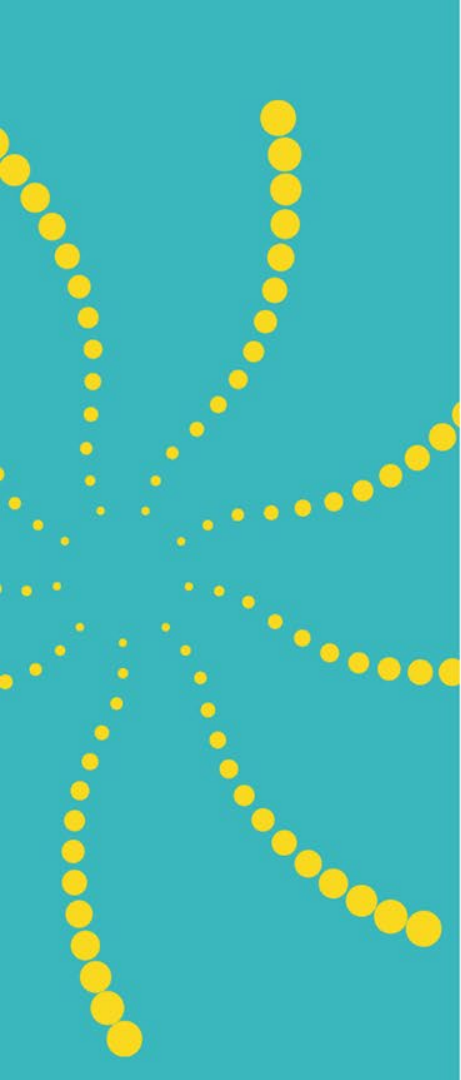




Out and About

Moving Storytime

Unit 4 Lesson 5
K-1



Easy Pose



***Maria and Michael are moving away
from their mountain home to live in
the big city.***

***They have packed their bags and
are sad to leave behind Cat, Cow,
and Dog, but they promise to come
back and visit.***

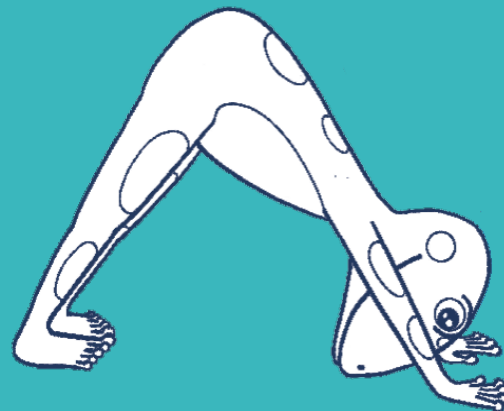
Cat, Cow and Dog encourage Maria and Michael to do the Fresh Start Sequence to ensure a fresh start to their long travels ahead.



