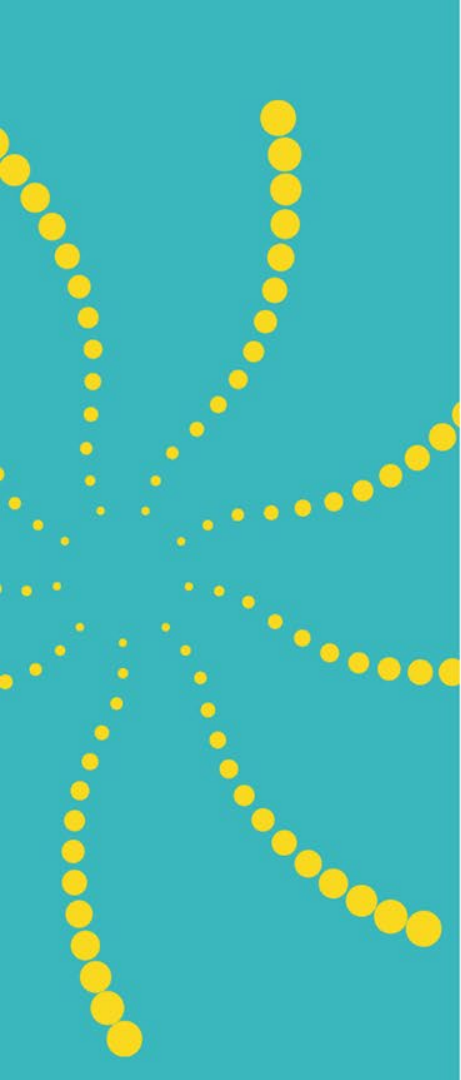




Fresh Starts

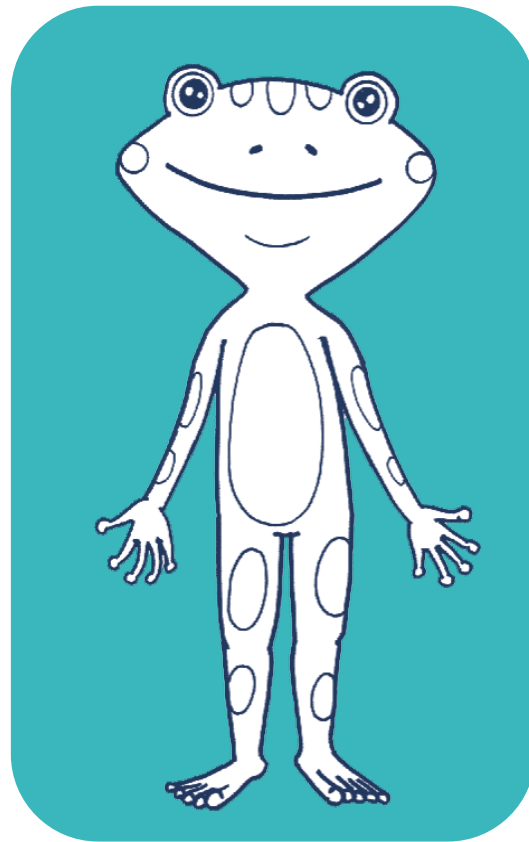
Moving Storytime

Unit 3 Lesson 7
K-1

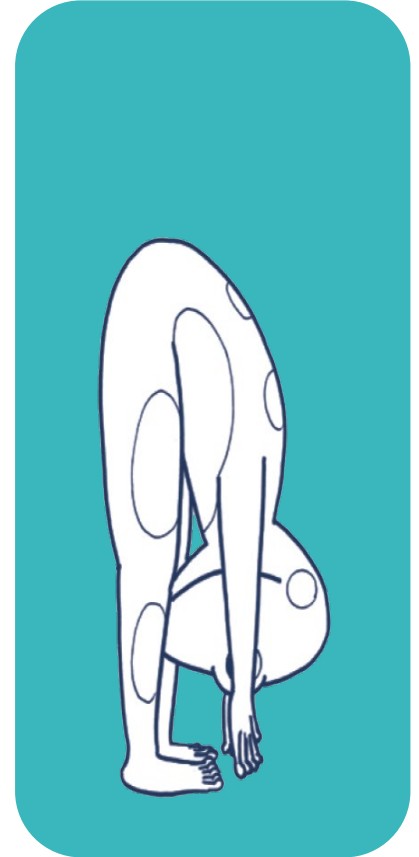


In today's Moving Storytime, we will brainstorm how maria can be her best self by showing care for herself and others.

