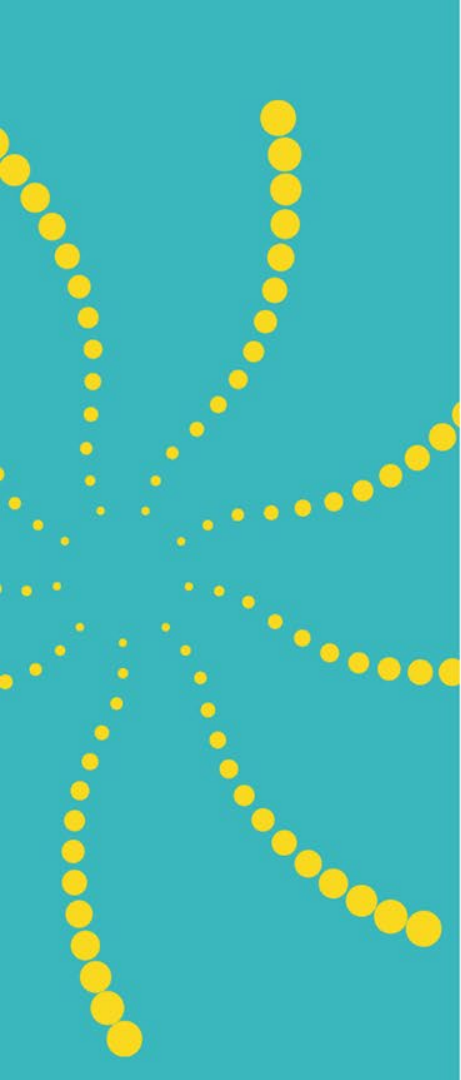




Explosion

Moving Storytime

Unit 3 Lesson 6
K-1



**Today we will continue the
Moving Storytime about
Maria from last class.**

**Let's review what
happened with Maria, and
where we left off with the
story.**



Easy Pose

During recess, Maria did not go to play with her friends. She stayed on the pause Place and reviewed the breathing exercise with Mr. Montana.



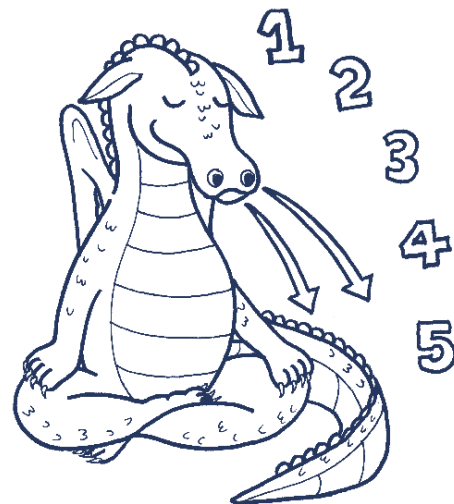
Easy Pose

Mr. Montana also introduced her to the Letting-Go Breath.

How do you feel after practicing the Letting-Go Breath?



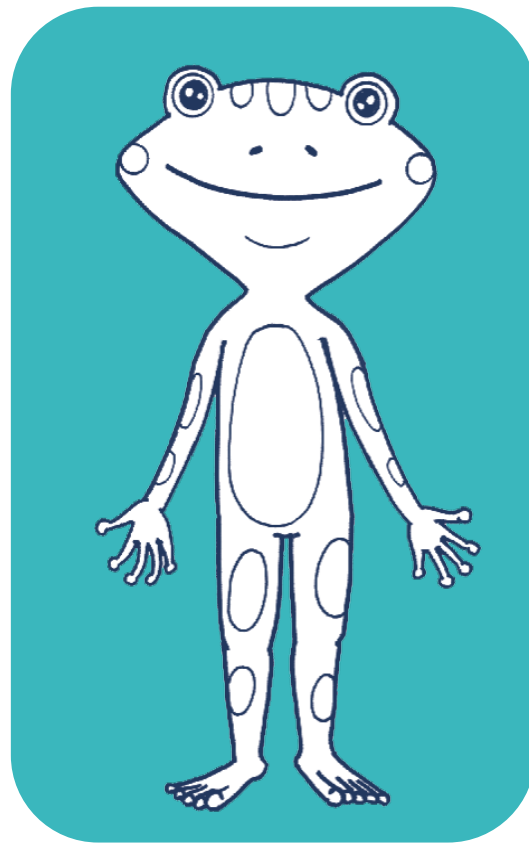
Letting-Go Breath



Mr. Montana reminded Maria that feelings often arise in response to experiences, or triggers.

He asked whether she could remember what experiences trigger anger to come to visit.

Maria told Mr. Montana that she lives high on the mountain. And that it was raining really hard. There was a thunderstorm.