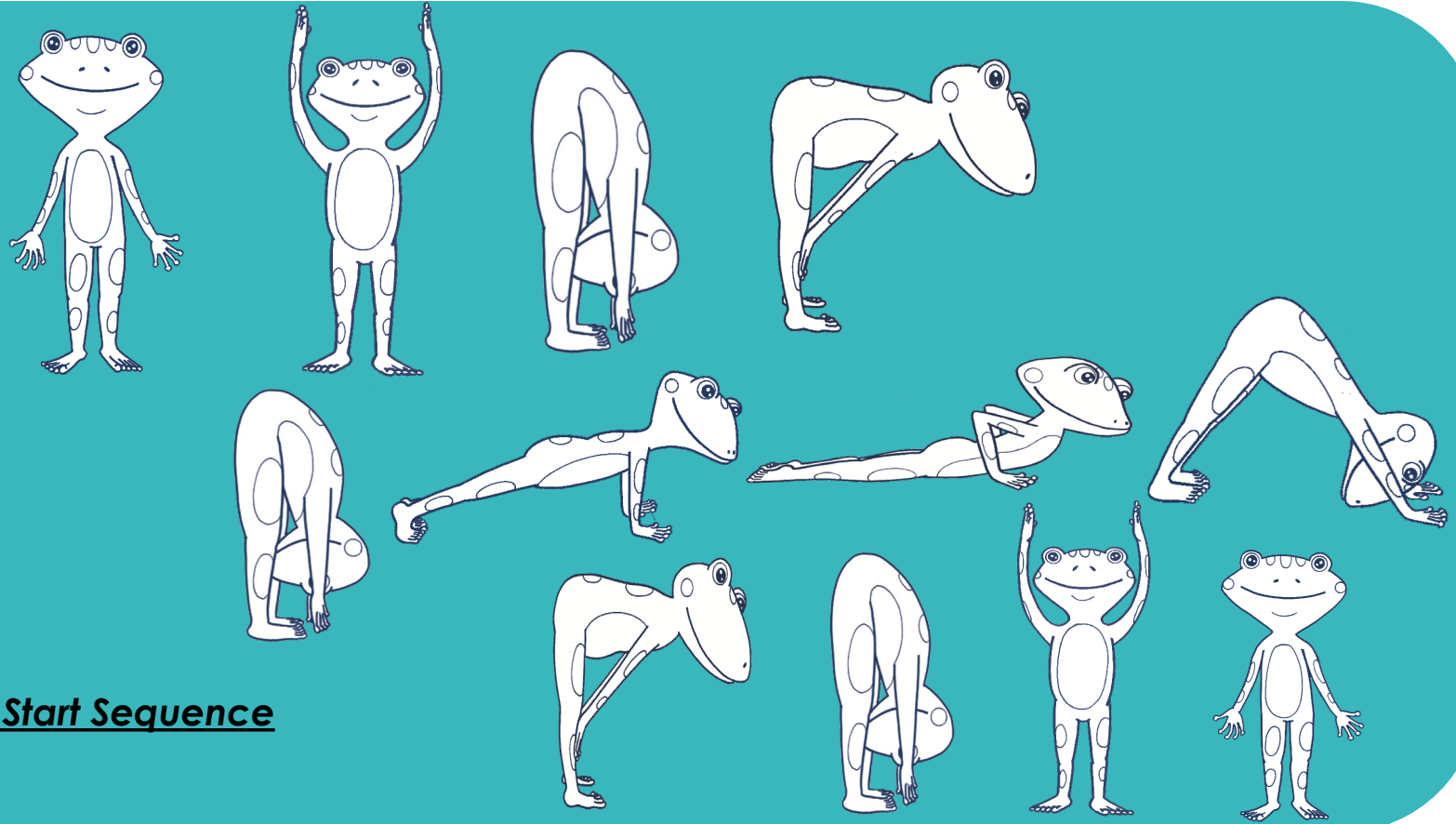
Cat



Cow



Dog



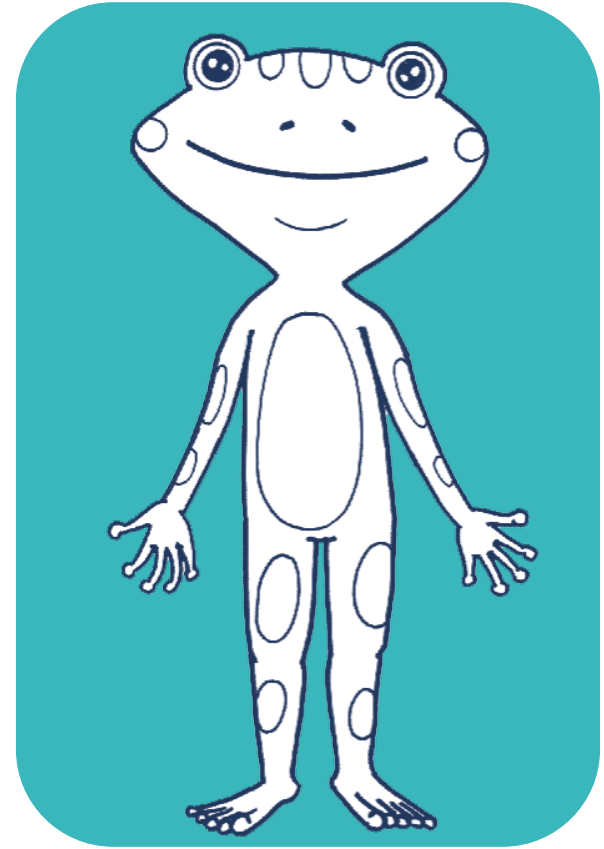
Fresh Start Sequence

After they finished the Fresh Start Sequence, Maria and Michael waved goodbye. They are sad to leave their friends, but they are excited and also a little nervous to see their new home in the city.

They get on a train.



***First they pass many big, tall,
stead and still Mountains.***



***Then they passed many forests of
beautiful trees.***

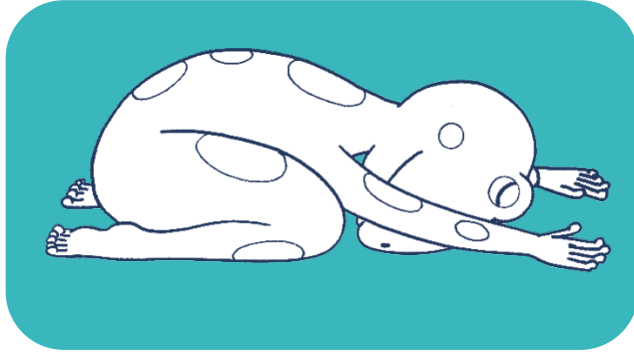
***But soon, there are no more Trees
and no more Mountains,***

