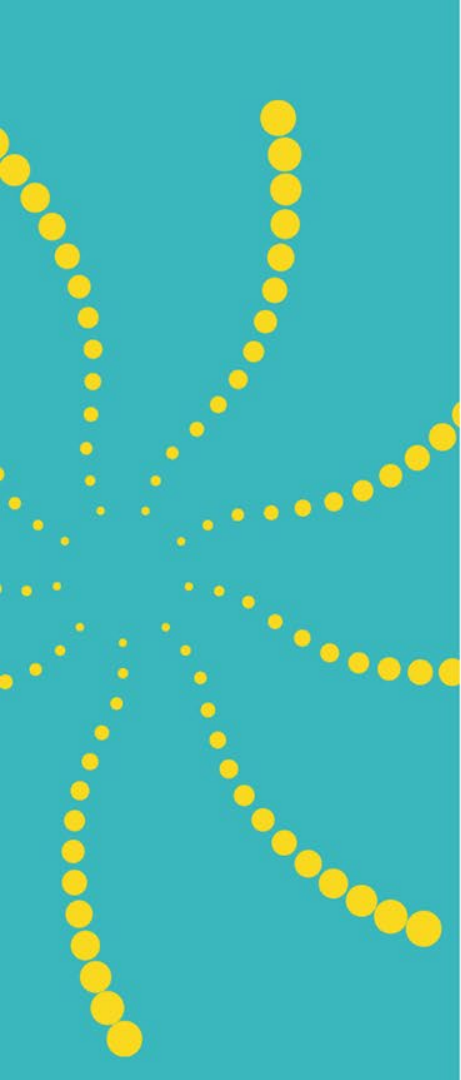




What's Inside

Moving Storytime

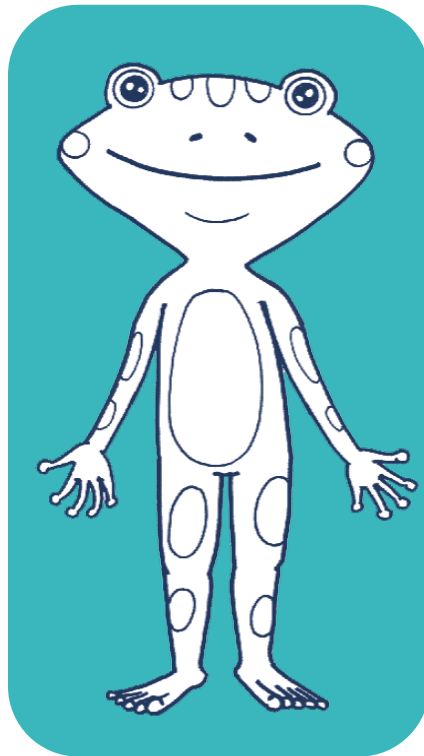
Unit 3 Lesson 5
K-1



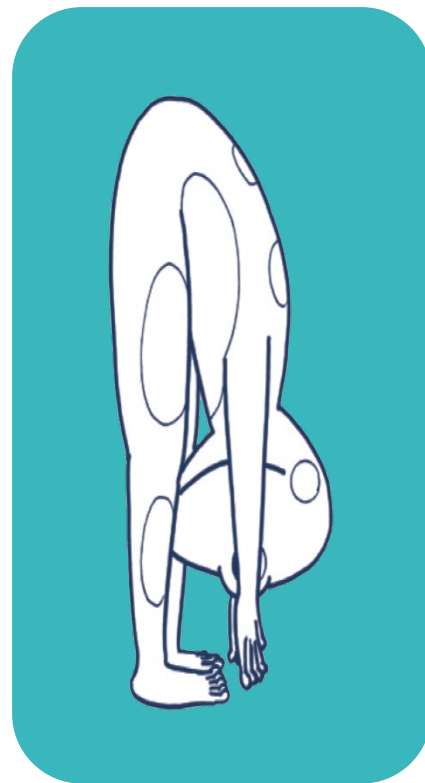
***High up on the
mountain, clouds
filled the sky, and it
began to rain.***



Mountain



There were so many clouds, Michael and Maria couldn't even see the sunrise in the morning or the sunset in the evening.



