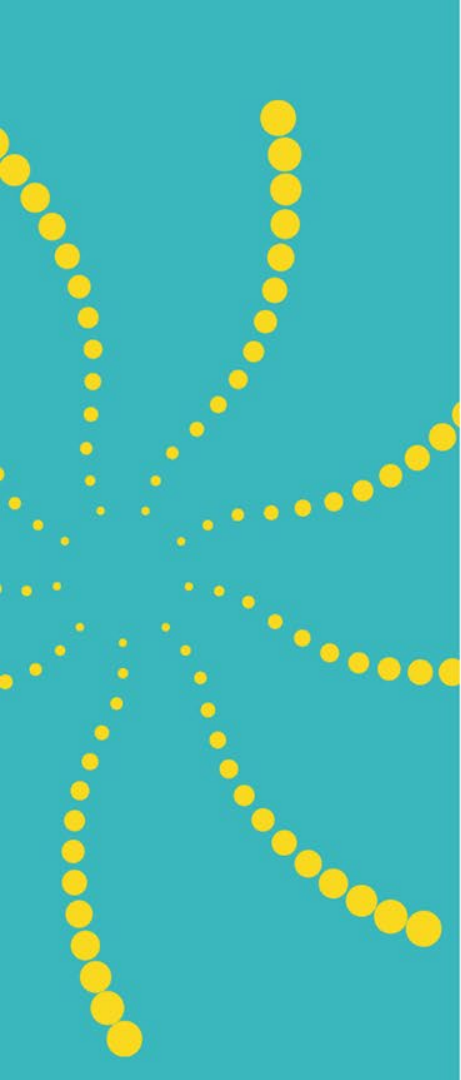




Whoosh, Hiss, Bang

Moving Storytime

Unit 4 Lesson 1
K-1



In today's story, Michael and Maria are at home working on a school assignment: to create their own movement sequence.

They will use their breathing to pause and work on being their best selves.

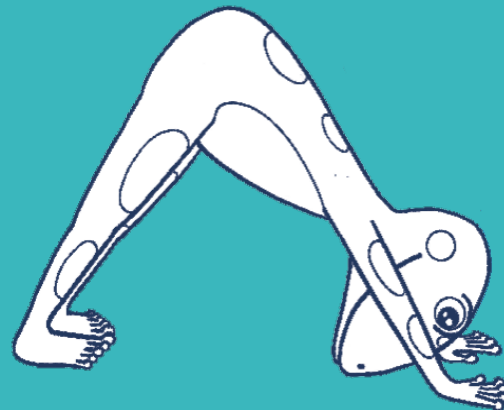
It was morning, and Cat, Cow and Dog were ready to do their Fresh Start Sequence with Maria and Michael.