***Maria and Michael start to feel a
little more sad.***

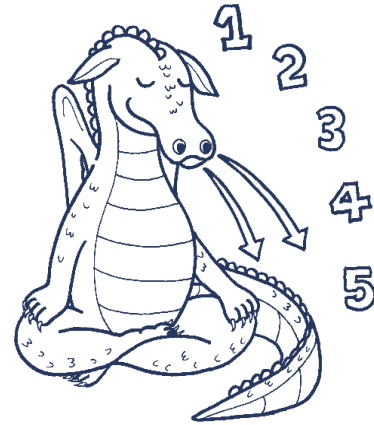


Tree

They remember that when they are sad, it helps to spend a little time in Child's pose, so they curl up in Child's pose, close their eyes and take a few Letting-Go Breaths. It helped them to feel a little better.



Child's Pose & Letting-Go Breath



When Maria and Michael open their eyes, they look through the window and see tall skyscrapers.

Ahead they see many flashing lights, billboards, and advertisements.

Finally, they arrive in the big city, and they are super excited!

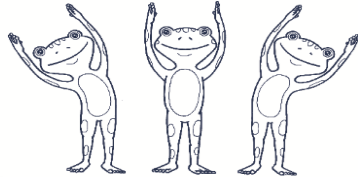
They get off the train, stretch out their arms from one side to the other, and look around.



Twist Sequence



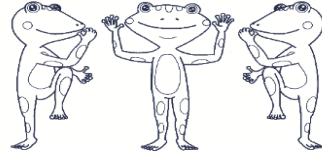
Mountain



Swaying Palm



Trident/Trident Twist



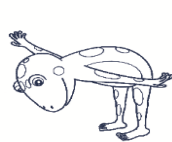
Elbow to Knee



Glider



Glider Twist



Pick It Up



Mountain

Twisting and turning they look at everything that is around. There are so many new things to see and experiences that it makes their mind swirl! So they decide they need to pick up some bravery!

Maria and Michael still feel overwhelmed and nervous about being in a new place, but they know Aunt Zazu will meet them at the train station.

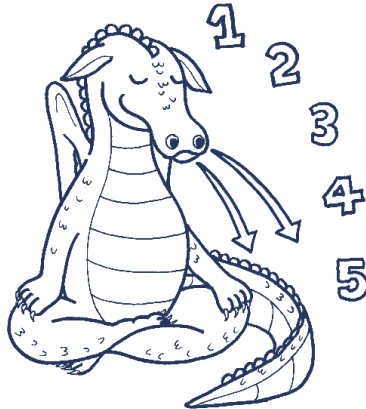
Meanwhile, they remember what Mr. Montana taught them to do when their minds are swirling: They take a pause and a few Letting-Go Breaths.

As they finish three breaths, they feel a little calmer but still nervous.

They see Aunt Zazu!



Letting-Go Breath



“Hi Aunt Zazu” they said and waved.

Maria and Michael’s Aunt Zazu really cares about them, and she looks at them with curiosity and kindness. She notices that Michael is gripping tight to his bag, looking at her with wide eyes, and that Maria is shifting side to side, fidgeting with her shirt and looking down at the ground.

What would you think they were feeling? How would you know? What might they need to feel more safe and calm?





Aunt Zazu wasn't feeling nervous at all. In fact she felt very excited and happy to see them, but she could tell that they did not feel the same way she did.

Aunt Zazu asked Maria and Michael what they needed in order to feel safe and calm. They told her that they usually go for a walk outside when they feel nervous or overwhelmed, and that helps them to feel safe and calm. Aunt Zazu decided to teach Maria and Michael a new activity called Mindful Walking to help them get comfortable with their new city.

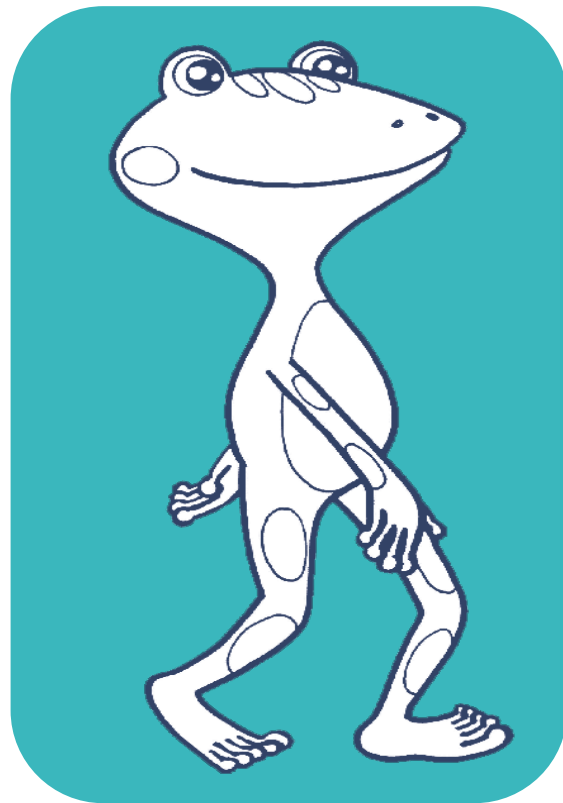
They practiced Mindful Walking on their way to the bus stop and began to feel more curious.