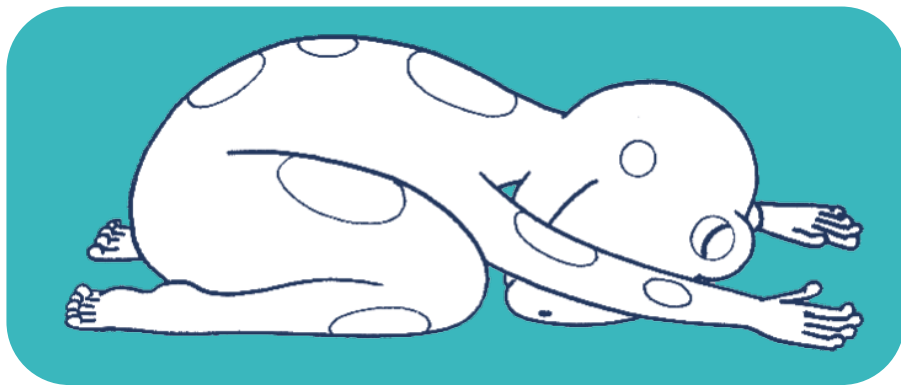
Michael feel asleep easily, but Maria could not. She tossed and turned.

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

She tossed and turned while worried thoughts swirled in her mind. She tried hard but could not fall asleep.

***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.

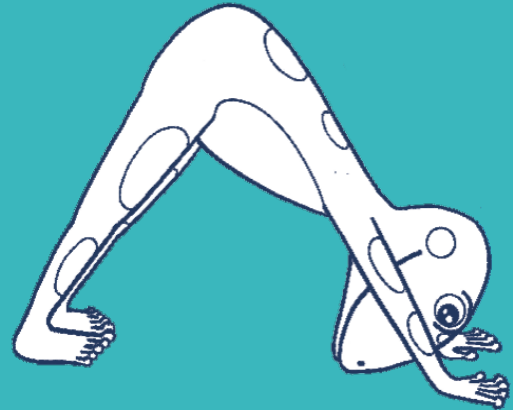
They knew she has been grumpy from not getting enough sleep and they wanted to help her, so they decided to wake her up gently.



