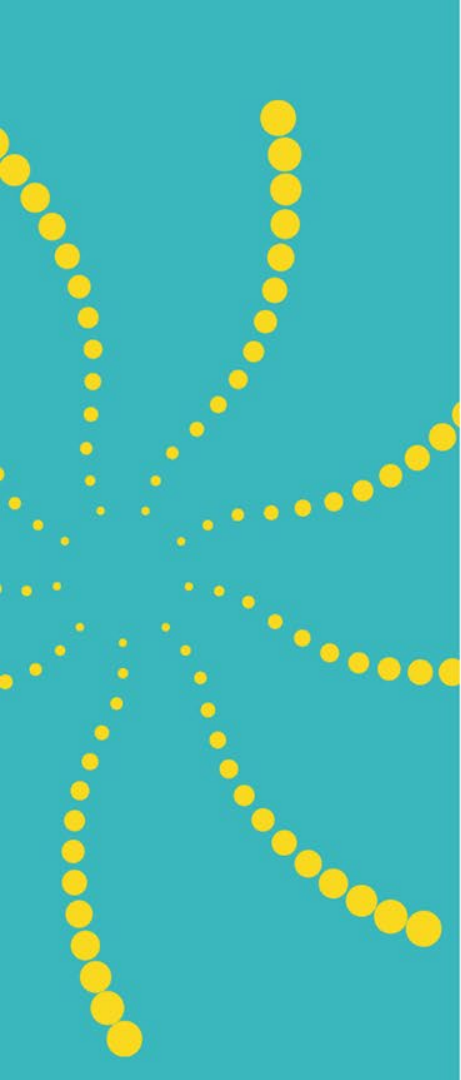




Welcoming Friends With Greetings

Moving Storytime

Unit 5 Lesson 1

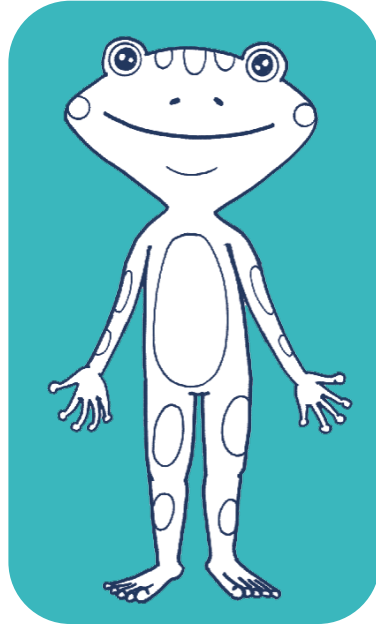
K-1



Let's remember, where did Maria and Michael move to?

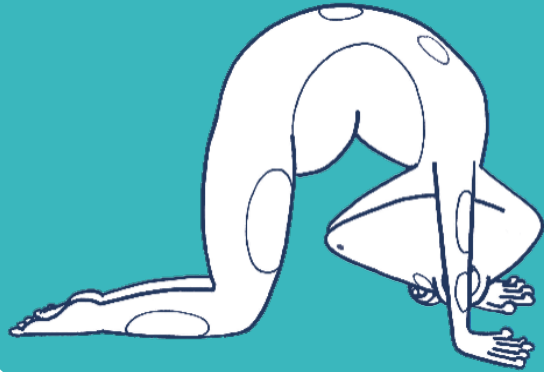
Today, we are going to hear about them meeting new people during their first day of school.

Maria and Michael woke up this morning after dreaming of their mountain home. They opened their eyes and saw that they were in their tall apartment building in the city.



Mountain to Sunrise

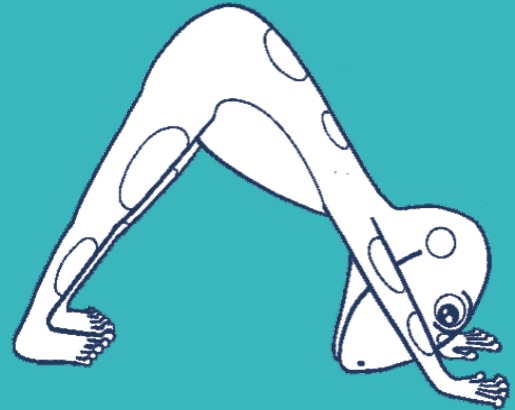
Maria and Michael shared their dreams with each other and both said that they had dreamed about their friends Cat, Cow, and Dog.



