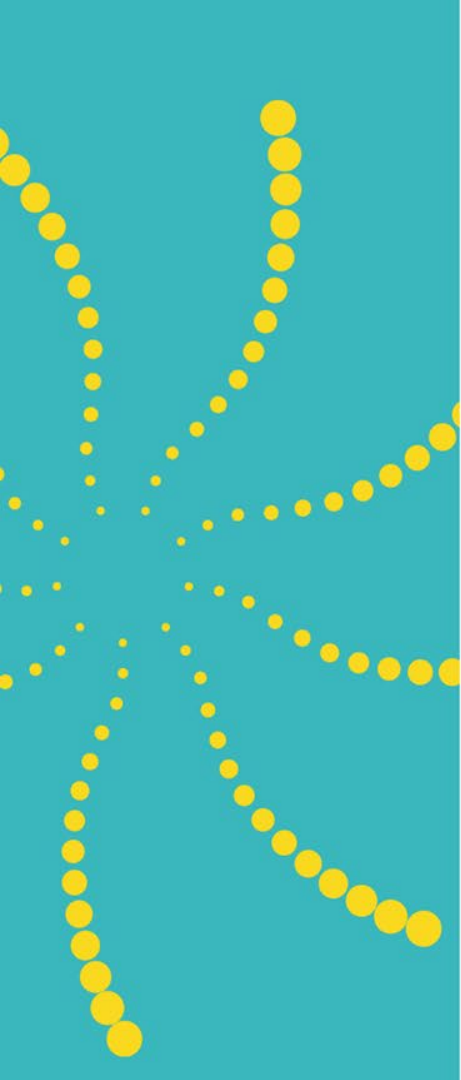




Sound Off

Moving Storytime

Unit 4 Lesson 2 ***K-1***



Today, we will repeat the story of Maria and Michael creating their own movement sequence, and then Maria and Michael will present their work to their class.

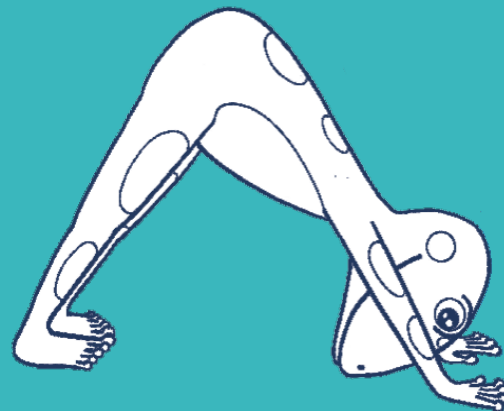
It was morning, and Cat, Cow and Dog were ready to do their Fresh Start Sequence with Maria and Michael.



Cat



Cow



Dog

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.

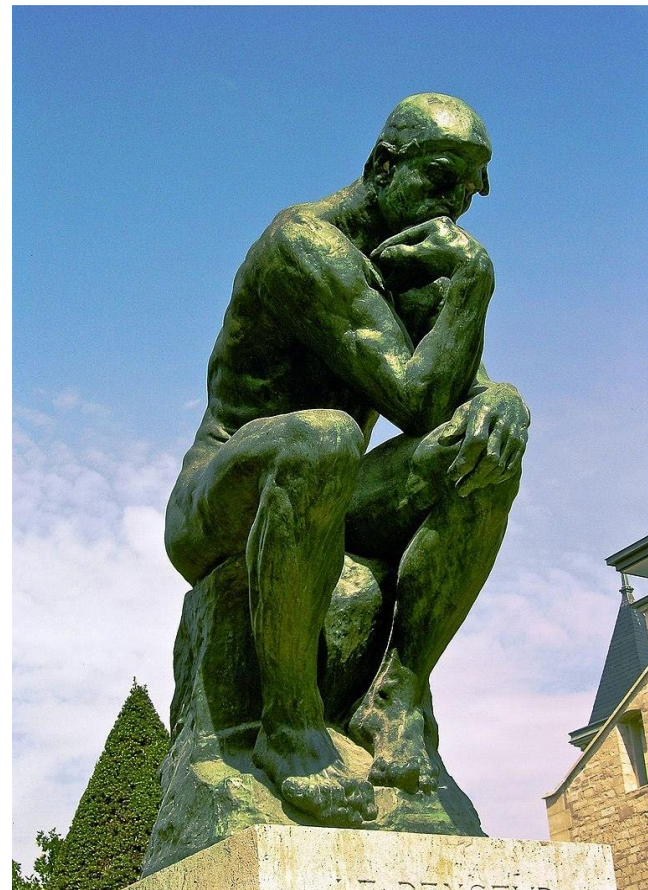
And they warmed up their voices.