Cat



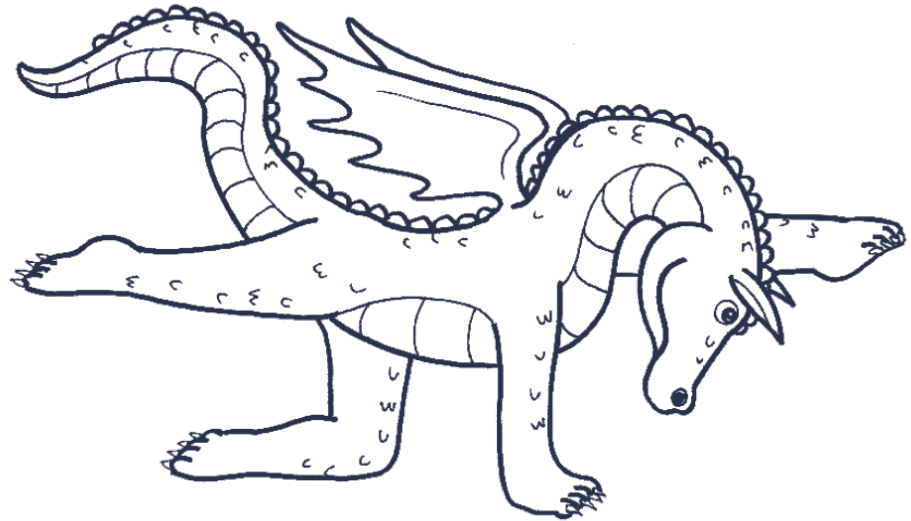
Cow



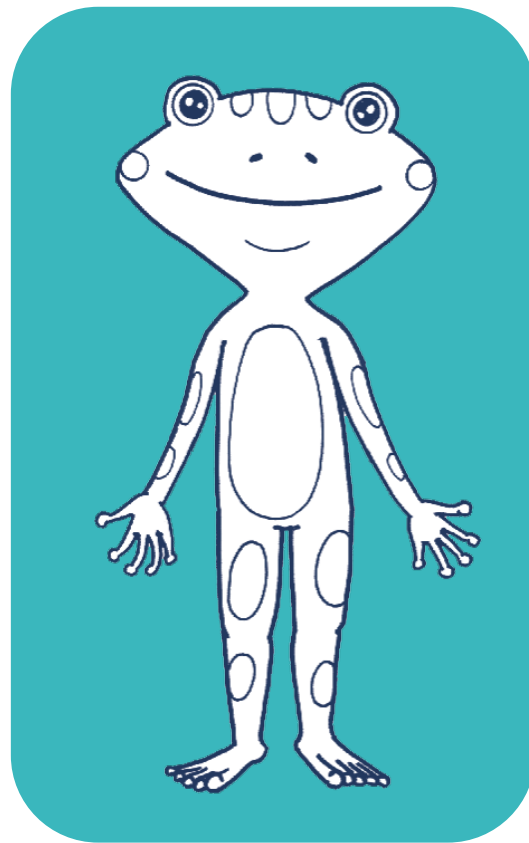
Dog

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

Pointing Dog



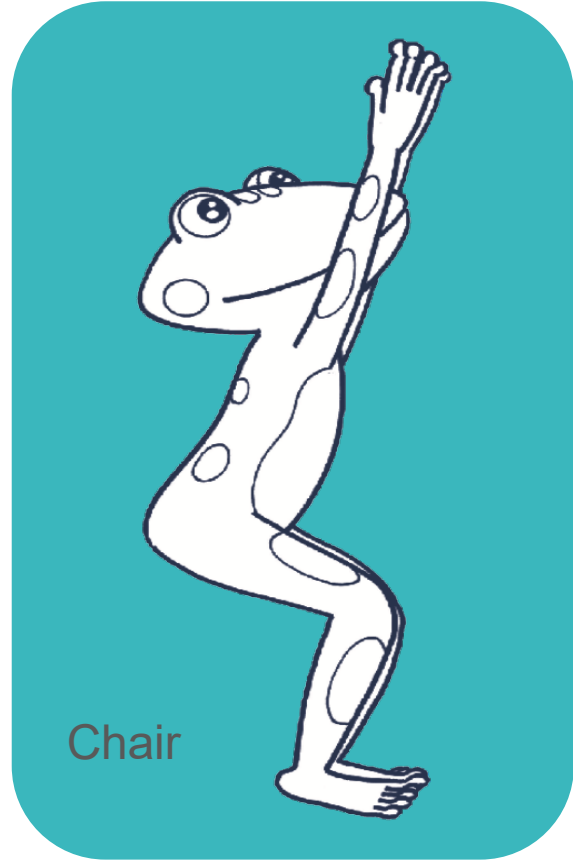
***Maria started to feel a little better
after stretching, so she got up.***



Everyone sat down to eat....

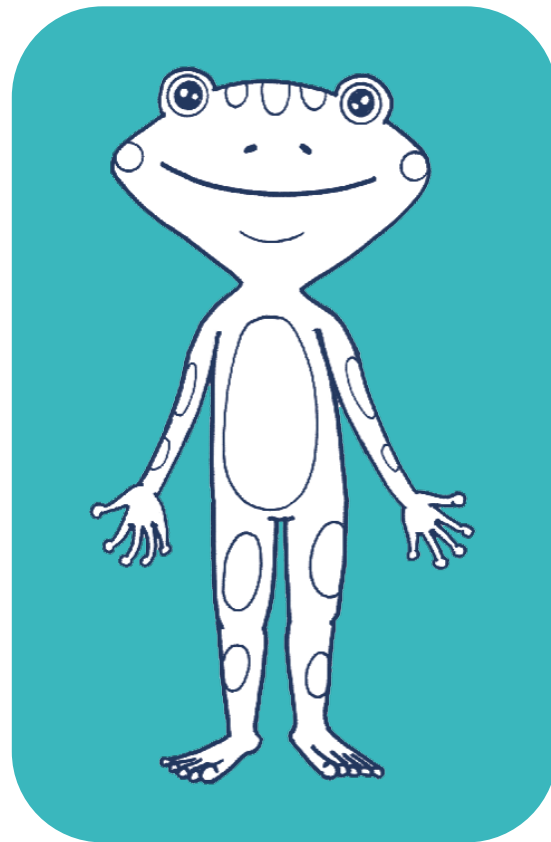
but Maria didn't eat, even though her friends told her that if she didn't eat, she could have trouble paying attention or remembering!