Sunrise to Sunset

At bedtime, a thunderstorm settled over the mountain. The sky swirled with rain and howling wind. Michael fell asleep easily, but Maria could not sleep. She tossed and turned.

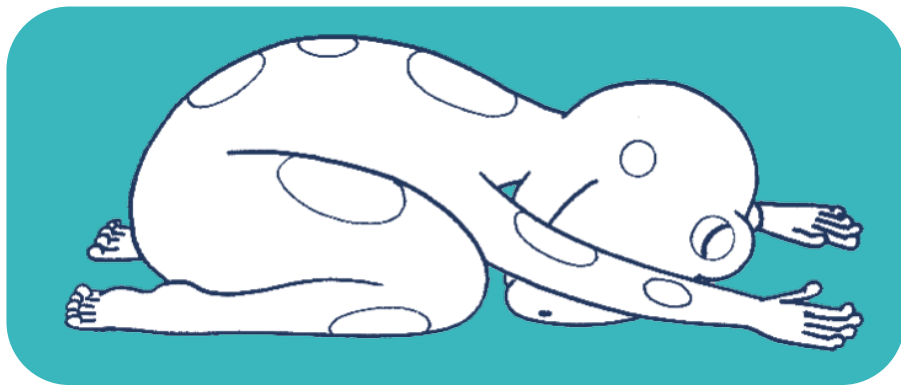
She was scared of the thunder and lightning, and her mind swirled with visiting feelings of nervousness, fear, to her surprise, even a little excitement.

Maria tossed and turned. Worried thoughts swirled in her mind. It was long past her bedtime when she finally fell asleep.

Touch your nose if that has ever happened to you.

***In the morning, the rain was gone, the sky was clear,
and the sun began to rise.***

***Michael woke up ready for a new day, but Maria was
still asleep in her bed after the sun had risen in the
sky.***



Cat, Cow and Dog were also awake and noticed that Maria did not want to get out of bed.

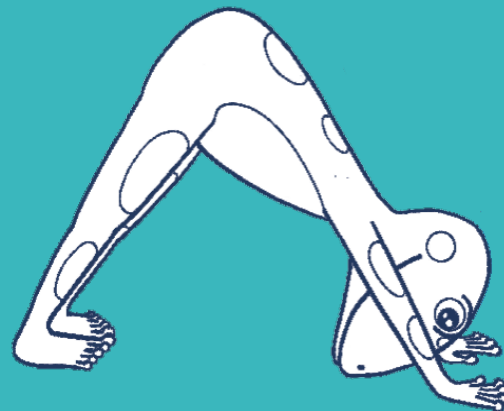
They knew she has been grumpy from not getting enough sleep and they wanted to help her, so they decided to wake her up gently.



