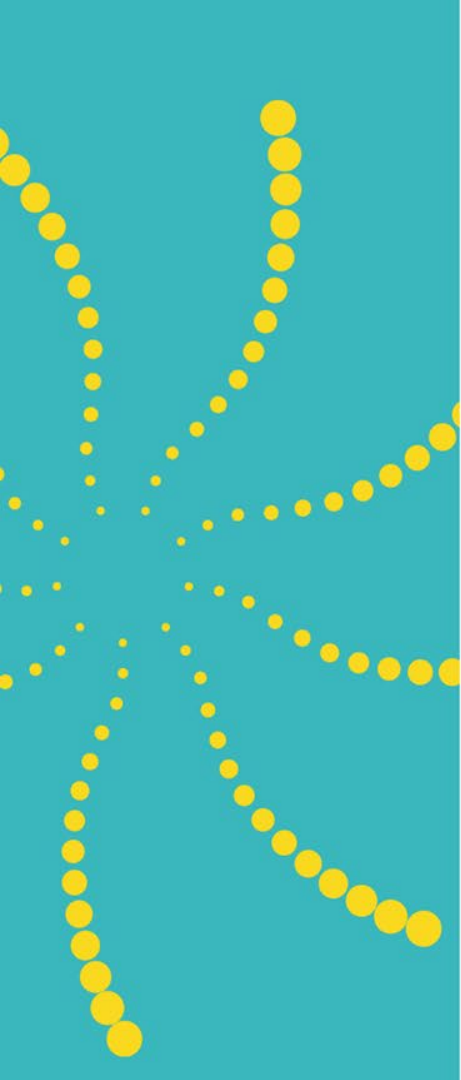




Swirling Mind, Calm Mind

Moving Storytime

Unit 3 Lesson 2

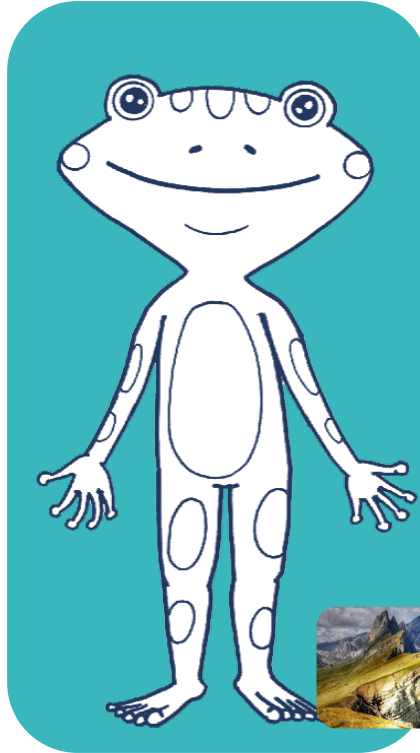
K-1



***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?***

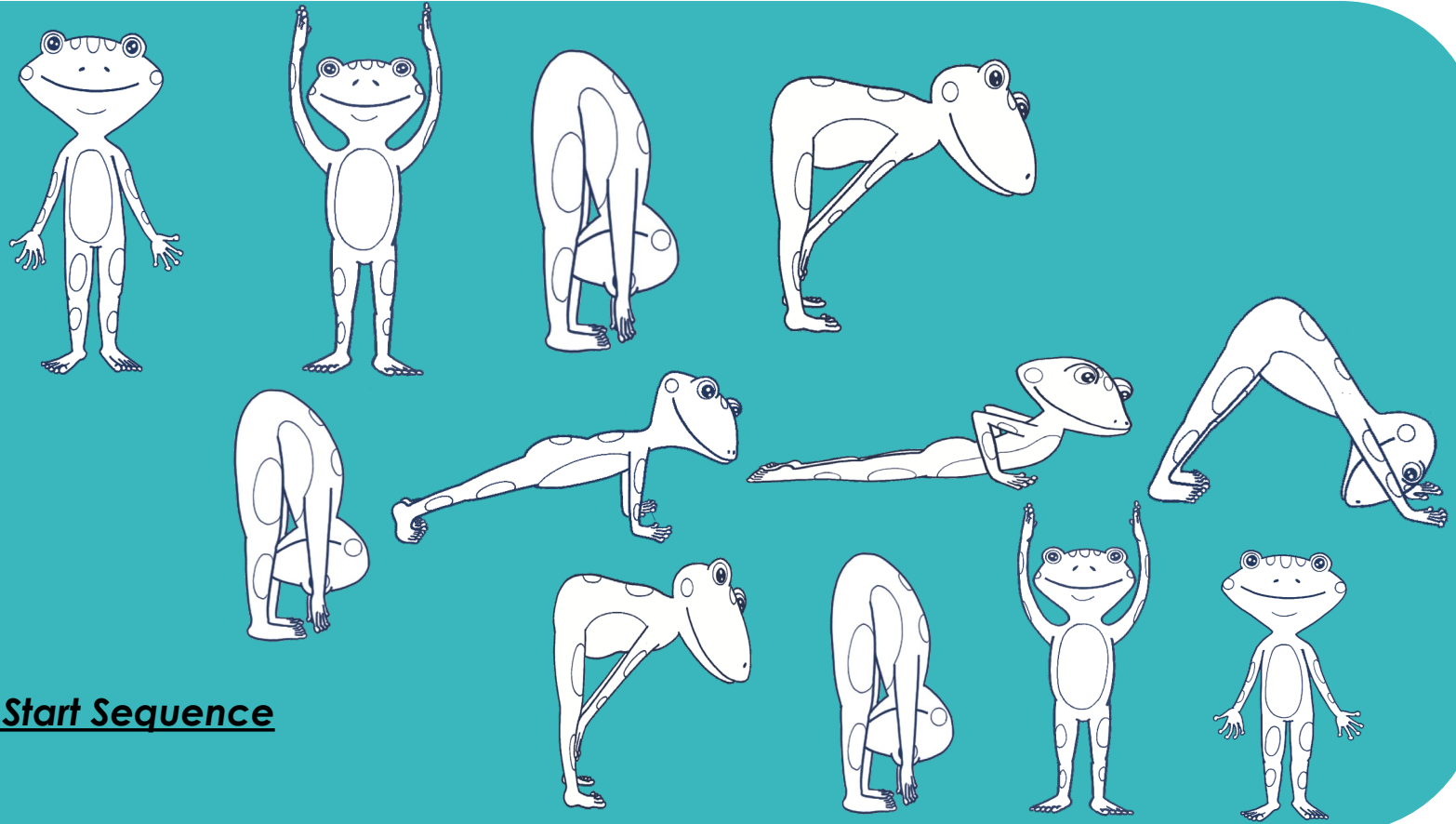
Mountain



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.

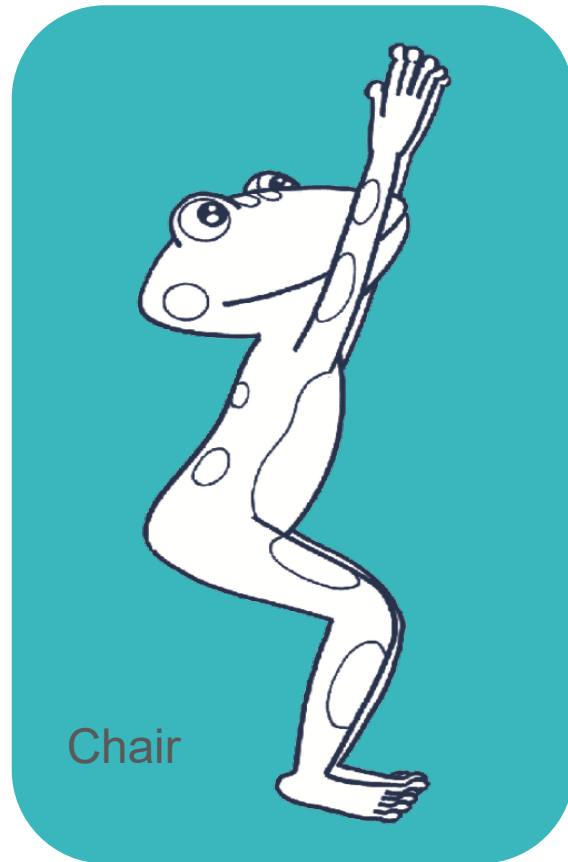
Michael didn't know where to begin. What part of the adventure should he share first? Should he talk about swimming in the ocean, surfing, or watching the sunset?

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.

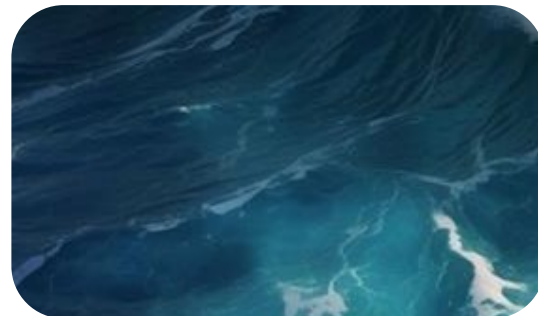


While he was teaching about oceans, Michael's teacher, Mr. Montana, showed a picture of a boat being splashed by a wave, and this made Michael's mind swirl with thoughts of what it was like to surf. He remembered splashing through the swirling water, paddling fast to catch a wave, the thrill of the ride 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.