**But Maria just crossed her arms.....
..... and stomped off to class.**

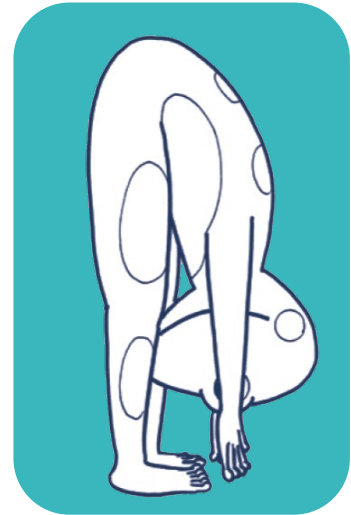
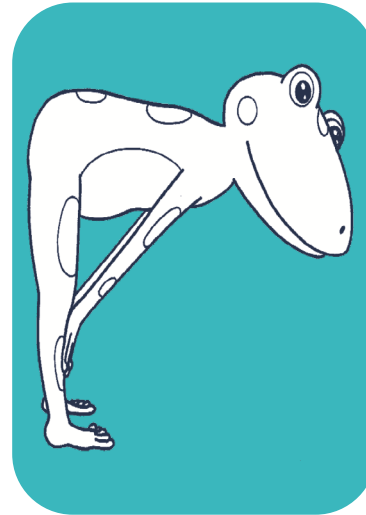
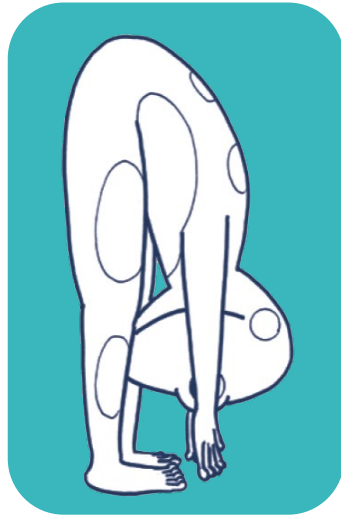
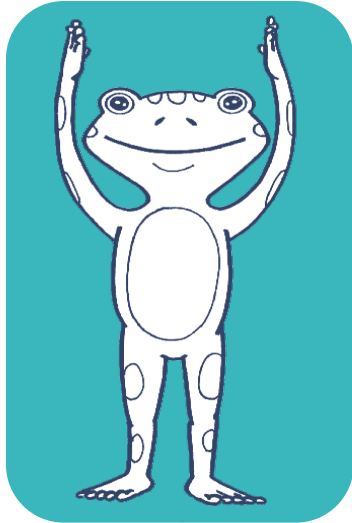


***At school, it was Maria's turn to
lead the Fresh Start Sequence
in front of the class,***

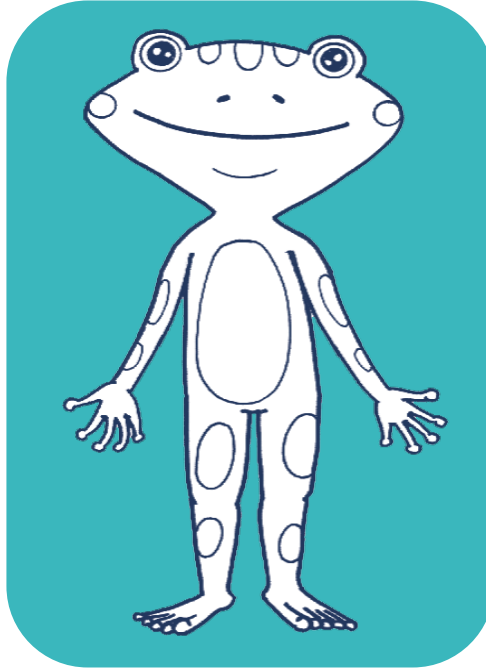
***but she was feeling sleepy
..... and hungry.***



***And even when Michael helped her, she did it all wrong! She did
Sunrise, Sunset, Monkey, Sunset.***



.....then, incorrectly, she did Dog, Mountain, Tree.



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.

And even yelled at Mr. Montana, "Leave me alone! Everyone is mean to me today! I want to go home!"



That was everything that happened before Mr. Montana took Maria to the Pause Place that morning.



That was the story that Maria told Mr. Montana in the pause place. Mr. Montana carefully listened to her story. Maria felt better now that she was shared her story. She was still a bit tired and hungry and angry, but she was much calmer.

Mr. Montana said, “if we are tired and hungry, it is difficult for our minds to be calm and for us to think clearly. We can easily get angry or overwhelmed”





Let's Reflect:

- What can you do to be your best self in a situation like this?**
- How can you show yourself care and compassion?**

One thing you can always do in school is to tell a teacher how you are feeling and what you need. That way a teacher can help you help yourself! Remember that being your best self means acting in ways that show care for yourself and others. At times like this, being your best self might mean asking for help. So Maria asked Mr. Montana, “Can you help me? I still feel angry and tired and hungry.”

First, Mr. Montana gave Maria a snack to eat.

Then, Mr. Montana shared with Maria a self-compassion practice to help her mind feel less angry.

It's called the Kind Mind practice, and it reminds us to be kind to ourselves.

Kind Mind for Self



Begin by closing your eyes or look to one spot in the room.

I am going to say several kind thoughts aloud. After I sway them, take a deep breath and silently repeat them to yourself.

May I feel healthy and strong.

May I feel happy.

May I feel valued.

Notice what it feels like to speak kindly to yourself. Practicing Kind Mind is a wonderful way to treat yourself with care and compassion



Maria felt much better after the Kind Mind practice, but she was still tired. Mr. Montana let her rest on the mat for the rest of recess.

