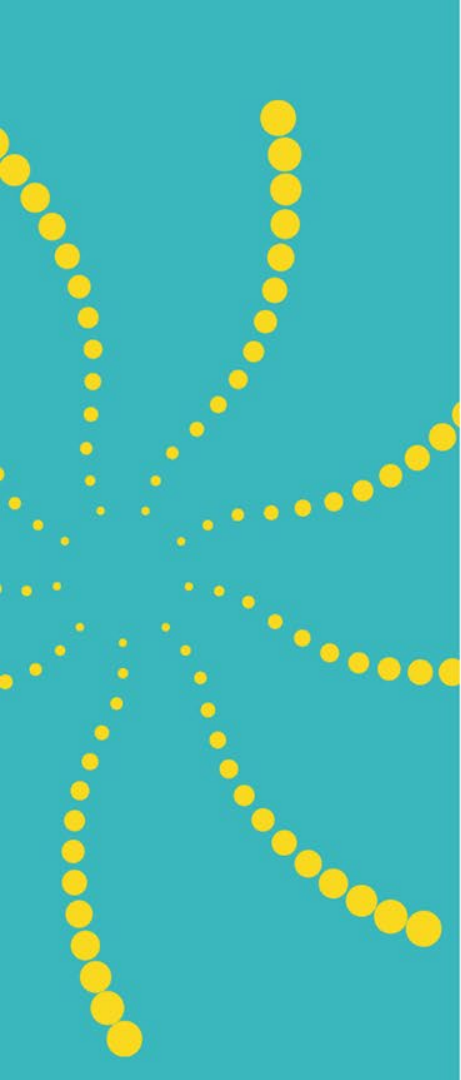




# ***What's Inside***

***Moving Storytime***

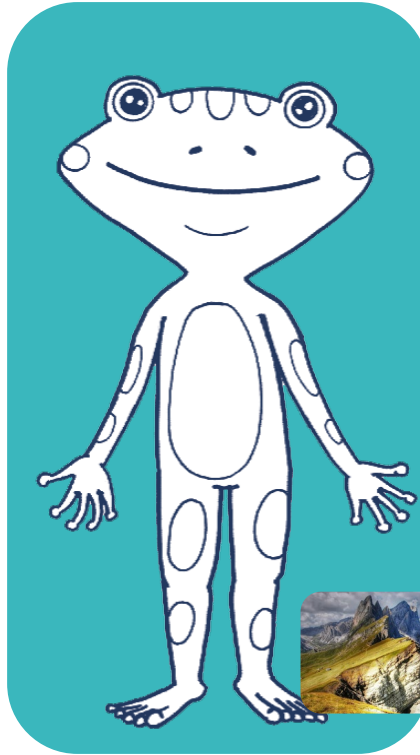
***Unit 3 Lesson 1***  
***K-1***



***In today's story,  
Michael and Maria  
woke up and  
watched the sunrise  
over the mountain.***

***What do you think  
they did next to get  
ready for their first  
day back at  
school?***

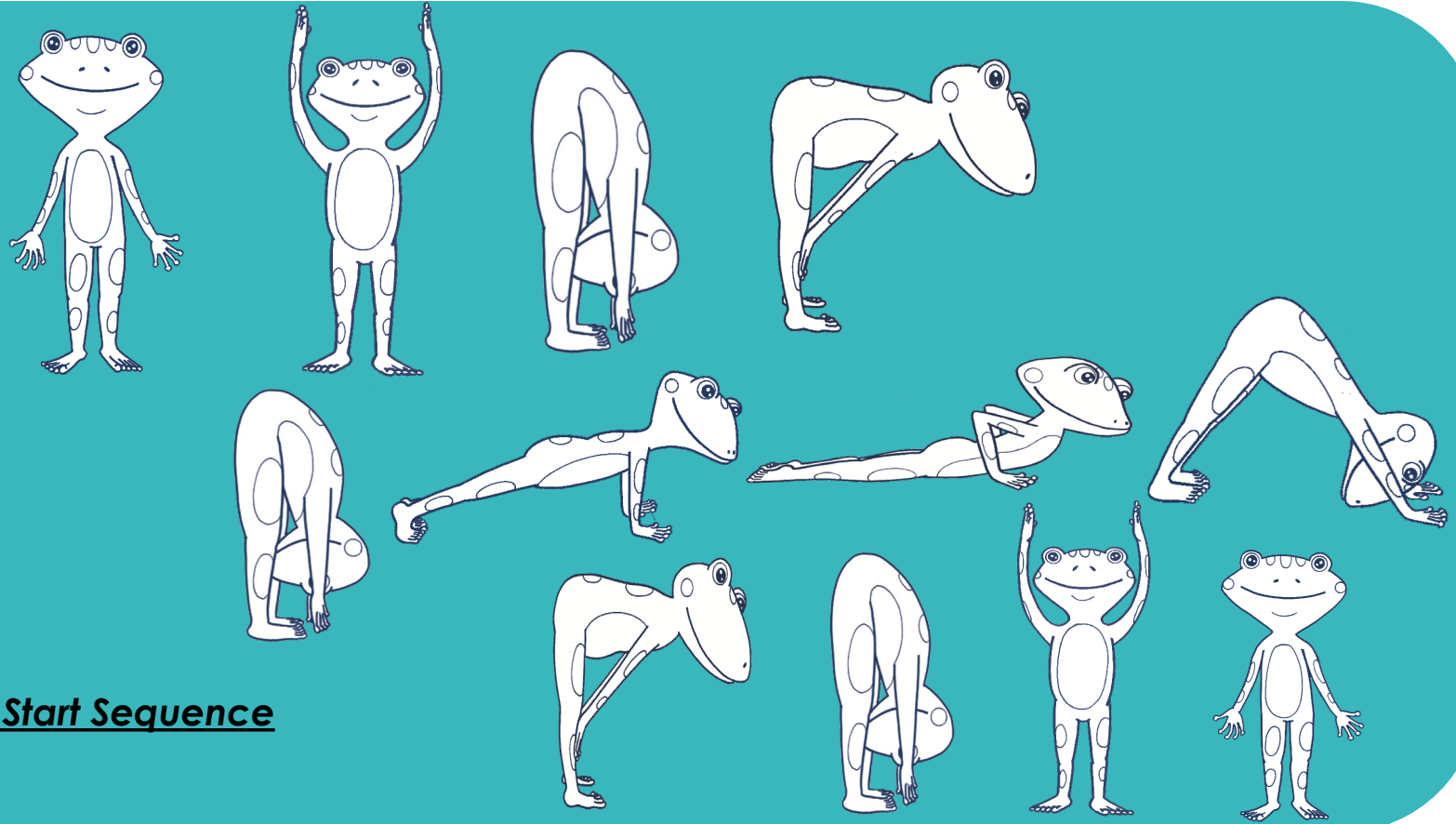
***Mountain***



***Sunrise***



***Let's all do the Fresh Start Sequence together with Michael and Maria to get ourselves ready to hear the story.