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



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



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 and to her surprise, even a little excitement.

Maria tossed and turned as worried thoughts swirled in her mind.

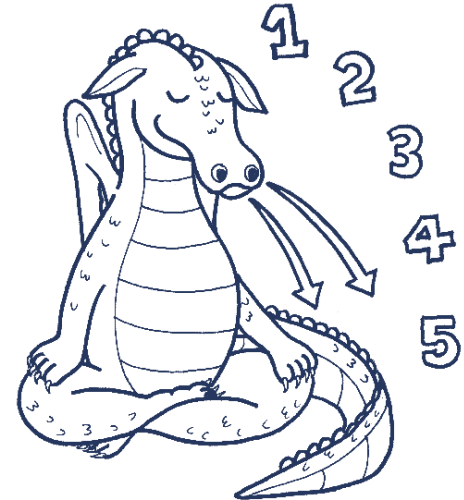
Toss, Turning, and Swirling

What can Maria do to help herself fall asleep when she is scared?

Paying attention to her breathing helped her forget about the storm and fall asleep.

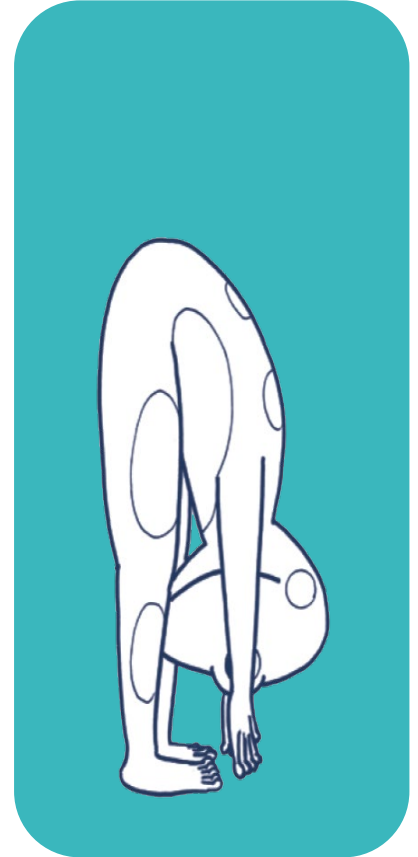


Letting-Go Breath

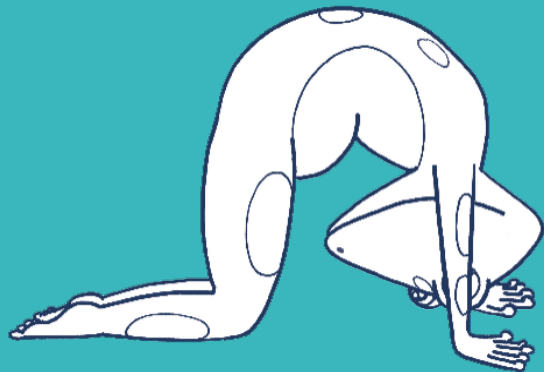


***In the morning, the
sun began to rise.***

***And since Maria
slept during the
night she was
already awake
when.....***



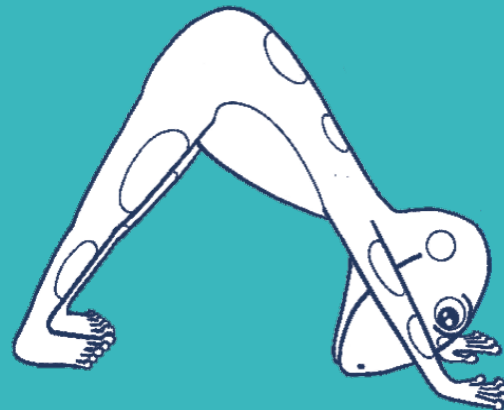
Cat, Cow and Dog came over.



