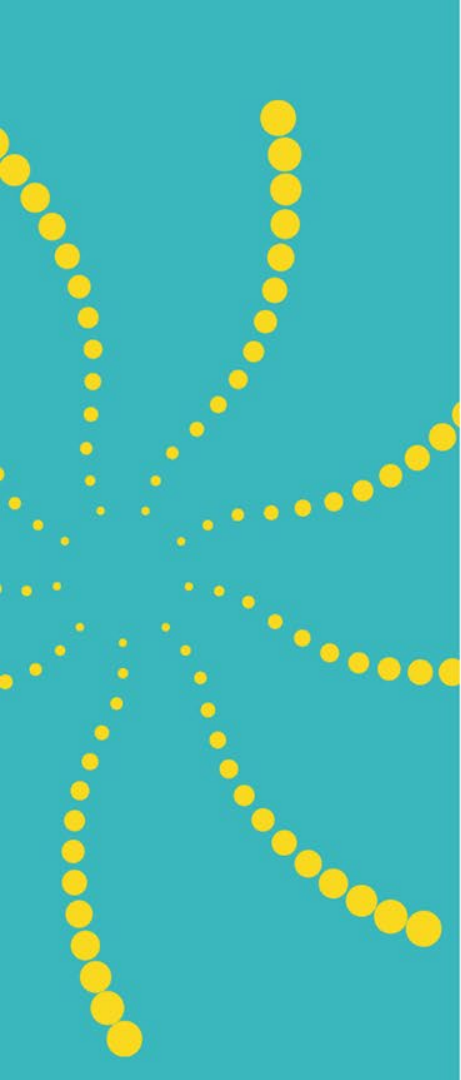




Showing Friendliness

Moving Storytime

Unit 5 Lesson 3
K-1



Maria's and Michael's first class was Health and Wellness, and the first thing they noticed was how little the room was compared to their classroom in the Mountain AND how many more classmates they had here than in their mountain school.