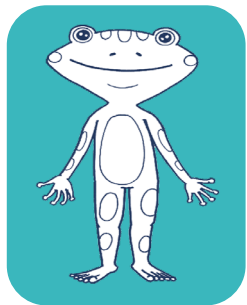
His teacher said, "Michael, right now is time to listen and pay attention, not to tell stories".

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!



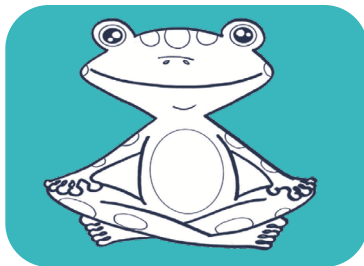
Mr. Montana said, “Michael, I notice you are having a hard time sitting still and listening. Can you tell me what’s going on?”



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.”

Let's Reflect: Before we go into remembering the tools that Mr. Montana shared with the class, let's take a moment to talk about how Michael and Mr. Montana felt during the class.

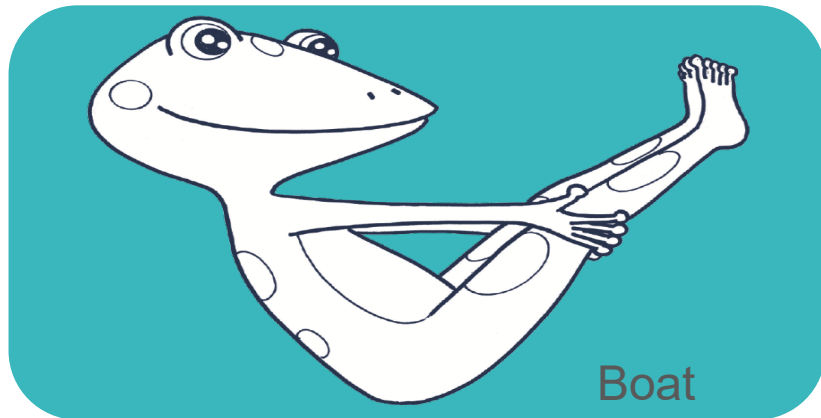
- ***What feeling came to visit Michael when he wanted to share his stories?***
- ***What feeling came to visit Mr. Montana when Michael interrupted the lesson?***
- ***What did Michael miss because he wasn't paying attention?***
- ***Can you remember a time when you missed something important because you weren't paying attention?***
- ***What tools did Mr. Montana show to Michael and the class to help him calm his thoughts and focus?***



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.

In our minds, 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.

In those moments, Michael felt focused and calm. 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.



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

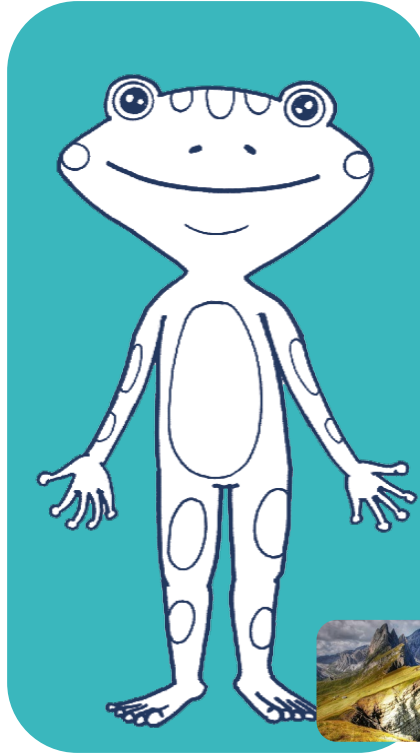


but Mr. Montana reminded him to use his breath and his Anchors, and soon his thoughts began to settle and he felt calm and focused again.



During the next class, Mr. Montana let Michael share his story. Michael told his class how during his adventure he would get up early to watch the sunrise above the ocean.