Cat



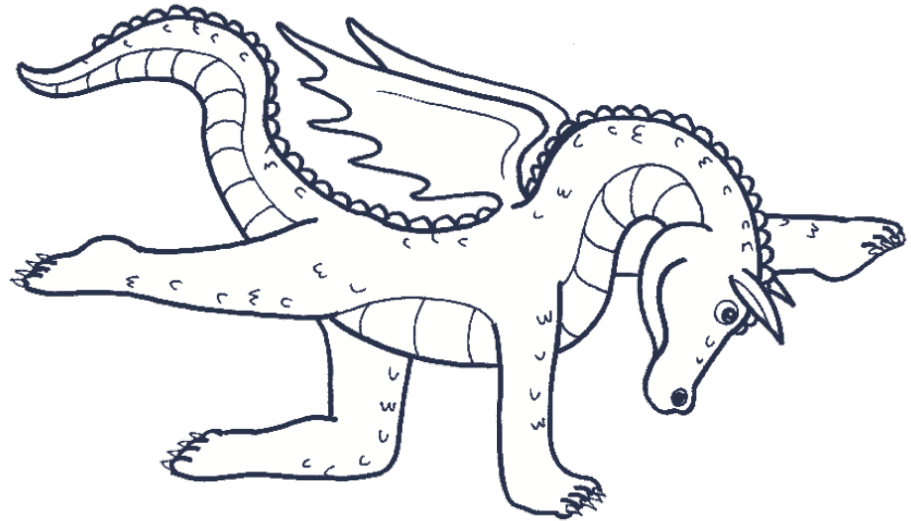
Cow



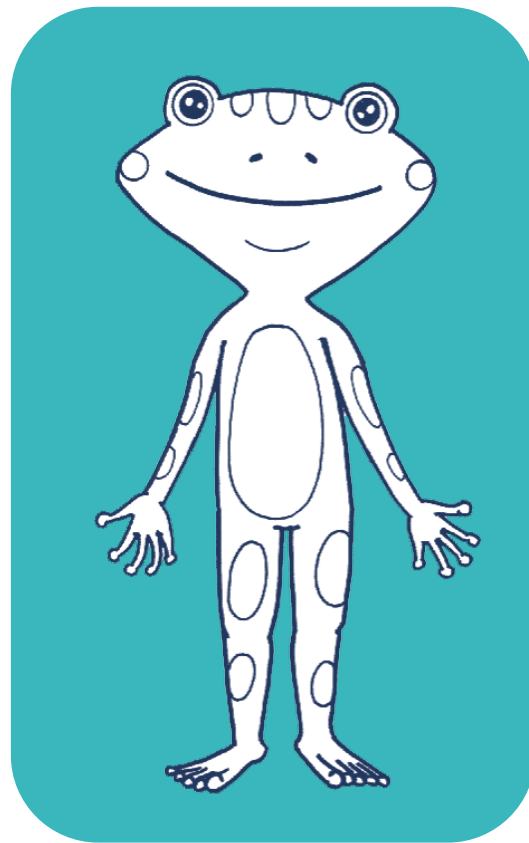
Dog

***All together, they did some
morning stretches.***

Pointing Dog



And then they walked to school.