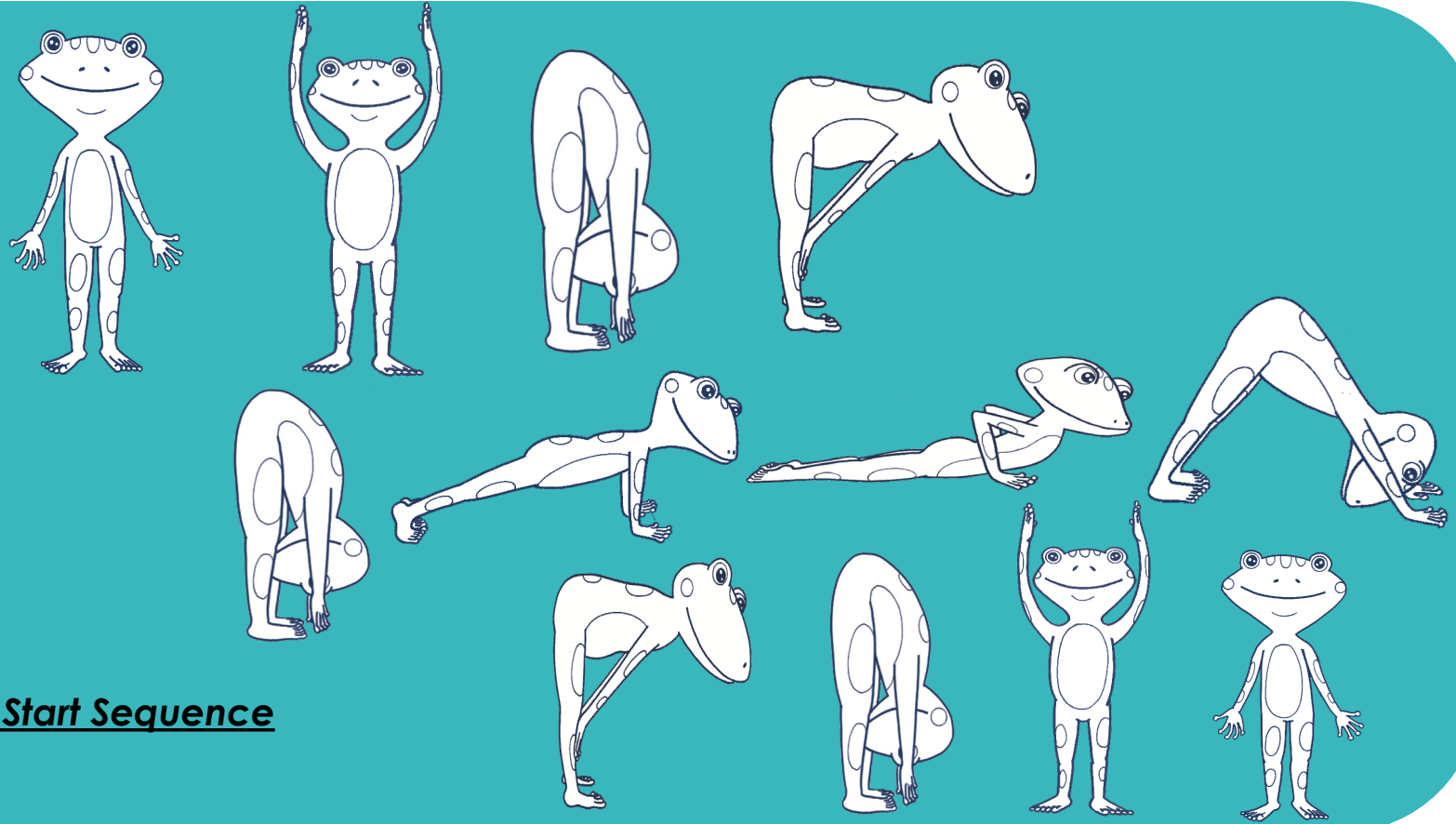
Cat



Cow



Dog



Fresh Start Sequence

After they finished, Cat, Cow and Dog announced that they needed to go practice for their spring music recital.

Maria and Michael explained that they needed to stay to do an assignment for school: to create a new movement sequence.



In one room, Cat, Cow and Dog tuned their instruments.

They tuned their guitar.

They checked their drums.

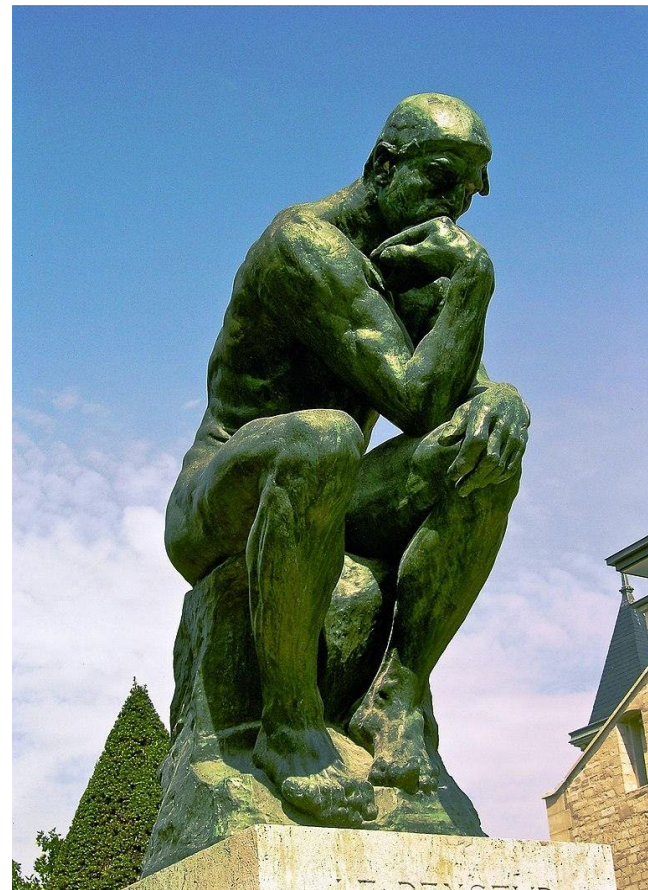
And they warmed up their voices.