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.”



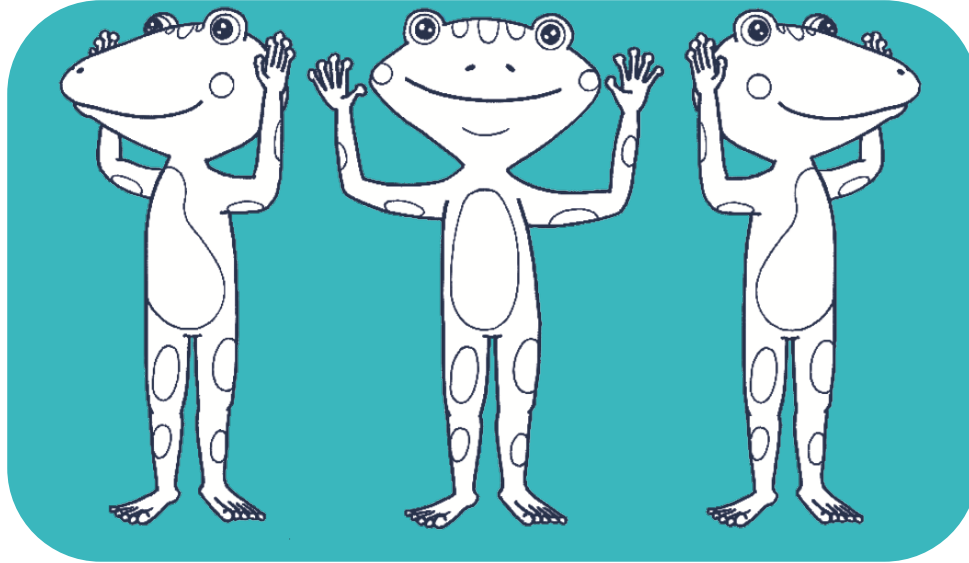
***Maria, on the other hand,
said.....***

***“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.....

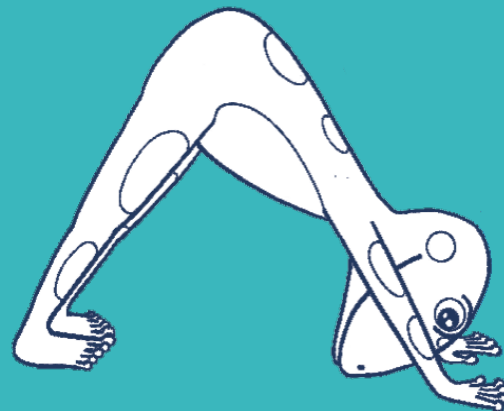
**Cat, Cow, and Dog kept practicing their meows
and moos and woofs.**



