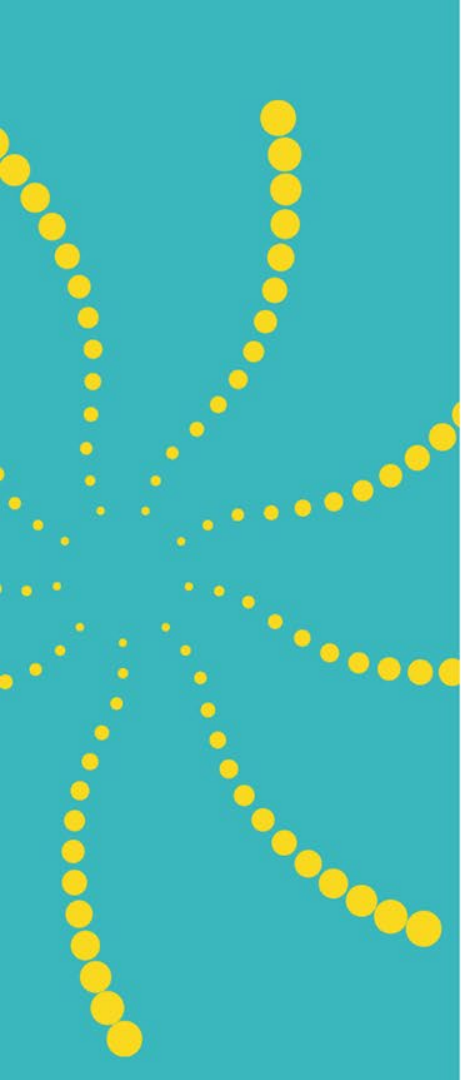




A Colorful Story of Sharing with Friends

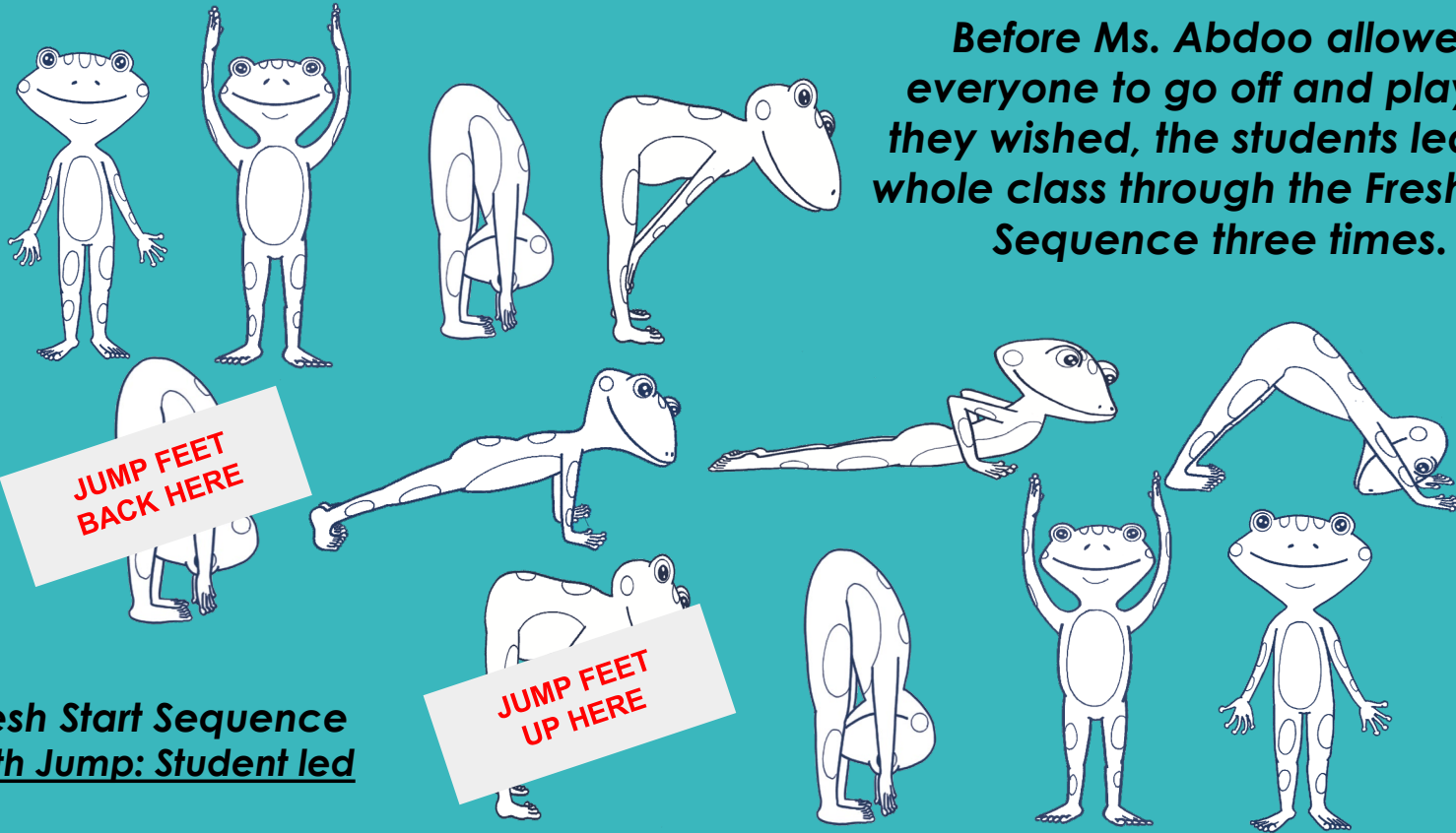
Moving Storytime

Unit 5 Lesson 5

K-1

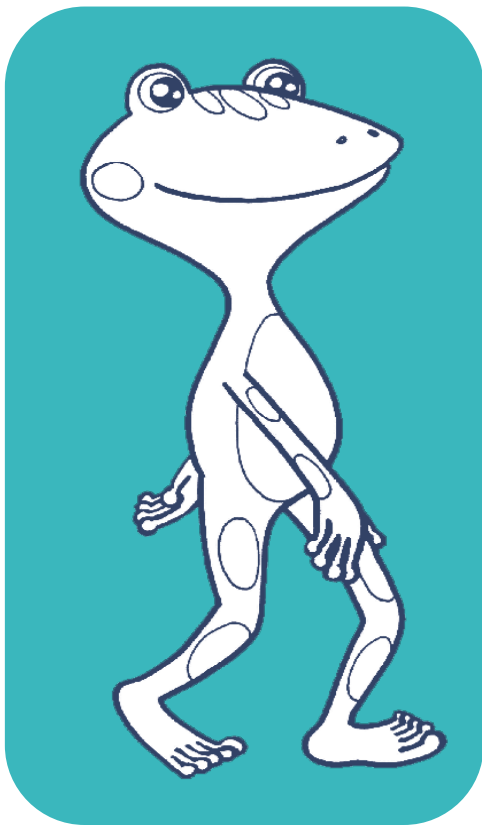


Before Ms. Abdoo allowed everyone to go off and play as they wished, the students led