***



## Fresh Start Sequence

***When Michael and Maria came home to the mountain from their adventures, they has so many things to share with their friends back at school.***

***Michael and Maria went twisting, twirling, skipping, and swirling down the mountain toward school, excited to start the day and share their adventures with their friends.***



**At school, everybody crowded around Michael and Maria shouting questions.**

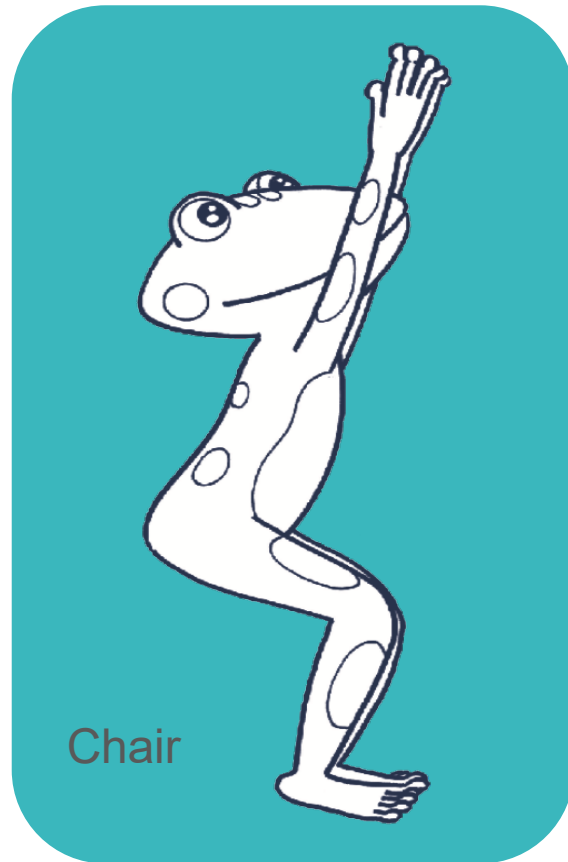
**Michael didn't know where to begin. What part of the adventure should he share first? Should he talk about swimming in the ocean, surfing, or watching the sunset?**