Cat

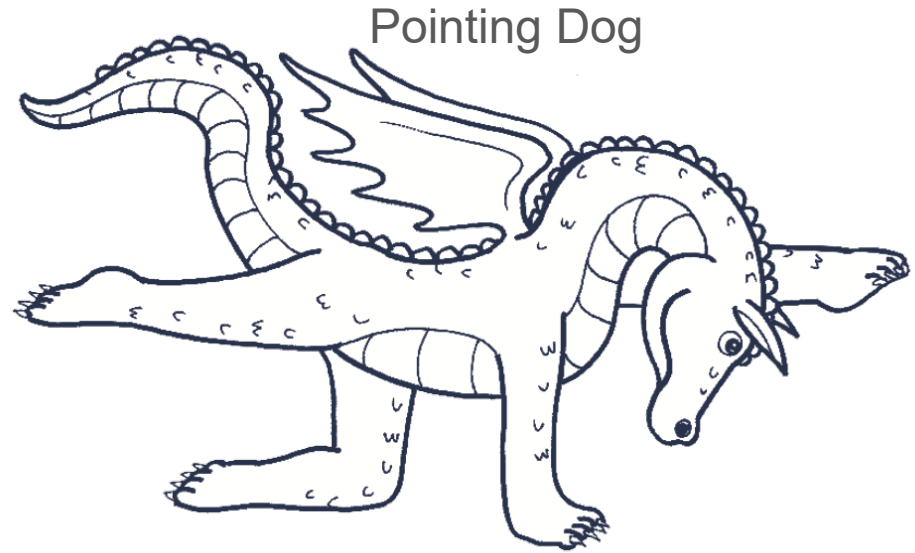


Cow

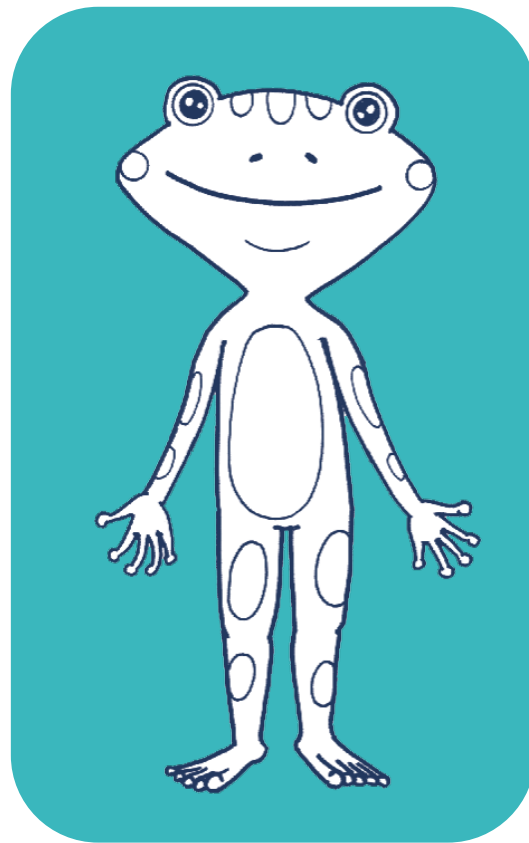


Dog

They gently pulled on her leg and arm one at a time to give her a nice morning stretch.



***Maria started to feel a little better
after stretching, so she got up.***

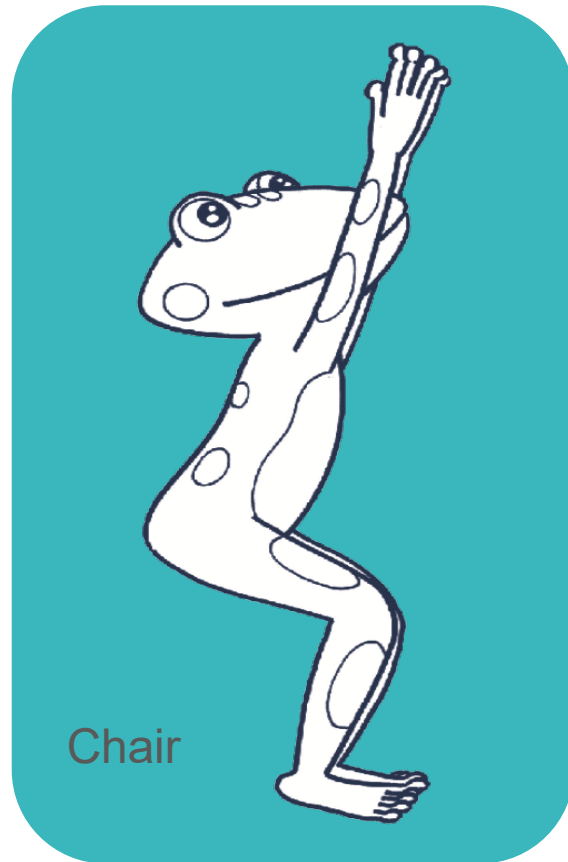


Everyone sat down for breakfast, but Maria didn't feel like eating breakfast yet.

Michael and her friends tried to be helpful and said, "Maria, if you don't eat breakfast, you will be hungry in class and it will be really difficult to pay attention or remember anything!"

But Maria folded her arms in front of her, said, "No," and stomped off to class.