Cat



Cow



Dog

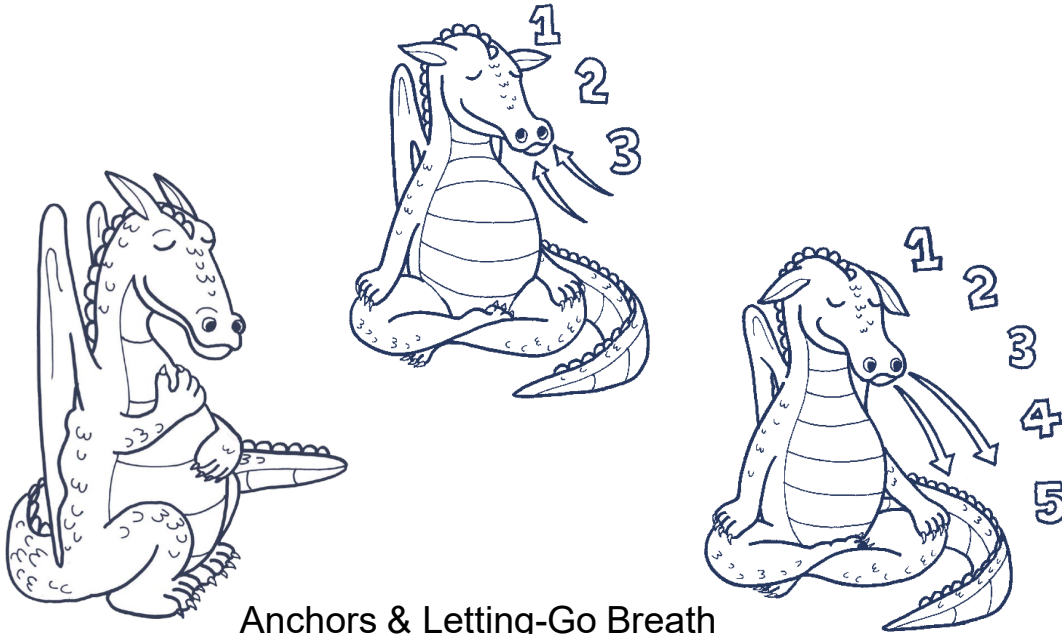
Michael's mind was swirling. He yelled, "I don't want to do this anymore!" and stomped his feet

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

Since they weren't near the Pause Place mat, Maria encouraged Michael to pause and find his quiet place inside.

Maria and Michael took three, deep Letting-Go Breaths together.

Michael felt a little less frustrated, and his mind felt more calm and settled.



Anchors & Letting-Go Breath

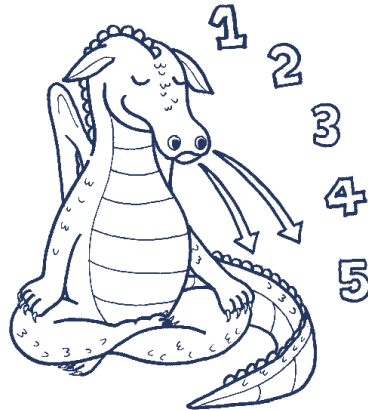
He said, “Maybe we can find another place to work on our movement. Outside, maybe?”

“Good idea!” said Maria

So Maria and Michael walked outside.



Letting-Go Breath



They found a nice spot near a tree.