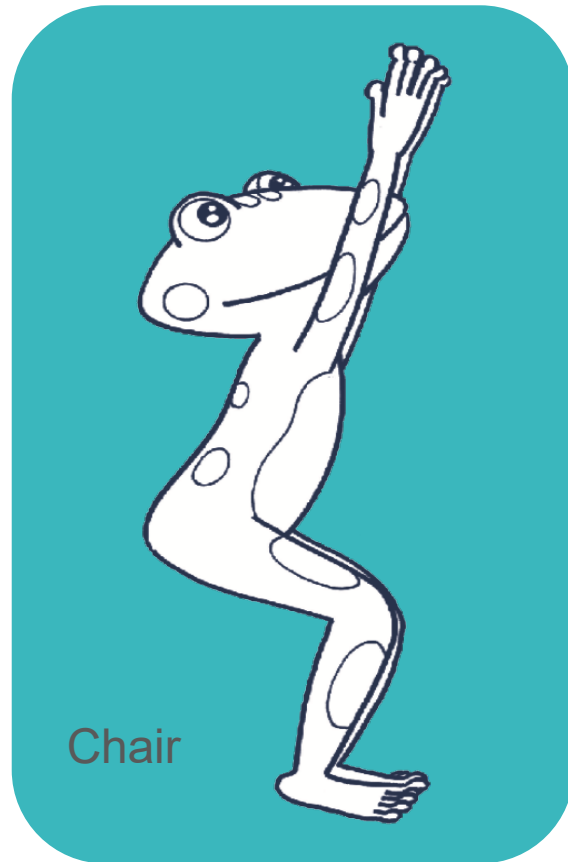
When they got to school, they all sat down for breakfast.

Maria was hungry but the food wasn't her favorite.

She remembered what Michael, her friends, and Mr. Montana had told her.

What can happen if you are hungry?

Should Maria eat some breakfast?



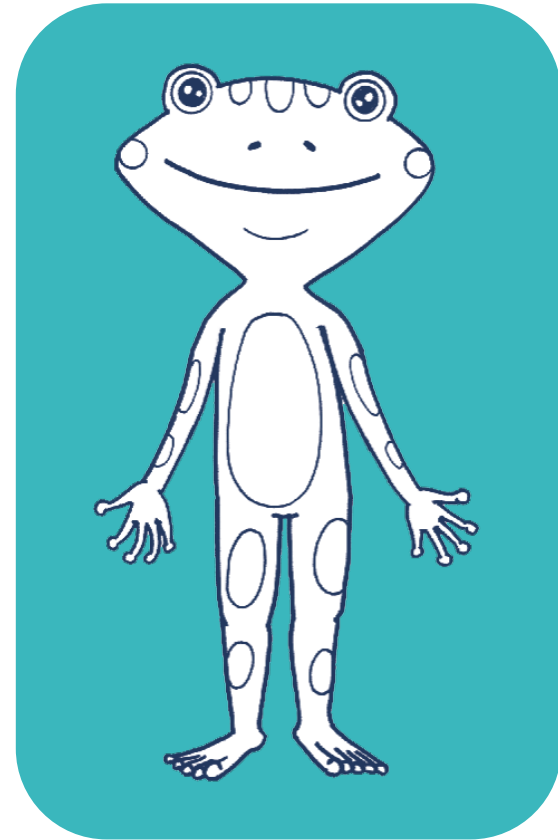
***So Maria ate the fresh
peaches with yogurt for
breakfast.***