Her friends shrugged their shoulders and followed Maria



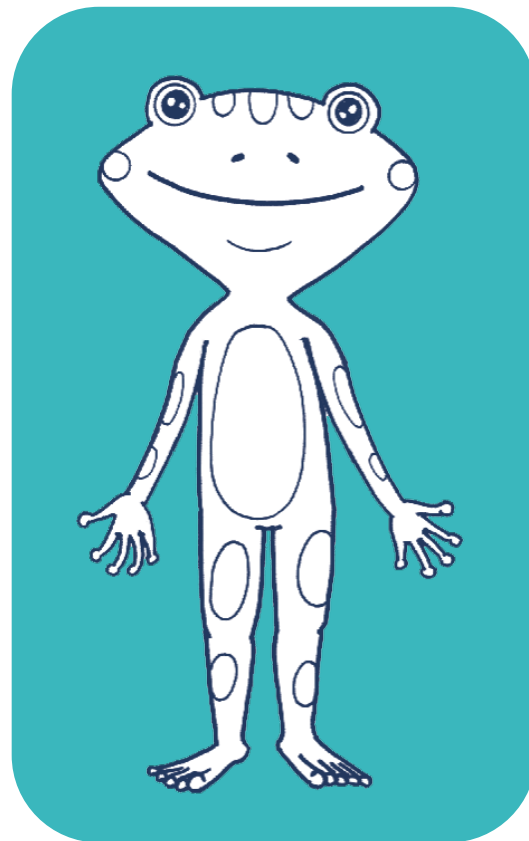
In class, it was Maria's turn to lead the Fresh Start Sequence in front of the class. Maria was feeling sleepy, and the long walk to school made her hungry.

Now she wished she had eaten breakfast! Even though Maria was tired and hungry.

She went to the top of the mat and stood in Mountain pose.

She opened her mouth to say the name of the first movement....and.... And she couldn't remember it!

She couldn't think clearly to remember what to do next in the sequence!!!



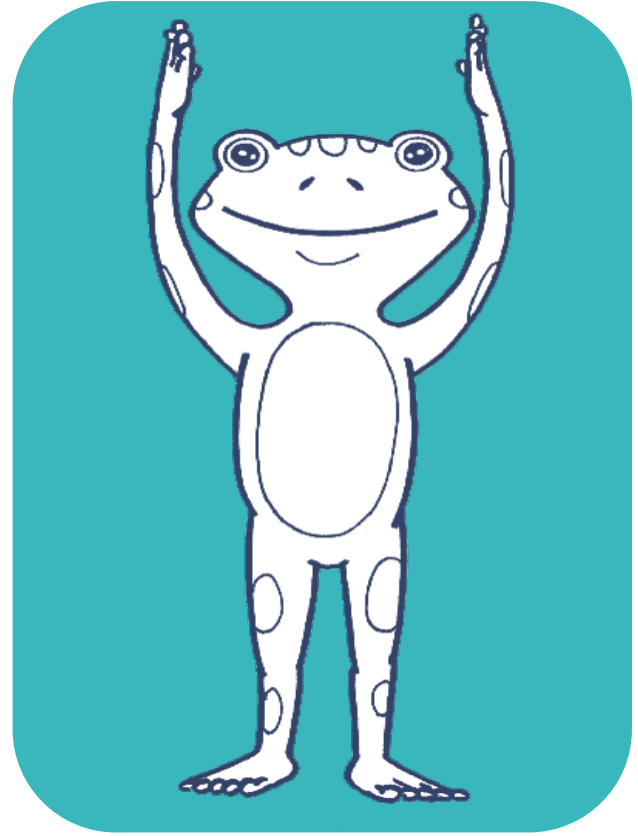
Touch your nose if you have ever been so tired that it was hard to remember something?

Maria started to feel embarrassed and uncomfortable, because her whole class was staring at her, waiting for her to begin. But she just couldn't remember, and she felt her face getting red.