the whole class through the Fresh Start Sequence three times.



Fresh Start Sequence
With Jump: Student led

After the Fresh Start Sequence, the students all RAN to their favorite activities!



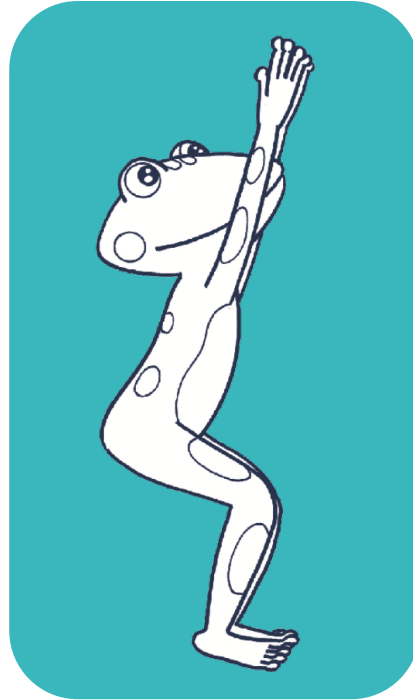
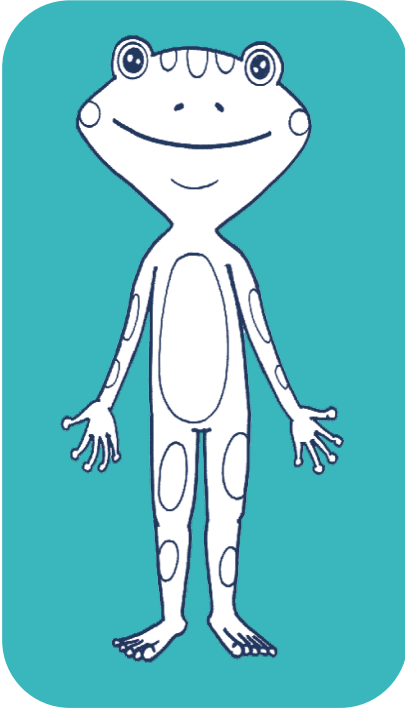
Mindful Walking