***In class it was Maria's turn
again to lead the Fresh Start
Sequence.***

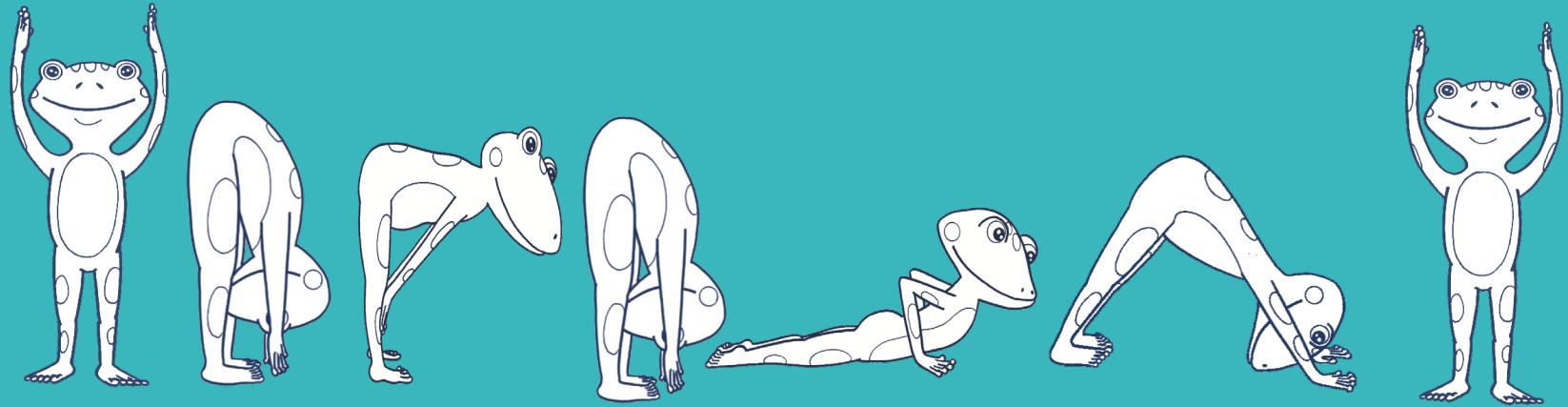
***She went to the top of the mat
and stood in Mountain Pose.***

***Maria wasn't sleepy..... or
hungry, but her mind still kept
swirling about the
thunderstorm last night.***



Maria did Sunrise, Sunset, Monkey, Sunset, Plank, Upward Dog, and then straight into Sunrise.

Uh-oh! What pose did Maria forget?



**Some students laughed,
and she got embarrassed
and angry.**

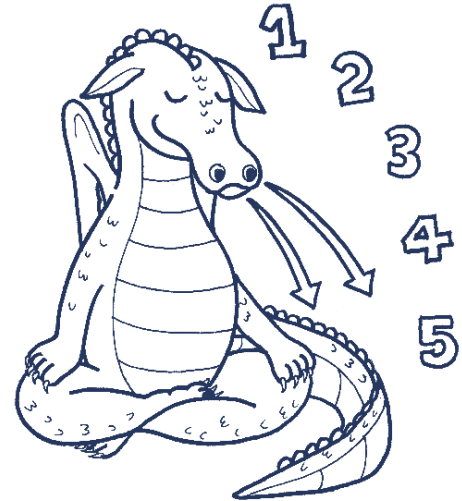
**What can Maria do to
show care for herself?**