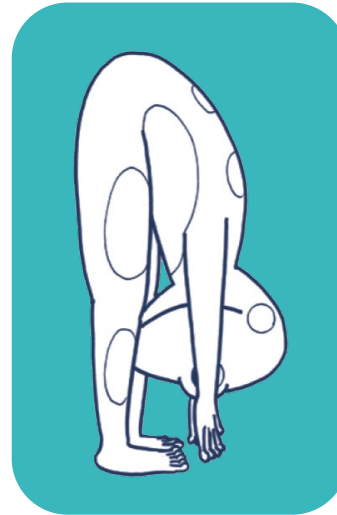
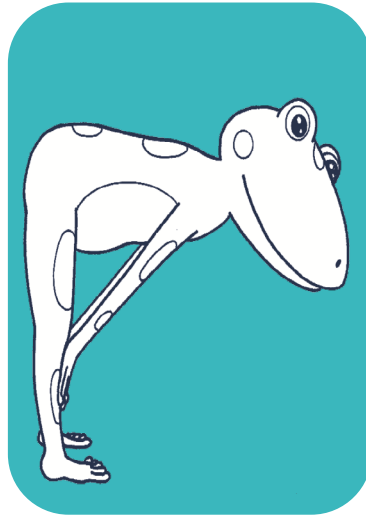
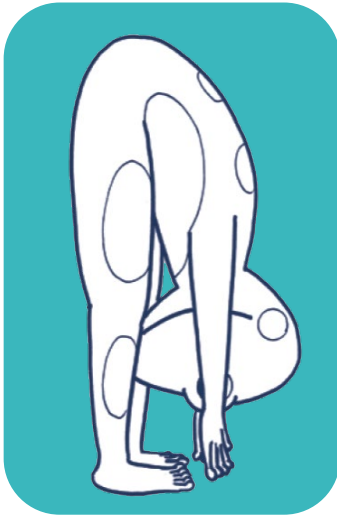
**Mr. Montana asked if the class
could help Maria.**

**Michael helped by whispering,
“Sunrise,” and showing her the
movement**

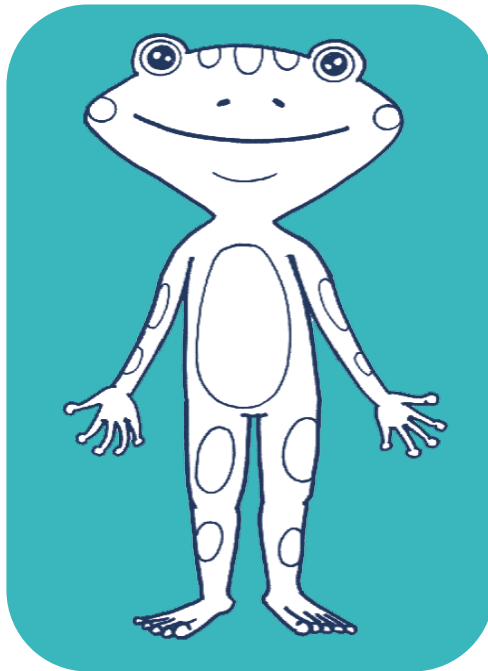


Then Maria remembered Sunset, Monkey, Sunset.

***Then Maria's stomach began to grumble and made a loud noise.
She started thinking about how hungry she was, and instead of
going to the next movements.....***



.....she went straight to Dog and then up to Mountain and then into Tree.



The class was very confused, and some of her classmates started laughing.

Maria felt even more embarrassed than before, and her Tree got really wobbly.

Her classmates all started talking at once, saying that she did it wrong! One of her classmates ran to the front of the class to try to help, but he accidentally bumped into Maria.

Maria fell out of her Tree pose, and before her classmate could say, "I'm sorry," Maria pushed him back and started crying loudly.



Mr. Montana heard Maria crying and quickly came up. Everyone started explaining what had happened at the same time.

But Maria was so mad 🐉 she yelled at the teacher, louder than anyone: “Leave me alone! Everyone is mean to me today! I want to go home!”

She continued to cry even louder.

Mr. Montana gently took Maria to a very special Pause Place.



Mr. Montana gave Maria the jar with glitter.... and the breathing ball.... And reminded Maria of her Anchors.

He said, “Now, Maria, I know that you are really upset, but before we talk about it, use the tools we learned to help yourself calm down so you can be your best self in the Pause Place.”





Let's Reflect:

What feelings has come to visit Maria? Is it okay that she is experiencing that feeling?

What can Maria do to help herself? How can she show herself care and compassion in the Pause Place?

But Maria didn't do any of these things!

As soon as Mr. Montana left, she pushed the glitter jar away, placed the breathing ball over her head and started beating on her heart and belly instead of gently paying attention to her breath.



**Mr. Montana walked over again,
and said “Maria, have you been
your best self in the Pause Place?
Have you used the tools
appropriately?”**

**“NO”, admitted Maria, still crying,
and feeling sad, embarrassed and
angry.**

**Then Mr. Montana asked Maria to
say after class to practice the
techniques they learned and talk
about what happened.**

To Be Continued.....