In the other room Maria and Michael were sitting and thinking of ideas for their new movement sequence.

“Okay, Let’s share ideas!” said Maria

Michael frowned, because he had no ideas!

He said, “It’s so difficult to think with all the noise that Cat, Cow and Dog are making.”



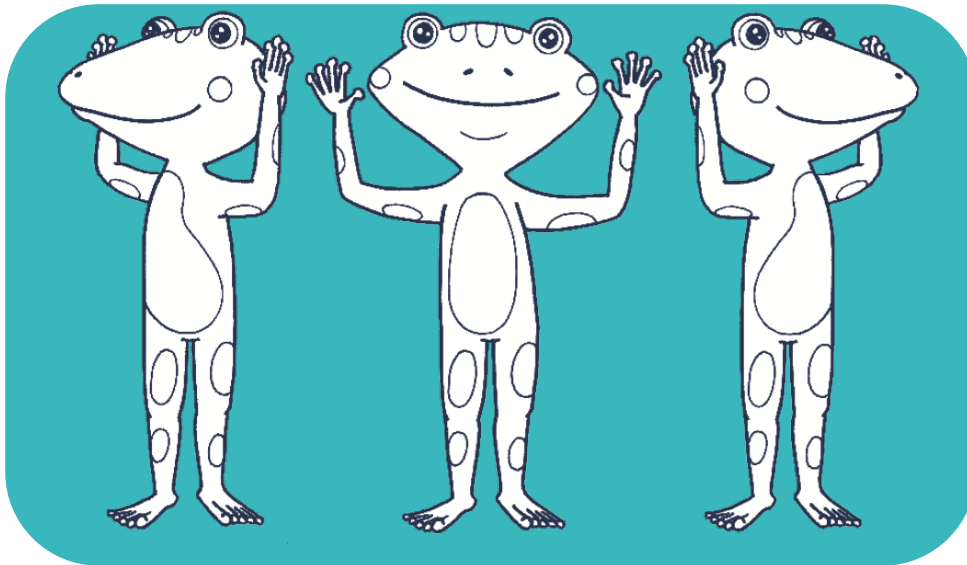
***Maria, on the other hand,
said.....***

***“Really? It doesn’t bother
me at all! Music makes
me want to dance, so
their music actually gave
me some good ideas.
The guitar made me think
of swaying my arms.”***



Swaying Palm

“And when they sang the scales, I thought of doing some twists.”



Trident/Trident Twist

Michael was having a really hard time paying attention to Maria's moves, because.....

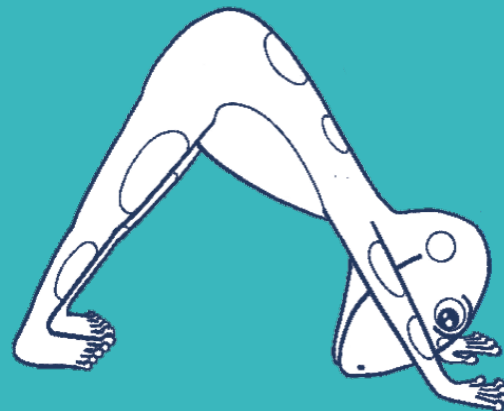
**Cat, Cow, and Dog kept practicing their meows
and moos and woofs.**



Cat



Cow



Dog

Michael's mind was swirling. He yelled, "I don't want to do this anymore!" and stomped his feet

Michael was getting really frustrated and Maria noticed this. Maria could tell that Michael's mind was swirling with uncomfortable thoughts and feelings.