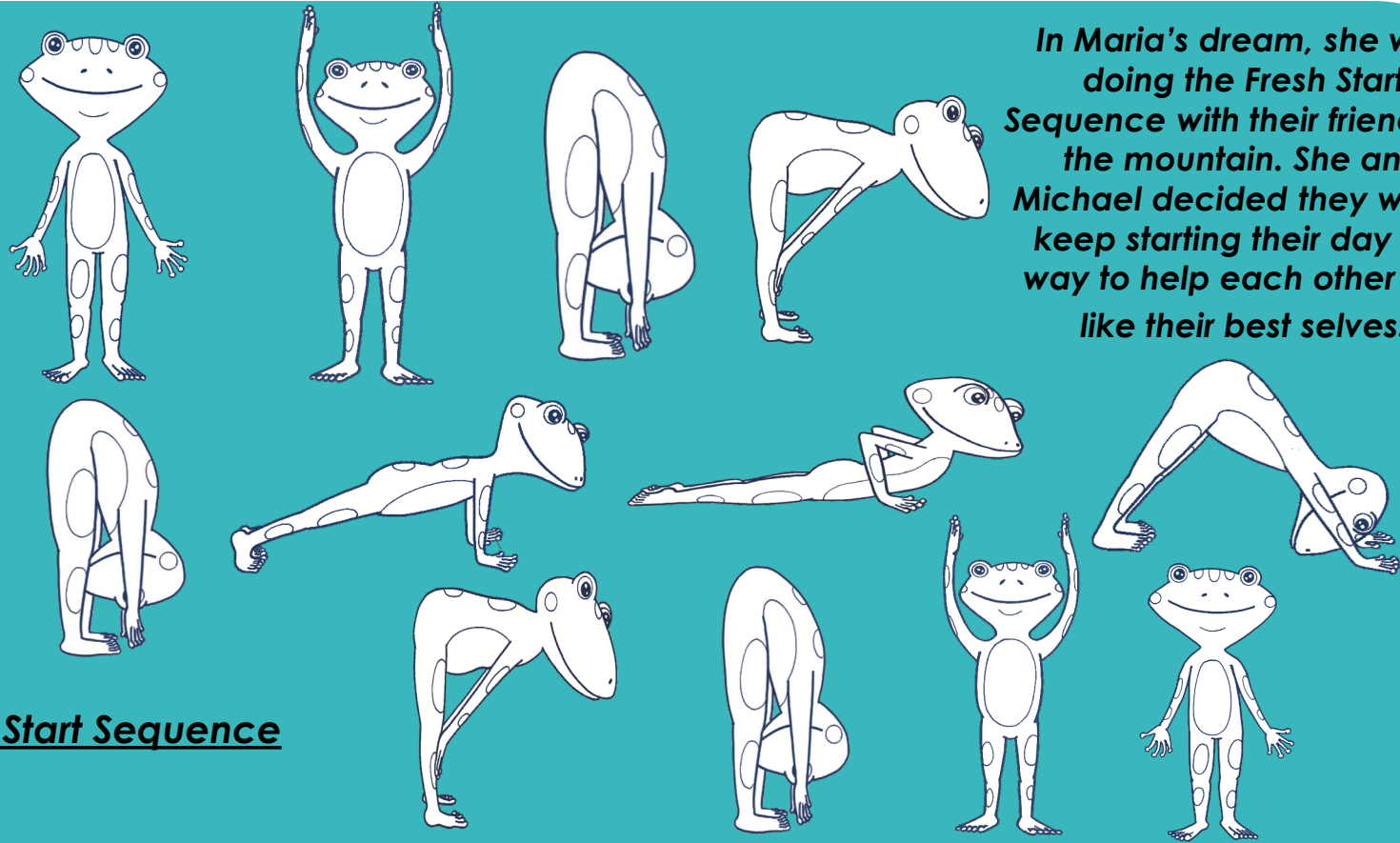
Cat



Cow



Dog

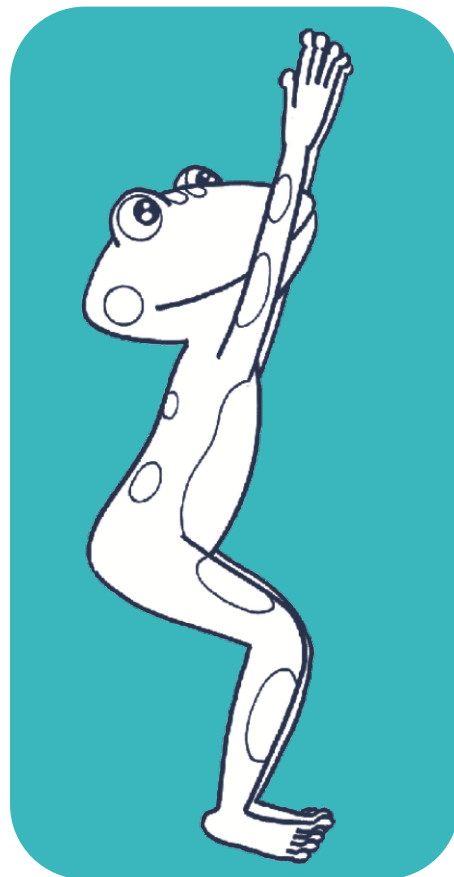


In Maria's dream, she was doing the Fresh Start Sequence with their friends on the mountain. She and Michael decided they would keep starting their day this way to help each other feel like their best selves.

Fresh Start Sequence

In Michael's dream, they were all taking turns swinging each