**His thoughts felt like they were swirling around, just like his body did when he ran down the mountain.**



**Then the bell rang and all the children went inside to take their seats. Michael was in his classroom, sitting at his desk, trying to listen to his teacher.**

**His class was learning about oceans and boats that travel on the ocean. Michael had trouble paying attention and listening because his mind kept going back to his beach adventure. He was distracted by all the exciting thoughts and pictures in his mind of the ocean waves, swimming, and surfing.**



**While he was teaching about oceans, Michael's teacher, Mr. Montana, showed a picture of a boat being splashed by a wave, and this made Michael's mind swirl with thoughts of what it was like to surf. He remembered splashing through the swirling water, paddling fast to catch a wave, the thrill of the ride on his surfboard, and the scary sound of the waves crashing down around him. He thought of swimming, he thought of surfing, and he thought of the crashing waves, and he read their sounds.**

**All swirling in his mind.**



**Surfer!**  
**Waves!**  
**Swimming!**  
**Surfer!**



**Then, right in the middle of his teacher's lesson, Michael jumped up and started to blurt out his story about surfing.**

**His teacher said, "Michael, right now is time to listen and pay attention, not to tell stories".**

**Michael sat down and tried to listen. When his teacher later asked him a question about the lesson, Michael didn't know the answer. He was so distracted by thinking about his beach adventure that he forgot to listen to in class.**



Surfer

***You see, Michael had such a good time on his adventures, and his mind was so full with many beach memories, that it seemed like his mind was swirling all the time!***



***Mr. Montana said, “Michael, I notice you are having a hard time sitting still and listening. Can you tell me what’s going on?”***



***Michael said, “I can’t stop thinking about my beach adventure, and the stories are just filling up my head. I feel like I have to tell them to let them out.”***



***Mr. Montana said, “Let me teach you some tools that I think might help.”***

**First, Mr. Montana reminded the class that they are learning about the oceans and the boats that travel in the oceans.**

**He has them make their bodies like boats and said,**

**“In the ocean, sometimes the water is still and calm and it’s easy to row the boat when you want it. Our minds can feel this way too: sometimes our thoughts are calm and still and it’s easy to pay attention and focus”.**



***“Other times in the ocean, the waves are high and rough, and it’s harder to row the boat where we want it to go; it gets pushed from side to side.***

***Sometimes in our minds, we can feel this way, too: our thoughts are swirling fast and it’s harder to pay attention and focus; our attention wanders from place to place.”***



**When ship captains want their boats to stay in one place and not get carried away with the waves, they use an anchor.**

**We can also use Anchors so that our minds don't get carried away with thoughts. Mr. Montana showed them how to place their hands on two Anchors-Their hearts and their bellies.**

**He said, "When you place your hands here and focus on the feeling of your breath, it's like an Anchor for your mind. It brings your focus to your body, right here, right now."**



Anchors

**He also taught them how to take Calming Breaths.**

**He taught them to use their bellies to breathe deep and slow, and they practiced breathing together until they felt calm and ready.**

**Breathing in, expand your belly like a balloon.**  
**Breathing out, soften and relax the belly.**

**Mr. Montana told the class that anytime they had trouble focusing on what was happening right here, right now, they could use their Anchors to help.**



**Anchors & Calming Breath**

***That day, Michael's mind still started to swirl  
from time to time, and he even interrupted  
his teacher during class once,***

***but Mr. Montana reminded him to use his  
breath and his Anchors, and soon his  
thoughts began to settle and he felt calm  
and focused again.***

***Mr. Montana told Michael he could share  
his beach adventure story with the class the  
next day.***



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

***Optional: Closing Sequence Butterfly to Flower to Turtle***