Maria showed Michael compassion by encouraging Michael to pause. "Remember what Mr. Montana taught us?" she asked.

Then Maria told Michael that even though the Pause Place mat was in the classroom, they could still practice calming and settling their minds and bodies.

She reminded Michael how to place his hands on his Anchors- his heart and his belly.

They took three deep Letting-Go Breaths together.



Michael noticed that pausing and taking deep breaths helped his mind feel more calm and settled.

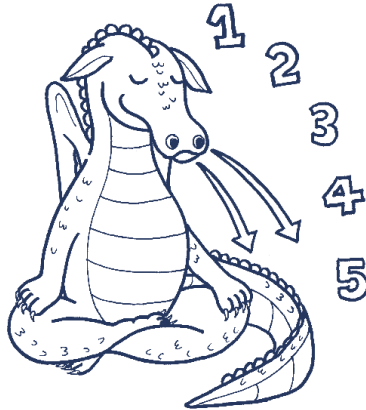
He decided that his feelings were showing him that he preferred more quiet. He decided to show himself some more compassion by asking Maria for help.

Michael said, “Maybe we can find another place to work on our movement. Outside, for example?”

“Good idea!” said Maria



Letting-Go Breath



So Maria and Michael walked outside.

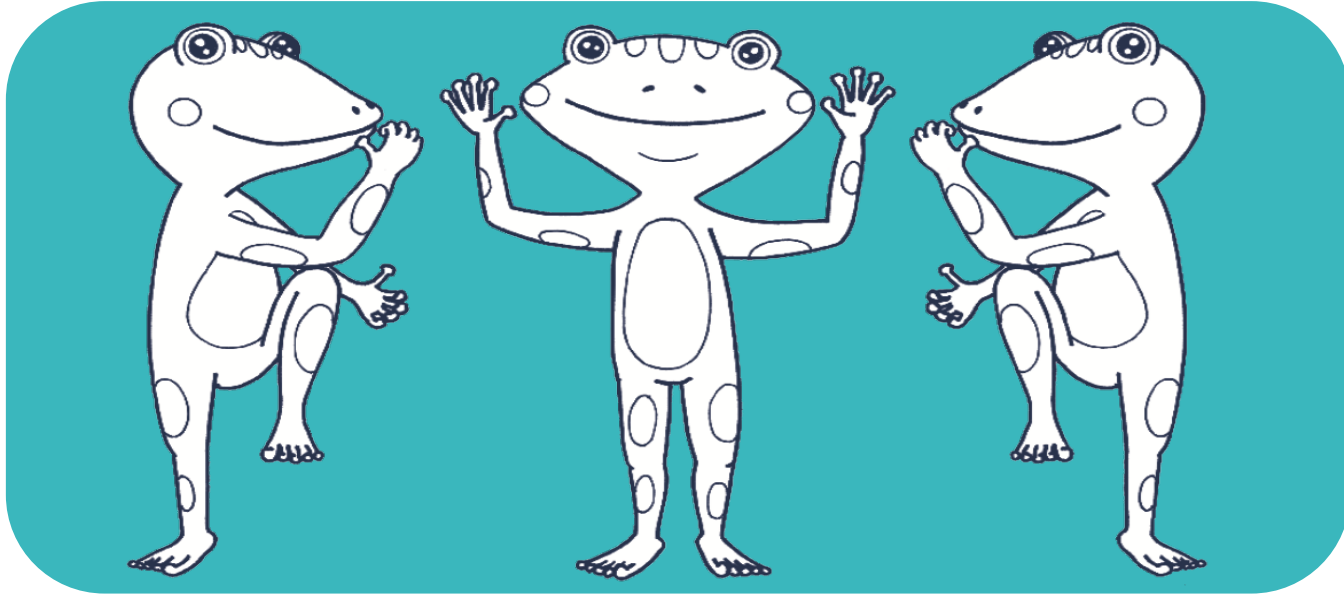
They found a nice spot near a tree.

