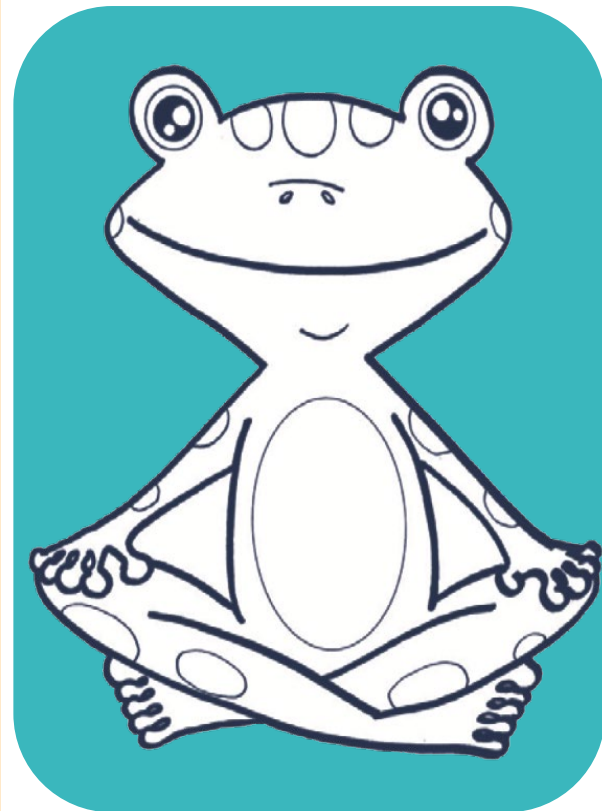
Finally, the food arrived. When they saw the food on the table, there was NO peanut butter and jelly and NO grilled cheese! All they saw were foods that they did not know and have never tried before.

Maria felt disgusted. She did not like to try new things, and she wanted to push this food away.

When a disgusted feeling comes to visit, is it comfortable or uncomfortable?

Michael felt nervous. He was concerned that they might not find anything they liked to eat, and he was really hungry!

When a feeling of nervousness comes to visit, is it comfortable or uncomfortable?



They saw people at other tables eating and enjoying their food, and then someone said, “Try it, you’ll like it!”

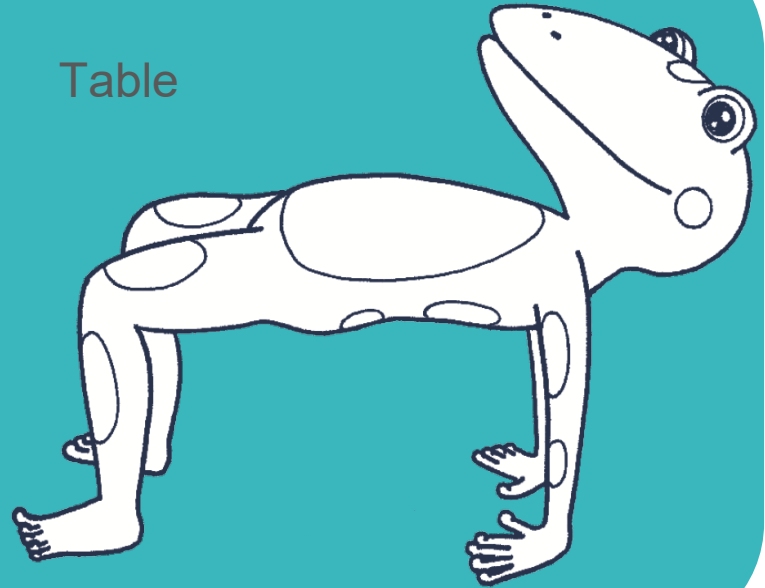
Maria and Michael weren’t really sure about this, but Maria started to feel a bit curious. She wondered what these foods would smell and taste like.

When a feeling of curiosity comes to visit, is it pleasant or unpleasant?

Michael started to feel a little bit brave. He thought if he didn’t try it now, he might not get another chance.

When a feeling of bravery comes to visit, is it pleasant or unpleasant?

Table



Michael go a spoonful of stew. He didn't know what it was, but he thought he recognized potatoes and vegetables. He knew he liked potatoes and most vegetables, so he gave it a sniff . It smelled very different from the stews they made at home. They he got really brave and took a big bite. The tastes were unusual, but it was very delicious.

Then Maria picked up a piece of fruit. She looked at it. It didn't look like any fruit she had seen. She smelled it. It smelled sweet and similar to other fruits she had tried. Slowly, she tasted a tiny bit. She had to get use to the way it felt in her mouth, but it wasn't that bad. She tried another bite, and she thought she could actually learn to like it.

They both felt proud of themselves for trying something new.



Pause for Mindful Eating

Flourish pgs. 126-127