Maria and Michael walked mindfully to the playground.

They were excited for recess, but they were quite surprised to see some children having trouble sharing with one another.

One of their classmates was not sharing a swing.

She was swinging up and down, up and down, and even though there was a line, she would NOT let anyone else have a turn.



Mountain to Chair Swing

Lots of students were jumping rope.....

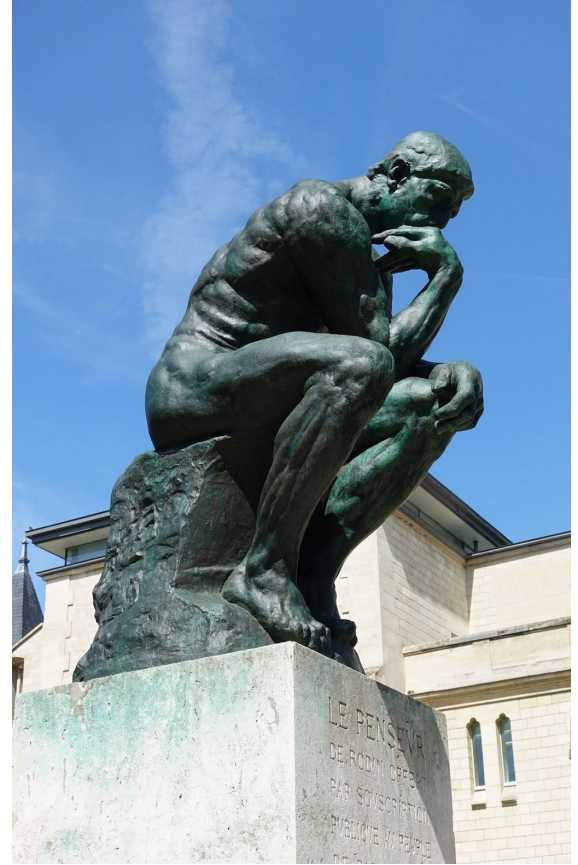


....but there weren't enough ropes for everyone. Two boys were fighting over one of the ropes, and they were each yanking one side.

Maria and Michael wanted to go over and help, but they felt that it would be hard to help when the students were fighting.

They sat down to think of what they could do.

- ***What does your mind look like when you are in an argument?***
- ***Is it hard to listen to someone well if we are in that state?***
- ***What can we do to calm down our angry thoughts?***





Anchors



Take 5 Breath

Maria and Michael decide to pause. They took a few breaths themselves to help them think better and more clearly.

Maria said, “First we can try to help our classmates calm and settle their minds too. Maybe we can think of a fun way for them to take a few breaths.”

And so they made up a cool breathing technique.

They called it Take 5 Breath.

After they finished practicing Take 5 Breath, Maria and Michael thought about it a bit more and were about to go share their technique with their classmates when they saw a couple students happily and peacefully playing together with a boat.



This seemed strange to Maria and Michael because everyone else was arguing. They decided to watch the students sharing the boat a little longer, to see if there was anything they could learn from them.

Maria and Michael came closer and saw that both the students were holding on to a boat and moving it along an imaginary river. There was only one boat, but there were two students. Each one took turns telling the other which way to turn, and they were able to both hold on to the boat as it traveled around the playground.



Partner Boat

Let's Reflect:

- What do you think Maria and Michael learned from the two children sharing the boat?**
- What had happen for them to be able to share fairly with each other?**
- What do we need to do for each other so that we can do this pose together?**

To Be Continued.....

Partner Closing Sequence

Closing Sequence: Butterfly to Flower to Turtle