Maria showed Michael the moves she made up.

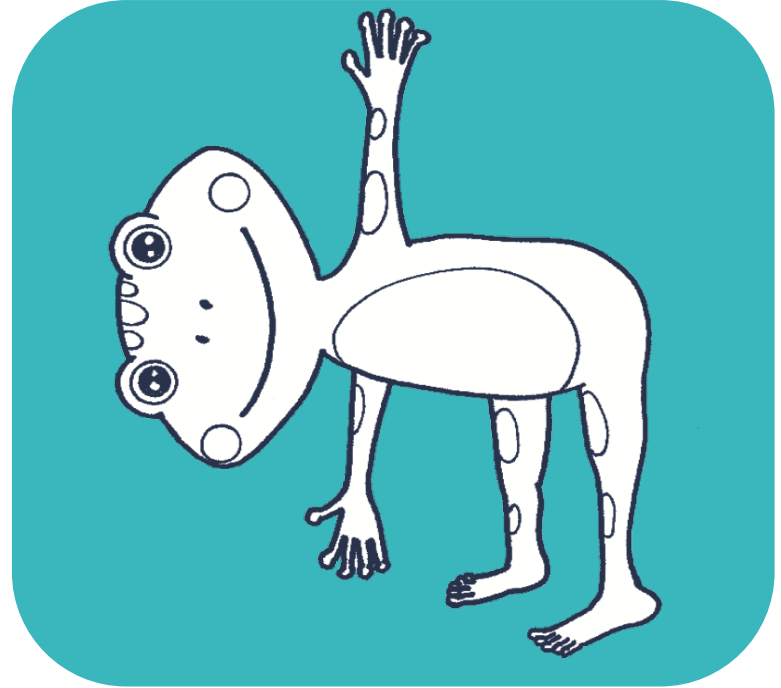
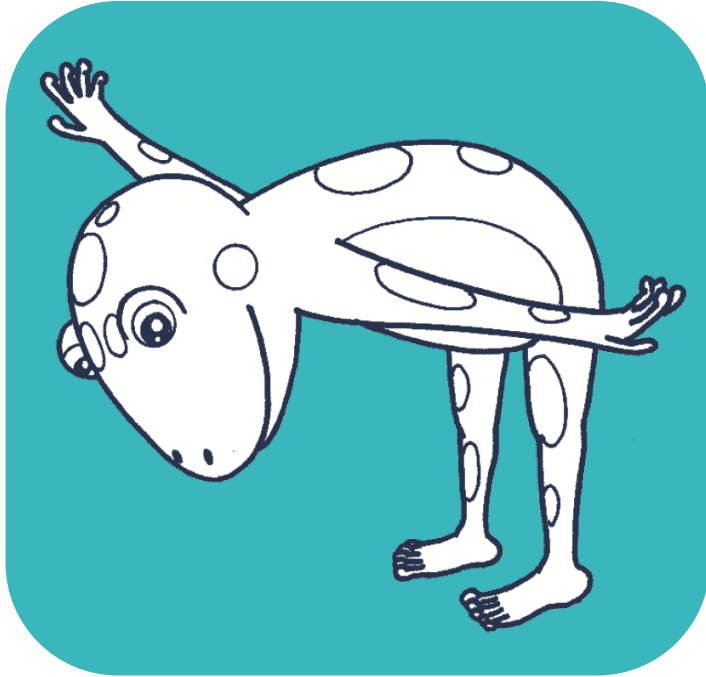


Finally, Michael got an idea.

“Ooooooh,” he said, “then we can do this!”



“Cool!” said Maria. “And then what about this?”