We can walk mindfully by slowing down our pace, noticing each step we take. Don't forget to breathe!

See if you can feel your feet on the ground, feel how your toes and heels take turns touching the ground, and feel how you push off of your back foot.

Notice how walking feels in the rest of your body. What happens to your legs, your chest, your arms, and your head?

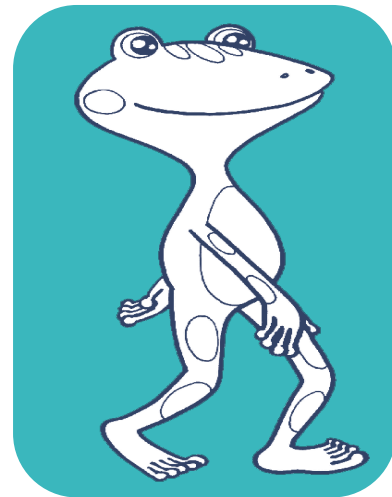
Mindful Walking



While they walked, Maria and Michael paid attention to all their senses. They noticed how the cement felt on their shoes. They noticed how the city smelled. They noticed all the busy sounds, paying attention to their sense with curiosity.

Finally they made it to the bus stop. Their bus was waiting there for them! What kind words might they say to the bus driver?

They said hello to the driver as they got on the bus, and paid their fare.



Then, the bus began to travel around the city, moving through the town, and Maria and Michael experienced a lot of new sights and sounds: The bus was crowded with people, and they heard people talking, babies crying, and cars honking.

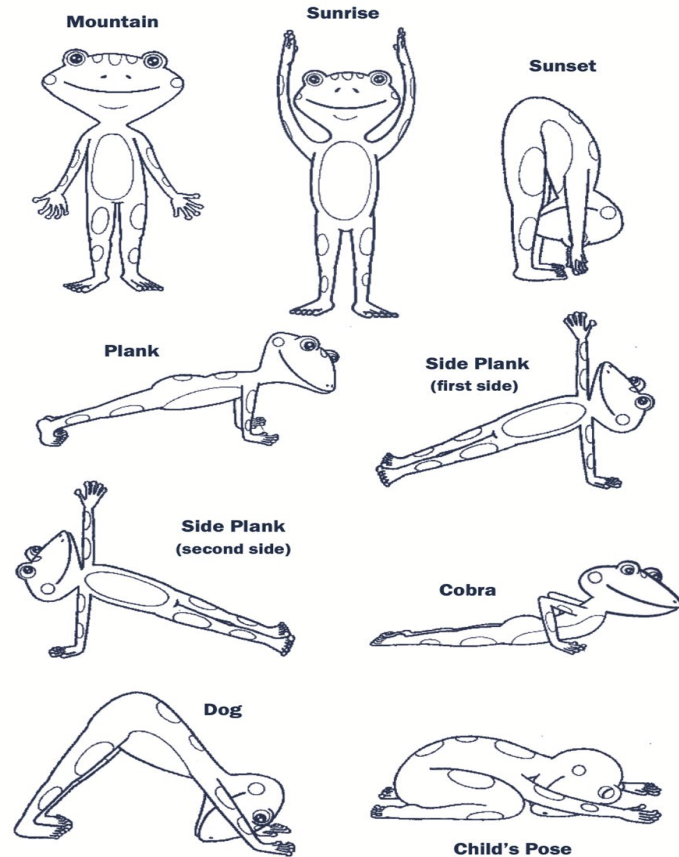
What else do you think they might have seen and heard on the bus?

Maria and Michael had a good time on the bus.



When the bus came to their stop, Maria and Michael felt so grateful to the bus driver for driving them and getting them safely to where they needed to be. They said thank you to the bus driver as they got off and offered him kind words of appreciation.





Maria and Michael now felt a bit more comfortable to be in a new place with Aunt Zazu. She showed them a new sequence that helped them explore all the different aspects of the city mindfully and with a lot of curiosity, to make sure they didn't miss anything.

All Sides of the Story Sequence

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

