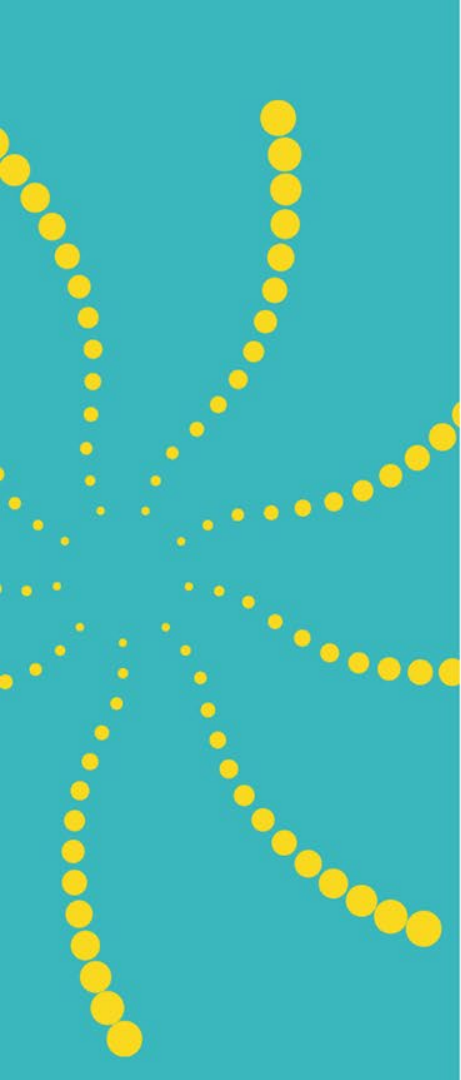




Appreciating Others

Moving Storytime

Unit 4 Lesson 4
K-1

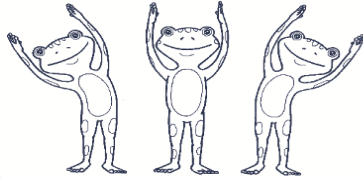


During Mindful Movement time today, we will practice kindness and compassion towards ourselves and other by practicing kind thoughts through Kind Mind practice.

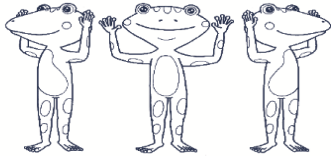
Twist Sequence



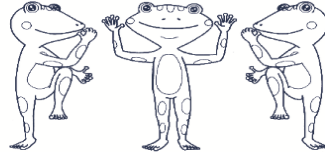
Mountain



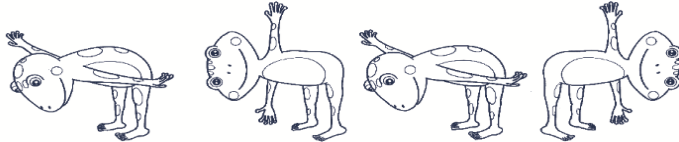
Swaying Palm



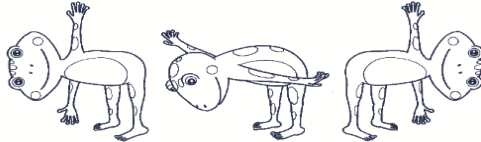
Trident/Trident Twist



Elbow to Knee



Glider



Glider Twist



Pick It Up



Mountain

Let's see if we can bring in some caring and kindness for our friends and classmates while we practice.

What can we Pick-Up?

Twist Sequence (3x)

