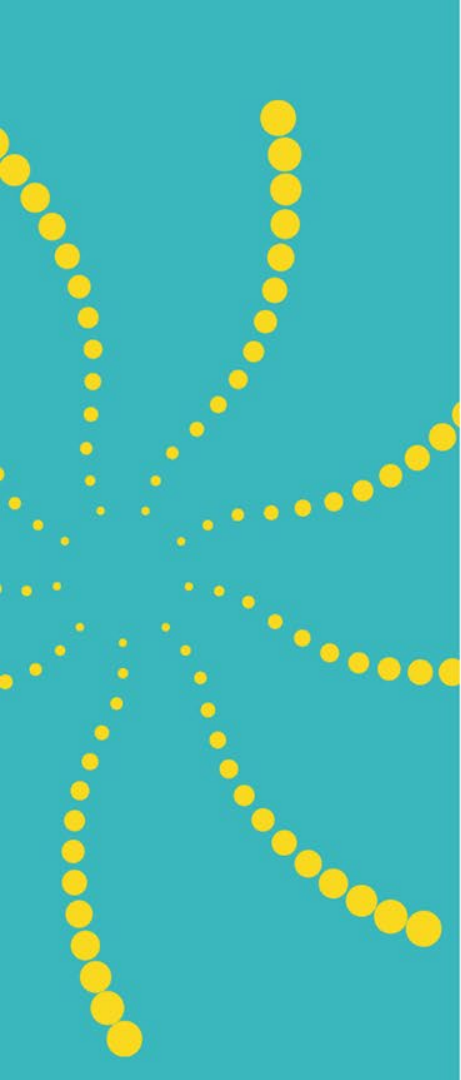




Home Cooking

Moving Storytime

Unit 4 Lesson 3
K-1

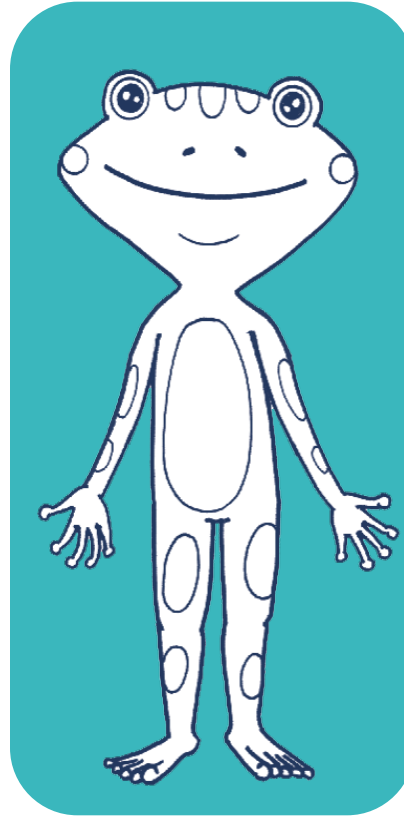


Today we're going to explore some familiar poses and learn some new ones. We're going to use curiosity to notice how our bodies and minds feel in the poses. Curiosity can help us notice what we experience and how we feel when we try new things, and curiosity can help us learn about other people.



**Let's take a few Calming
Breaths with our hands on our
Anchors.**

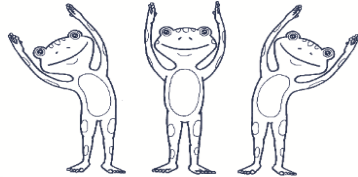
***Let's focus on our
breathing while we
go from Mountain to
Sunrise three times.***



Twist Sequence



Mountain



Swaying Palm



Trident/Trident Twist



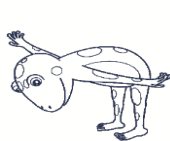
Elbow to Knee



Glider



Glider Twist



Pick It Up



Mountain

Twist Sequence (3x)
Mountain
Swaying Palm
Trident/Trident Twist
Elbow-to-Knee
Glider
Glider Twist
Pick It Up
Mountain

How does curiosity make you feel?

What do your mind and body do when you are curious?

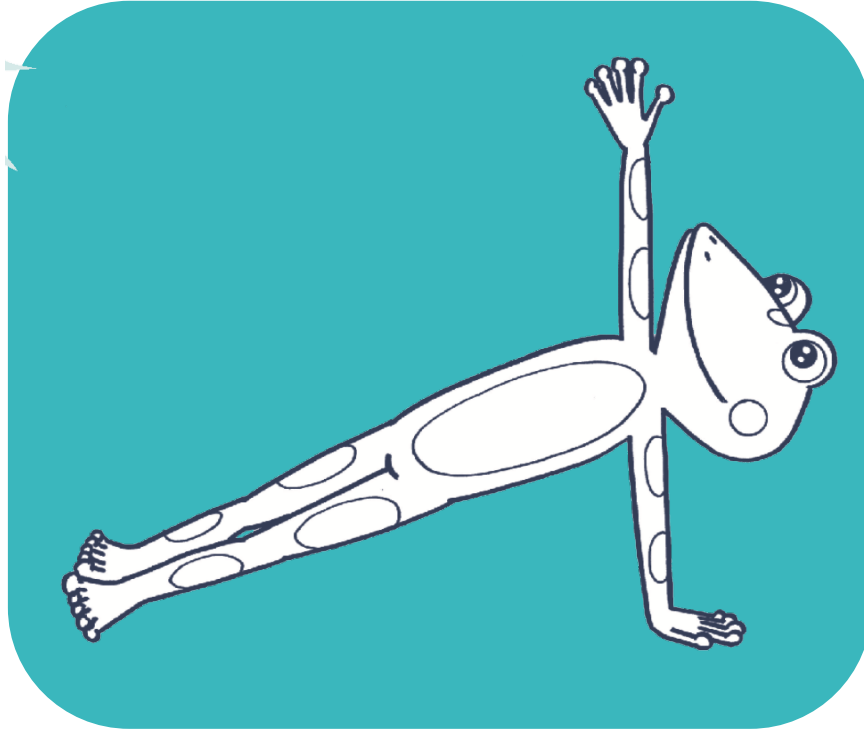


Optional: Tree

Let's be curious and explore a new pose, Three-Legged Dog.



Let's be curious and explore another new pose, Side Plank.



Closing Sequence: Butterfly to Flower to Turtle