other on a swinging overlooking the mountain. Michael missed their home on the mountain.

Mountain to Chair Swing



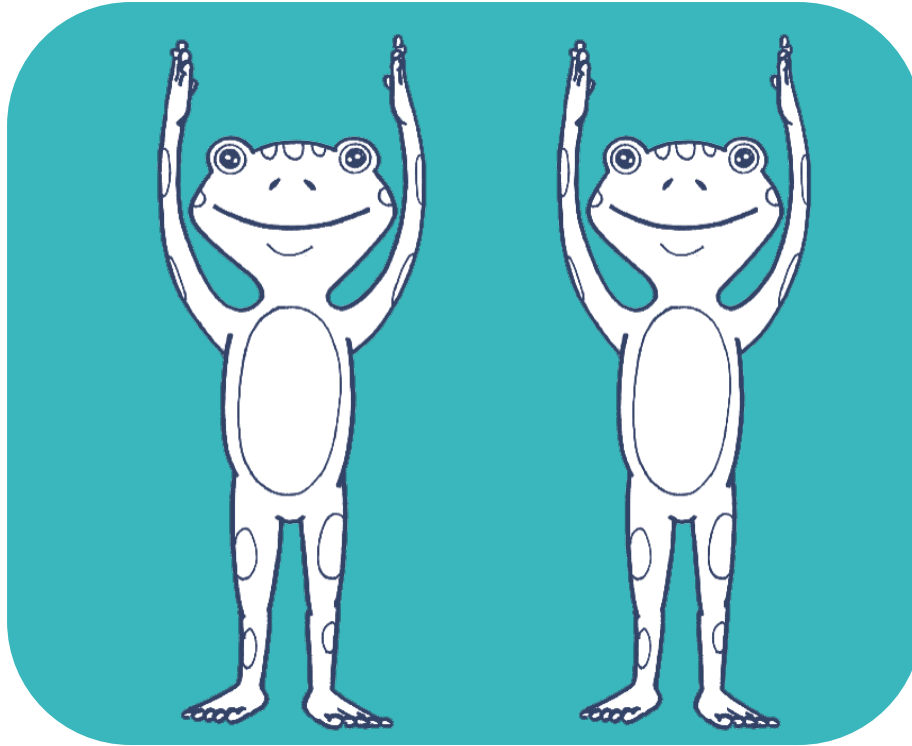


After sharing their dreams with each other, Maria and Michael check in to see how they were feeling and got ready to go on their first day of school.

Michael felt his heart beating really fast, and he knew he was feeling very nervous.