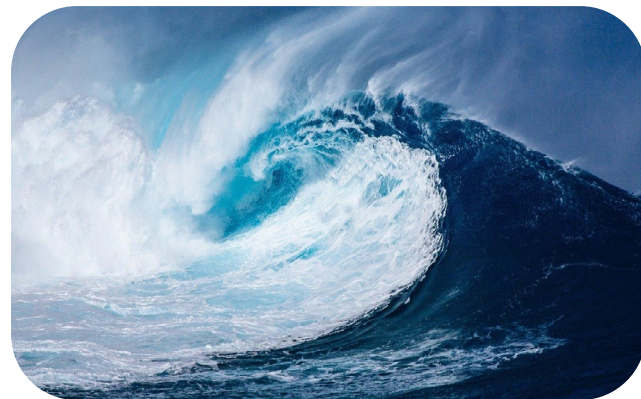
Mountain



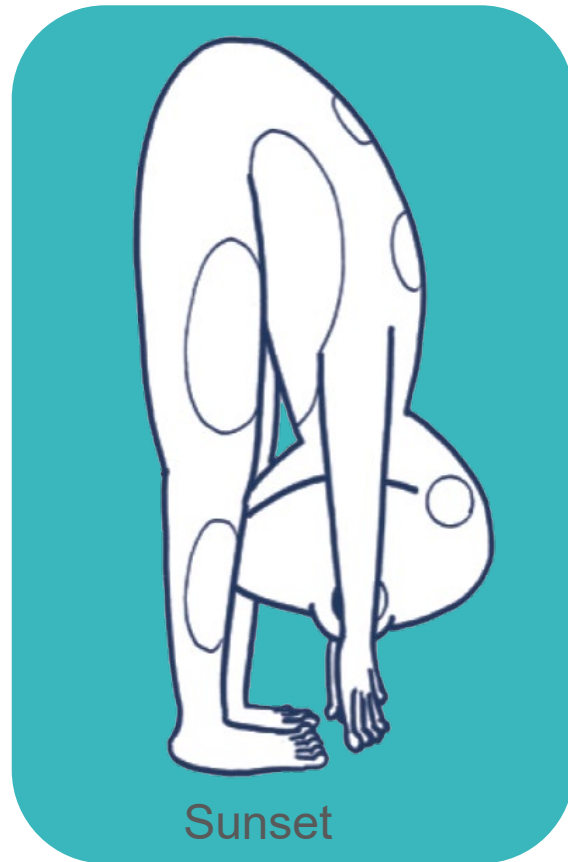
Sunrise



Michael shared how he swam through the swirling water and paddled to catch a wave. He told the thrill of the ride on his surfboard and the scary feeling of the waves crashing down around him. He remembered this one time when there was a HUGE wave and he got quite scared. So he started shaking ab it on his board. He thought he was going to fall over! But then he remembered to focus on his deep breathing and it helped him regain his balance and calm.



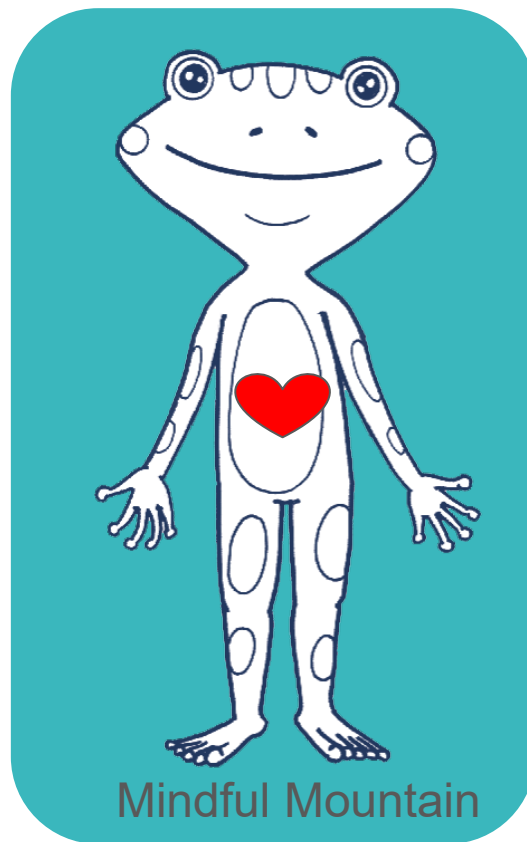
Michael also told the class of the peaceful, beautiful sunset slowly settling into the wide ocean horizon that helped to calm him down after such fun days and to get ready for bed.



***Mr. Montana and the class
listened patiently and with great
interest to Michael's story.***

***They were happy for him and the
fun that he had at the beach.***

***They were also happy to hear that
taking deep breaths helped him
overcome his feelings when he
was scared of the big waves.***



Reflection Questions

Transition to Swirling or Calm (15 Min) pg. 156

Have you ever tried to take deep breaths to settle your thoughts when you were scared?

Are your thoughts comfortable or uncomfortable when you are scared? Are they swirling or calm?