Mountain

Swaying Palm

Trident/Trident Twist

Elbow-to-Knee

Glider

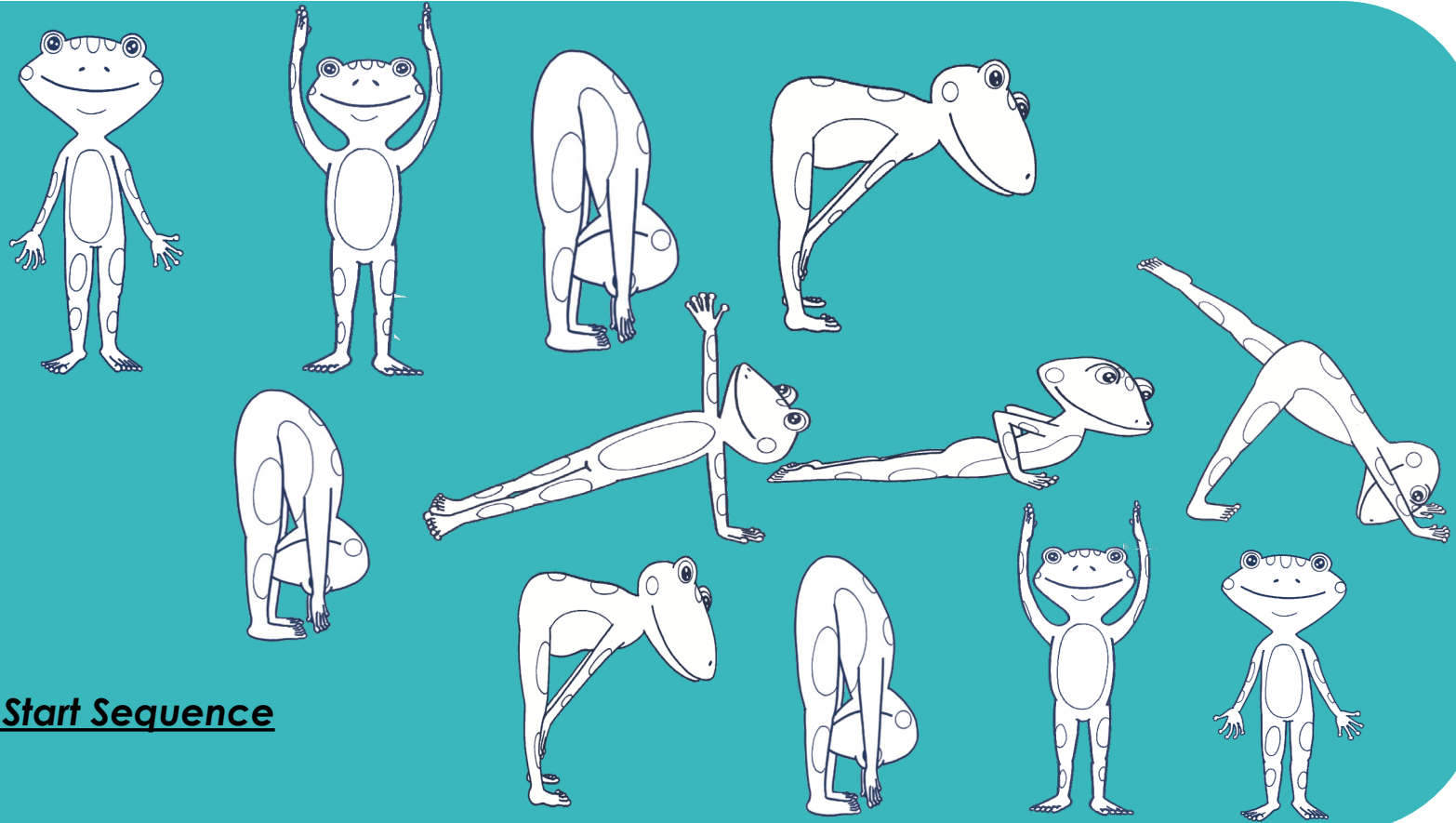
Glider Twist

Pick It Up

Mountain

Let's remember our two new poses, that we will use in our Fresh Start Sequence.





Fresh Start Sequence

Kind Mind for Self

Begin by closing your eyes or look at one spot in the room. I'm going to say several kind thoughts aloud. After I say them, take a deep breath and repeat the kind thoughts by whispering them to yourself.

May I be happy.

May I be healthy and strong.

May I learn and have fun today.

May I feel loved and cared for.

Notice what it feels like to speak kindly to yourself.



Kind Mind is a way to treat yourself with care and compassion!



Kind Mind for Others

If we want to grow in kindness and compassion, we can teach our minds to think kind thoughts about others. Let's try a Kind Mind practice where we use these kind words for others.

**May you be happy.
May you feel healthy and strong.
May you feel loved and cared for.
May you learn and have fun today.**

Notice what it feels like to think kind thoughts for others. ♥

Kind Mind is a way to treat others with care and compassion!



Closing Sequence: Butterfly to Flower to Turtle