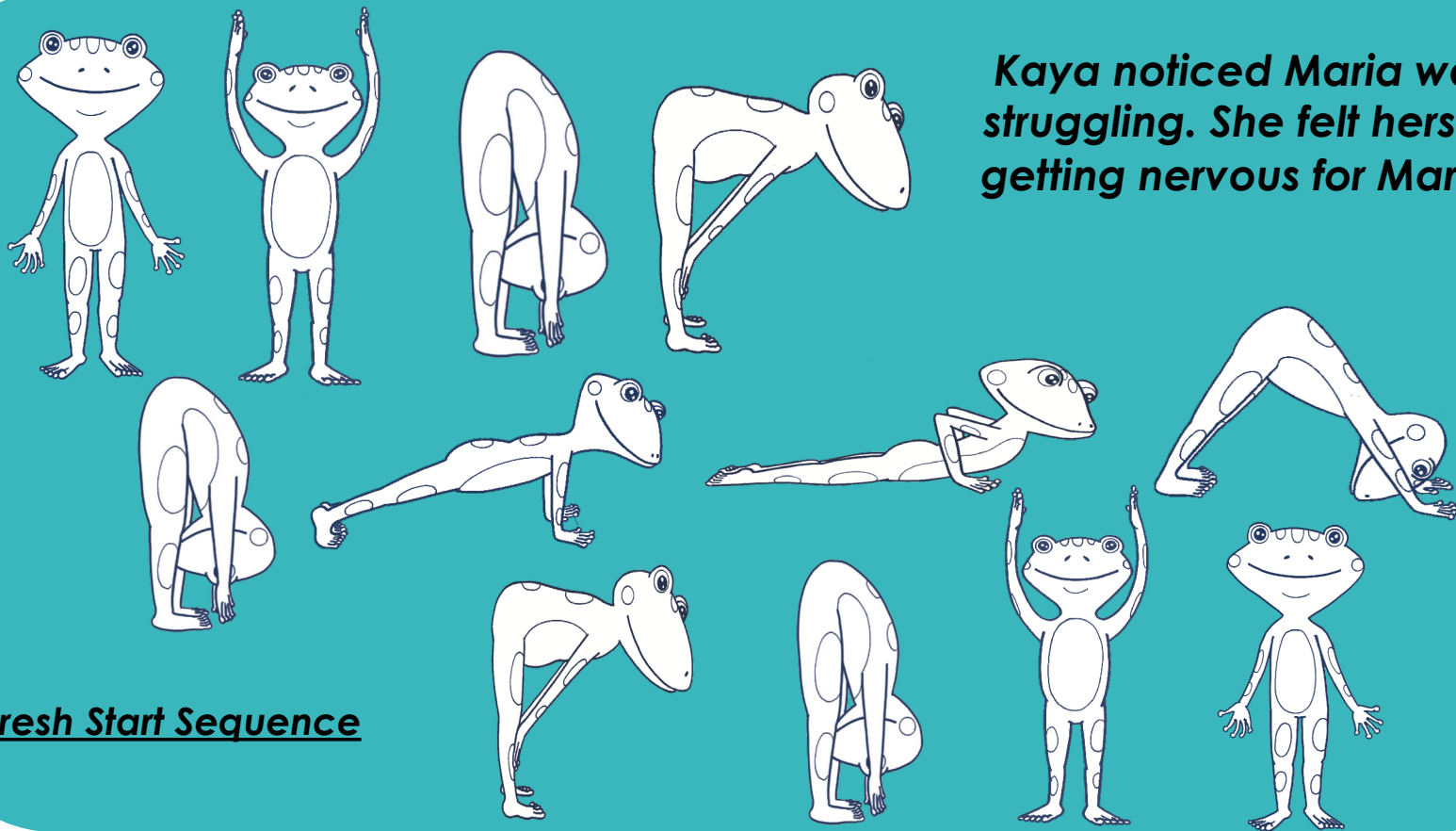
Easy Pose

The teacher, Ms. Abdoo, said: We are all friends here, and what do friends do? They help and they share. So even though this is a very small room, and there are many of us, can we share the space? Can we help each other if we need to?

Everyone said “Yes!” but, Maria kept bumping into her neighbors with her arms during the Fresh Start sequence because she was not used to practicing in such a tight space.



Easy Pose



Fresh Start Sequence

She took a few deep breaths with her hands on her Anchors to help her think clearly.



Anchors

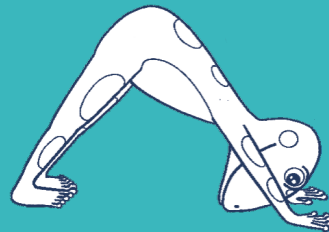
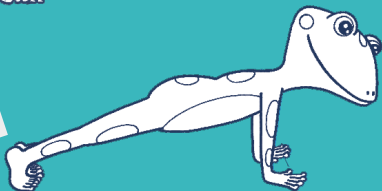
Kaya felt like she could think a lot clearer now and realized she could help Maria by sharing her knowledge about how to share space with her neighbors.

She whispered to Maria to move a bit so that she was not in the way and everyone would be zigzagged.



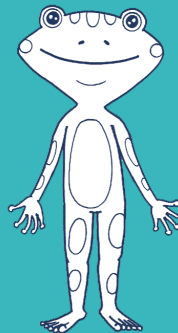
“Now”, Ms. Abdoo said, “we will do our Fresh Start Sequence the way we learned it last time, with the jump”.