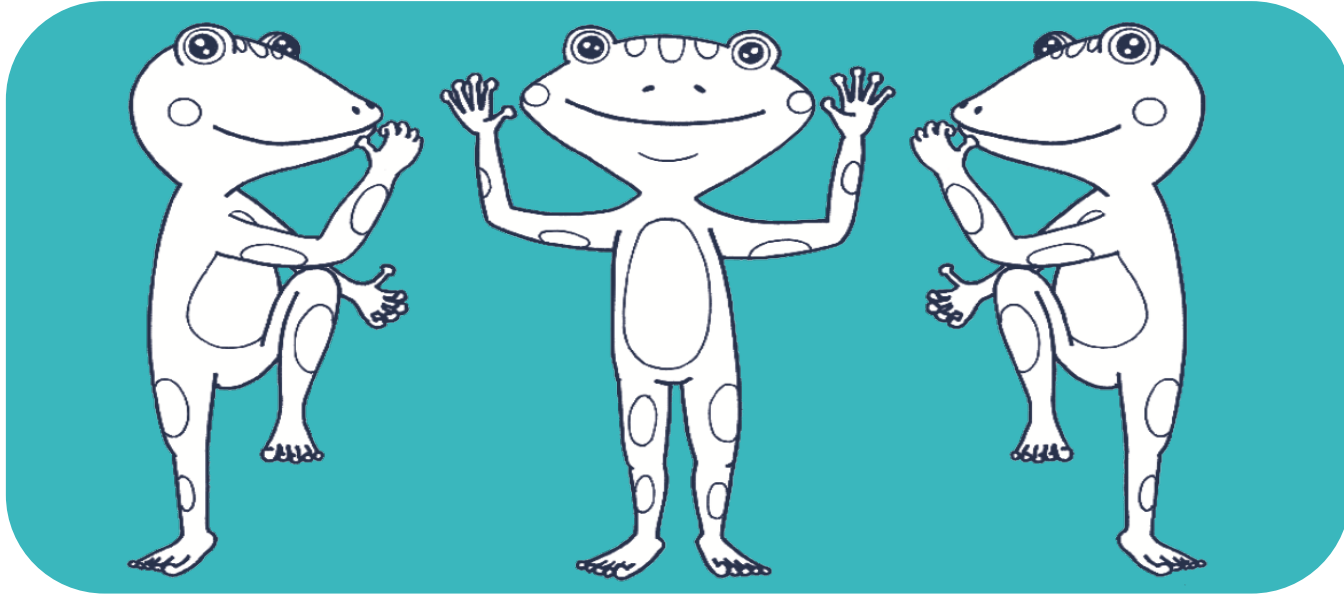
***Maria showed Michael the moves
she made up.***



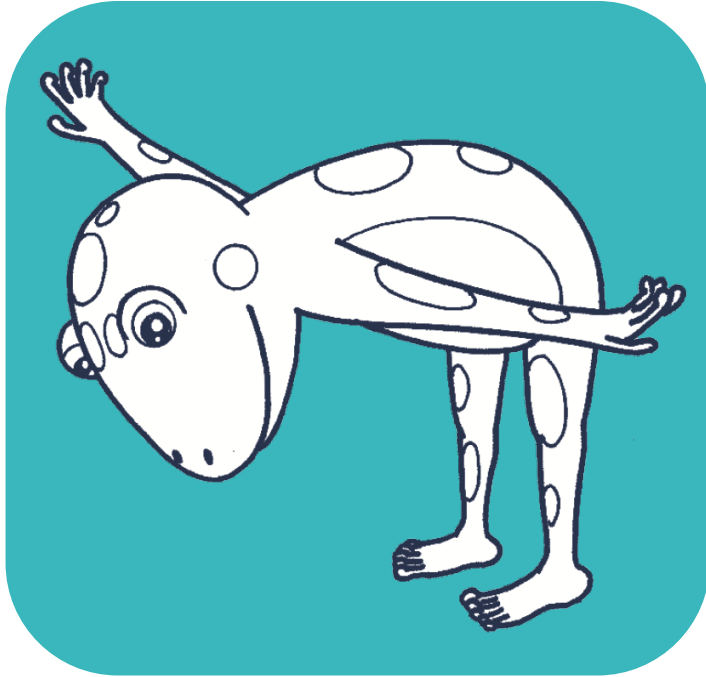
Tree

Finally, Michael got an idea.