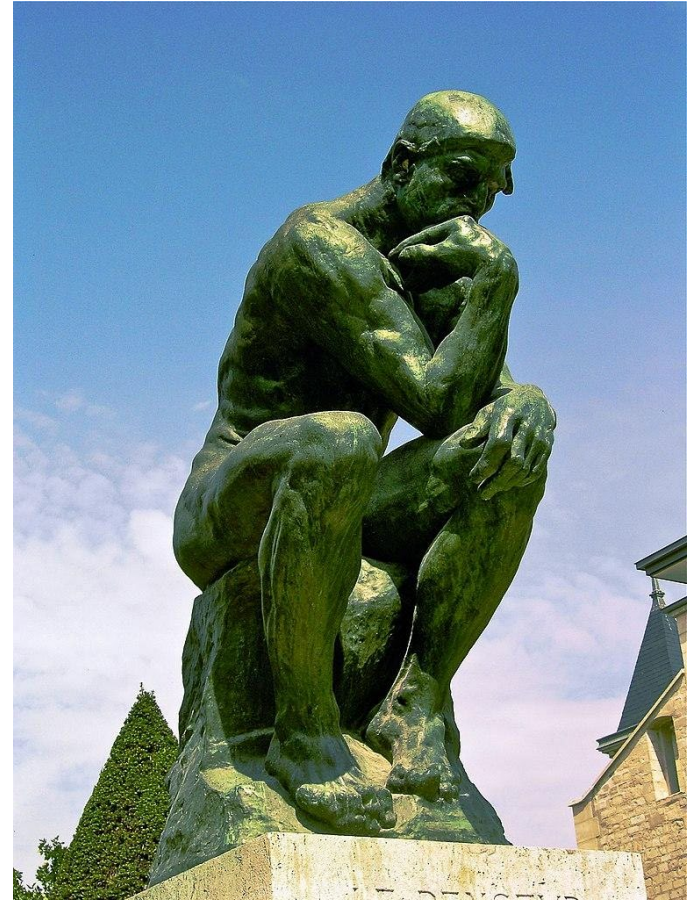


Glider- Glider Twist

Maria and Michael were happy with their progress and had sat down to think of more poses.....

.... When they heard, “Bzzzzzz.” Maria looked around and saw lots of bees.

“Those bees are frightening, and so annoying. I don’t want to stay here! I’m not feeling very brave,” she said, and she ran back inside the house.



Once Maria and Michael reached the porch, they didn't know what to do.

Michael couldn't concentrate with the music inside, and Maria was too scared of the bees to work outside.

Finally Maria said, "Michael, the buzzing of the bees is bothering me a lot, and I am scared of them too. COuld you please try practicing with music again? Give it another chance. First let's practice calming and settling our minds and bodies. Then let's try to practice them movements we've already learned to the music they are playing right now, okay?"





When the music stopped, Michael was smiling. He understood what Maria was saying and was able to feel the music and let it guide him.

He even thought of another move, and said, “For the last movement, we can pretend to pick up a feeling that we need, like courage. Then we can let the feeling wash over us like water!”

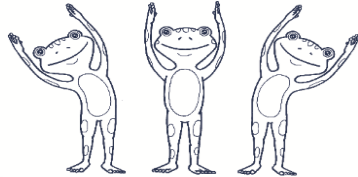
Maria said, “Yes! Let’s do it!” and at the end,

Maria decided to pick up bravery. Michael decided to pick up an open mind.

Twist Sequence



Mountain



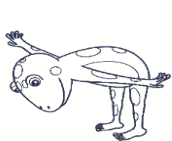
Swaying Palm



Trident/Trident Twist



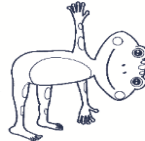
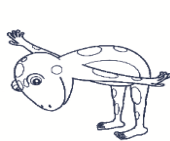
Elbow to Knee



Glider



Glider Twist



Pick It Up



Mountain

Twist Sequence
Mountain
Swaying Palm
Trident/Trident Twist
Elbow-to-Knee
Glider
Glider Twist
Pick It Up
Mountain

**Finally, Maria and Michael
were happy with their
sequence and their friends
were done practicing their
music.**

They all realized that they really would like some quiet time, so they did some relaxing stretches and then rested.

Closing Sequence: Butterfly to Flower to Turtle