**JUMP FEET
BACK HERE**



Fresh Start Sequence

**JUMP FEET
UP HERE**

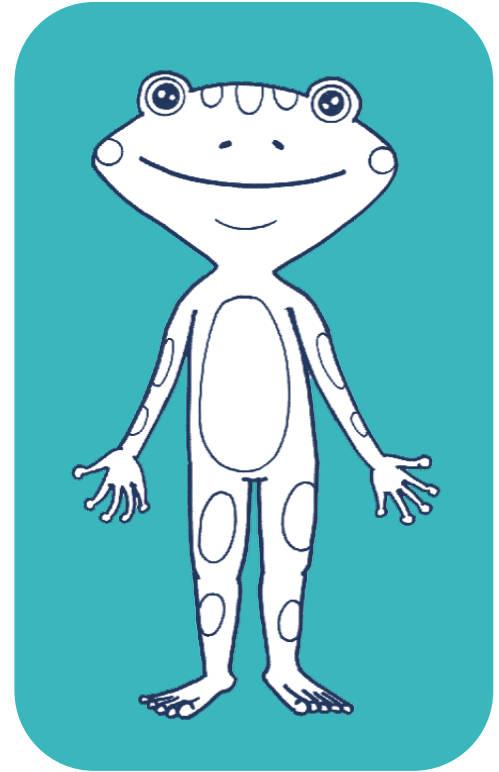


Michael's mind was SWIRLING from all the new students around him, and he did not pay attention to these direction! After one round, Michael's eyes noticed that everyone was doing the sequence a bit differently than he was! Maria was also doing it a little differently than usual!

But Michael couldn't figure out what it was. He tried to do it differently and got his legs tangled up and fell.

Kaya was an observant and thoughtful friend. She was next to Michael. She saw that he wasn't doing the sequence the way everyone else was doing it, and she noticed that he fell. She was worried Michael would hurt himself if he continued to do it this way! She took a few deep breaths.

Mountain (sequence end)





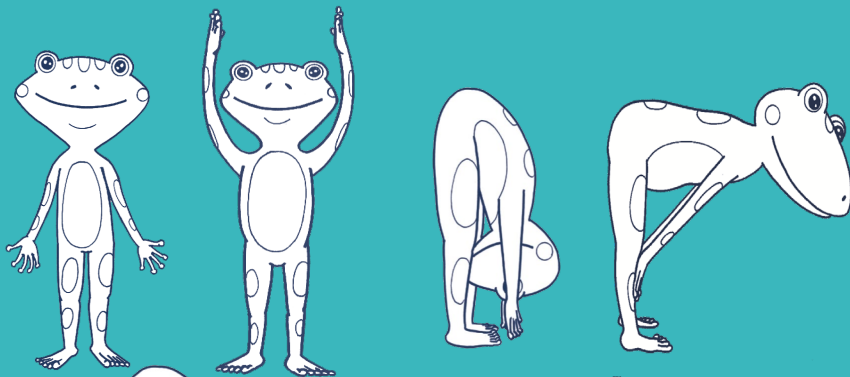
Anchors

And then Kaya realized she didn't know why he was struggling so she asked quietly, "What's wrong, Michael? Are you okay?"

Michael shared his feelings with Kaya. "I feel silly because I don't know how to do it the way you do it. I don't understand what I'm doing wrong!"

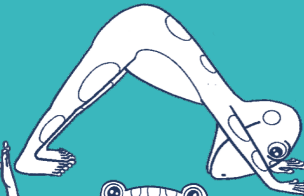
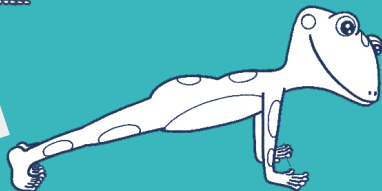
Now Kaya knew what she could do to help! Kaya raised her hand and asked Ms. Abdoo if she could explain the sequence to the new students. Ms. Abdoo happily agreed.

Kaya explained loud and clear. And she showed him that they jump instead of walking forward and back.



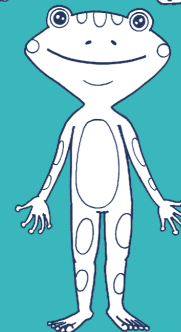
When they were all done, Ms. Abdoo asked the class what to say to someone who has helped us with something or shared something with us.
What do we say?

**JUMP FEET
BACK HERE**



Fresh Start Sequence
Students Staggered

**JUMP FEET
UP HERE**





ASL Thank You

Maria and Michael said thank you to Kaya using American Sign Language.

After saying thank you to Kaya, the class broke up into pairs to learn a new partner pose. The teacher had everyone partner with someone they didn't usually partner with. (Students find new partner now)

Ms. Abdoo then said, "While you are doing the pose, think about what it means to be a partner. How can you be your best self in a partner pose?"

Partner Poses:

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



Partner Tree

One way is to greet each other when we meet our partners, and to then say thank you after doing the poses.

Today Let's practice signing hello and thank you in ASL instead of saying it.

Partner Closing Sequence

Closing Sequence: Butterfly to Flower to Turtle