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



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



Glider

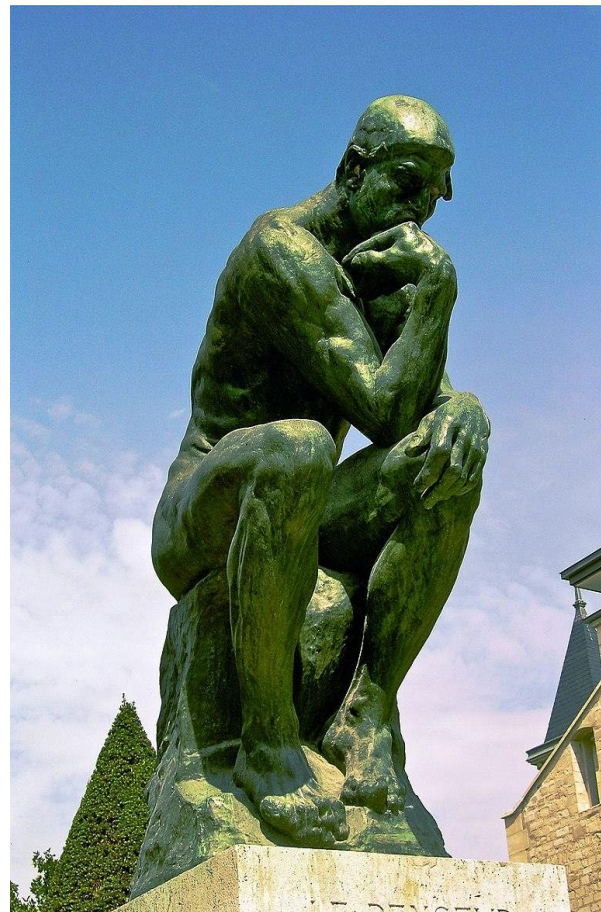
Maria and Michael were happy with their progress and had sat down to think of more poses.....

.... 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.



Let's Reflect:

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?"

Michael was practicing being his best self by showing care for himself and others. He decided to pause, place his hands on his Anchors, and take three deep breaths. He noticed that when he did, he felt a quiet space inside. Even though it was noisy outside, his mind felt calm and settled

Then he noticed that when his mind was calm and settled it was easier to understand his own point of view as well as Maria's point of view.





So he said, “All right. I’ll try.” Then they did all the moves together to the music

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.

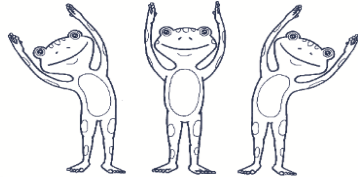
He even thought of another move. “For the last part we can pretend to pick up something that we need and let it was over us”.

How does understanding different points of view help us show care and compassion for ourselves and others?

Twist Sequence



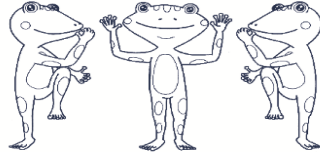
Mountain



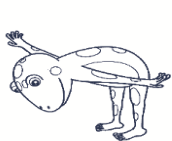
Swaying Palm



Trident/Trident Twist



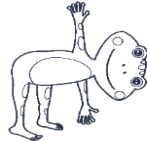
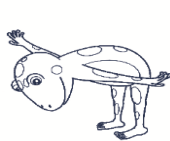
Elbow to Knee



Glider



Glider Twist



Pick It Up



Mountain

Maria said, “Yes! Let’s do it.”

Twist Sequence

Mountain

Swaying Palm

Trident/Trident Twist

Elbow-to-Knee

Glider

Glider Twist

Pick It Up

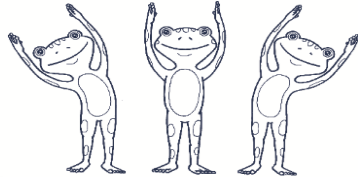
Mountain

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

Twist Sequence



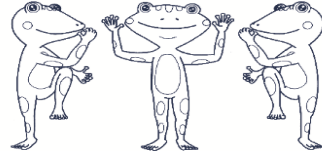
Mountain



Swaying Palm



Trident/Trident Twist



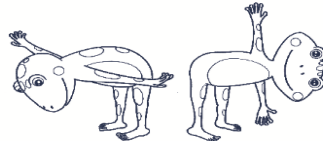
Elbow to Knee



Glider



Glider Twist



Pick It Up



Mountain

Today, Maria and Michael presented the sequence to the class with different kinds of music, allowing the music to move them as they went. Let's try the sequence to different songs too.



Finally, Maria and Michael were happy with their presentation and were tired. 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