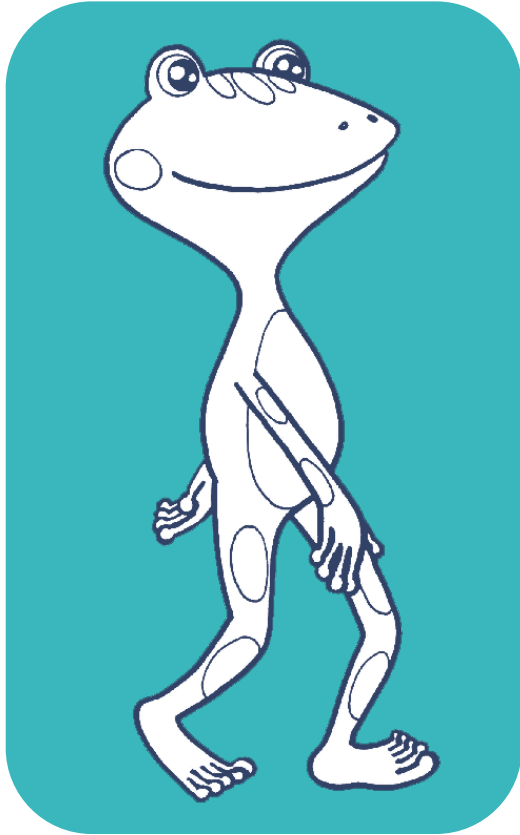
Maria's heart wasn't beating so fast, but it wasn't slow either. She wasn't nervous, she was excited to meet the new students and teachers.

Maria and Michael took the elevator downstairs



Partner Elevator

Then Maria and Michael walked to the bus stop and got on the bus.



Mindful Walking

The only seats available were next to a girl about the same age as Maria and Michael; she was reading a book.

They sat down next to her.



***Maria put a big smile on her face, waved,
and said, “Hi, I’m Maria..... What’s your
name? Are you going to school too?”***

Kaya



Michael hid behind Maria, he felt very shy.

The girl smiled, waved back, and said....

“My name is Kaya. Nice to meet you! I am going to school, and I love to read on the way. Today I’m reading about a group of kids who meet on a boat and then they go swimming and surfing together in these huge waves and become really good friends.”



Michael was listening. He loved surfing, but he was nervous to speak up.

Maria noticed that Michael was interested and introduced him to Kaya saying....

“Kaya, this is Michael. Michael can be a bit shy at first. Michael was learning how to surf before we moved here. He loves to surf!”



Michael Waved, Kaya Waved

“Wow! That’s really exciting,” Kaya said.

They spend most of the bus ride talking around where Maria and Michael were from, and their adventures swimming and surfing, and about the big waves in the oceans.



Easy Pose

During their bus ride they even discovered that they knew the same song, and they sang it together

Kaya helped them reach the school and find their classroom. The teacher, Ms. Jones, asked Kaya to introduce Maria and Michael.

Kaya said in a loud and clear voice, motioning with her hands to the new students, “Please say hello to our new classmates, Maria and Michael. They used to live in the mountains.”

The class said, “Hello and welcome!”

Class Greetings

Let's Reflect:

- What does it feel like to have people welcome you?**
- Why is it important to welcome others?**

Maria and Michael sat down and looked around. They had never seen so many different people!

Some were very tall, others were very short. Some were big and others were small. Some had dark hair or skin and some light.

But they all had one thing in common, They were smiling at Maria and Michael, and that made Maria and Michael feel very happy and feel very welcome.

Ms. Jones gave Maria and Michael some time to meet and greet their new classmates.

Class Greetings:

As they went around the room, they met Janiqua, who surprised them when she reached out for a fist bump instead of a handshake. In fact, they learned many new ways to say hello.

They met Chan Bun from China, who bowed and said, Ni hau!”

They met Ruby, who did a salute (ASL) but didn’t speak.

Then they met Abbas from Iran, who shook hands and said “Salaam,” which means “peace”

And Adil, who didn’t look up or say anything at all.

There was a lot to take in!

Preparing for Partner Poses:

After they greeted one another, Ms. Jones explained that the class would be doing some poses together with partners. Because Michael was still feeling shy and nervous, the teacher let him partner with Maria for the partner work. Before the class began partner poses, they paused and discussed how they could show care and compassion for one another during the movements.

Let's take three calming breaths..... Imagine someone who really cares for you and keeps you safe. How did they show you they care for your safety and well-being?

Partner Poses:

- Greet
- Check In
- Speak Up
- Be Kind
- Listen
- Practice
- Have FUN together



Partner Seated Sunrise

Then Ms. Jones showed the class a way to do the Closing Sequence with their partners.

Closing Sequence: Butterfly to Flower to Turtle