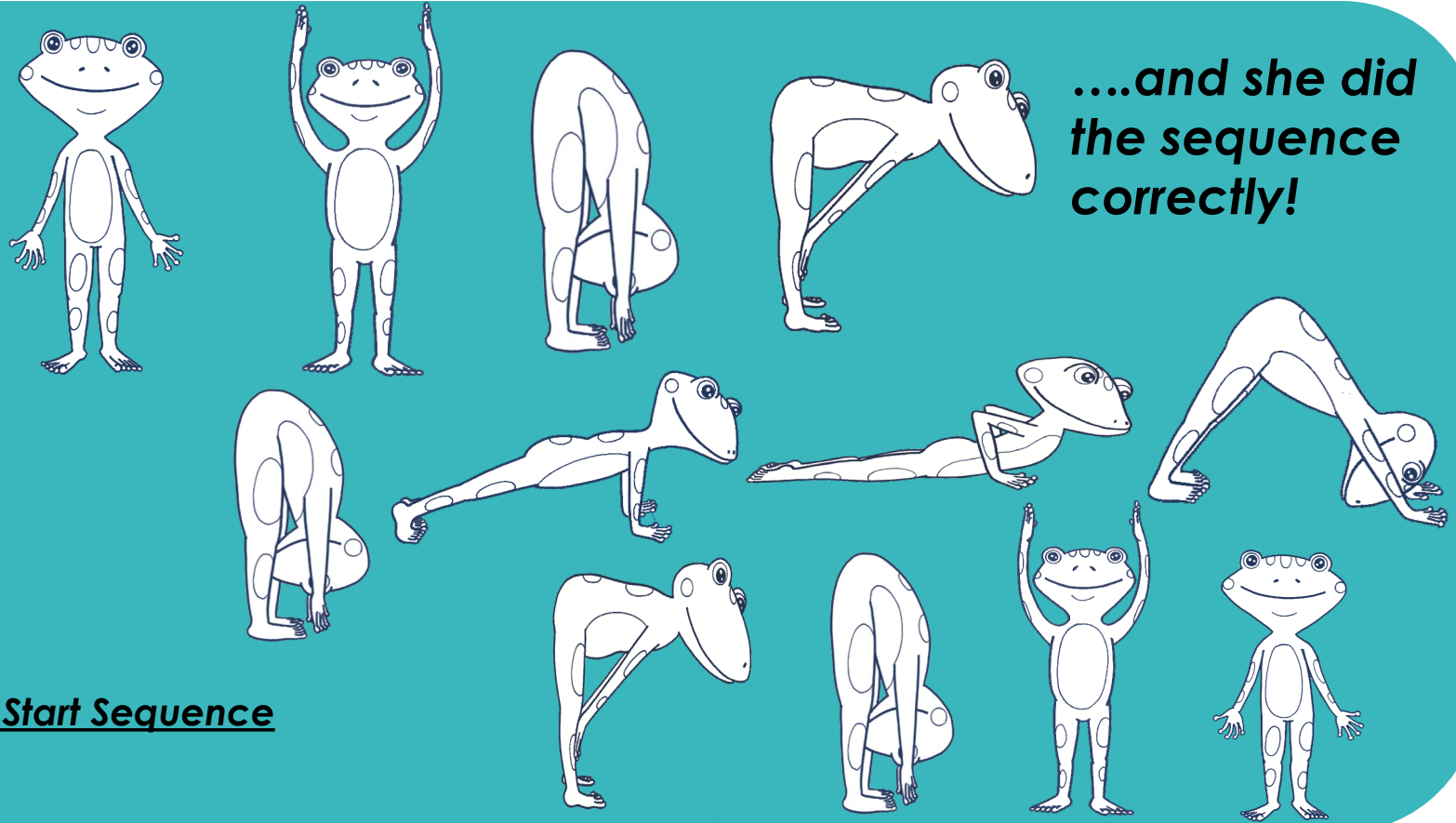
**She can do her Letting-Go
Breath.**

**Maria too a few breaths,
and it helped to calm her
down.....**



Letting-Go Breath

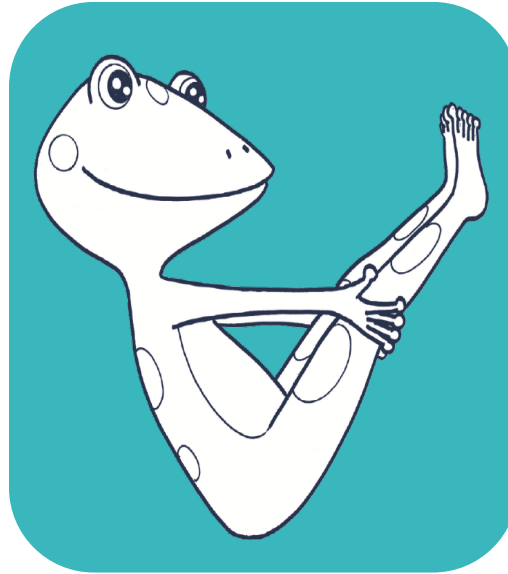




Fresh Start Sequence

Mr. Montana was very proud of Maria because she used her practices to calm her mind and did not give up.

He led her lead the class through two more poses and.....



Kind Mind for Self practice. This is a way to teach our minds to be kind to ourselves. We can do this when sad, lonely, or angry feelings come to visit or anytime we want to be our best selves by showing care for ourselves and others!

**May I feel healthy and strong.
May I feel happy.
I hope I feel peaceful.
I hope I can show myself kindness today.**



Before rest today, Maria and her class did a few stretches.

Closing Sequence: Butterfly to Flower to Turtle

