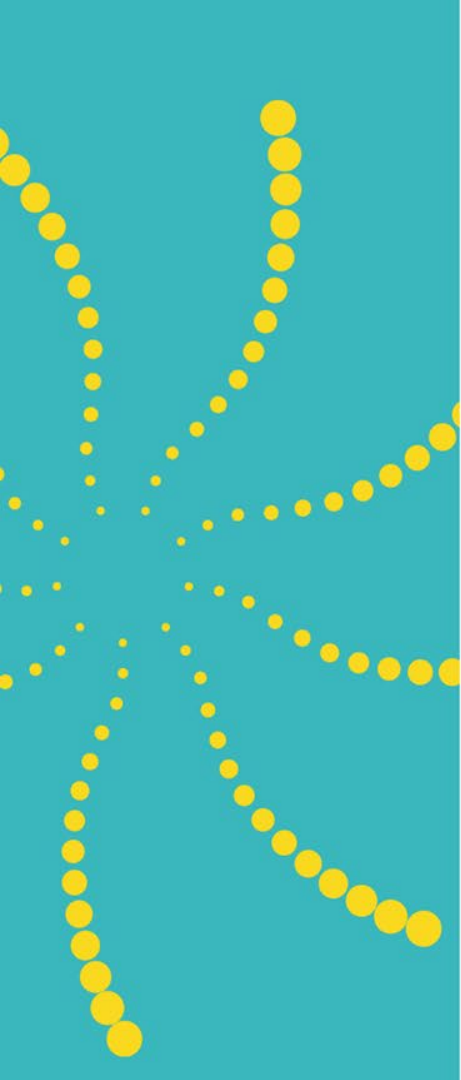




Sharing Kind and Unkind Words

Moving Storytime

Unit 5 Lesson 7

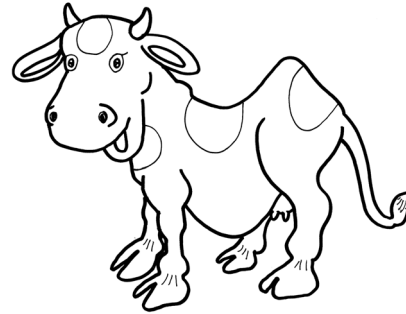
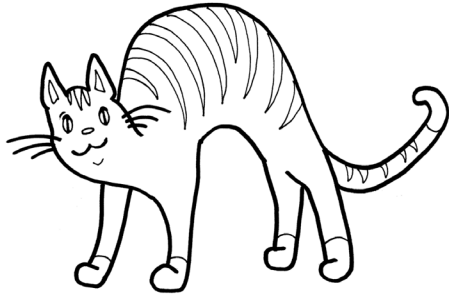
K-1



It was a new day- and a very special day, because Cat and Cow were visiting Maria and Michael in the big city!

Dog was sick with the flu, so he decided to stay home to get better.

Why do you think he stayed home?



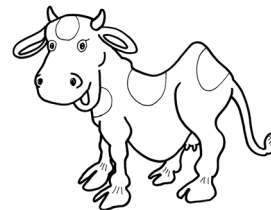
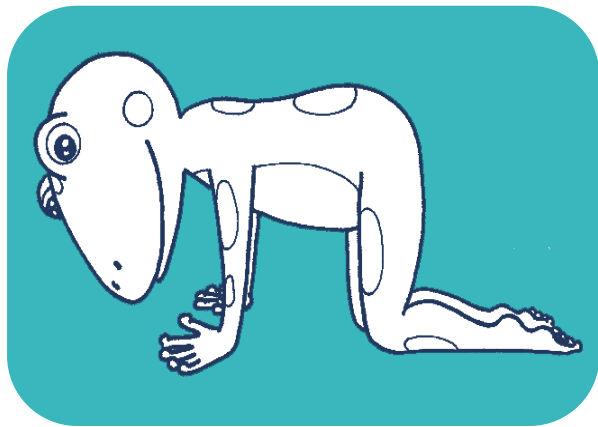
It was early morning, and the sun was just rising.

Maria and Michael went to the train station and saw the train approaching.



The train slowed down as it entered the station and then each car came to a complete stop.

Cat and Cow were so excited when the train stopped! They gathered their things, walked to the end of the car and exited the train.

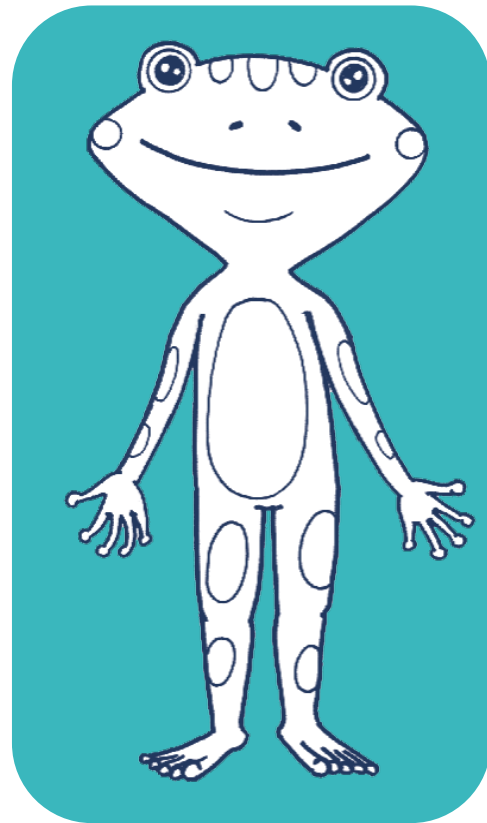


Maria and Michael spotted their friends exiting the train! They opened their arms and ran towards them.

When they reached them, Maria and Michael gave Cat and Cow big hugs!

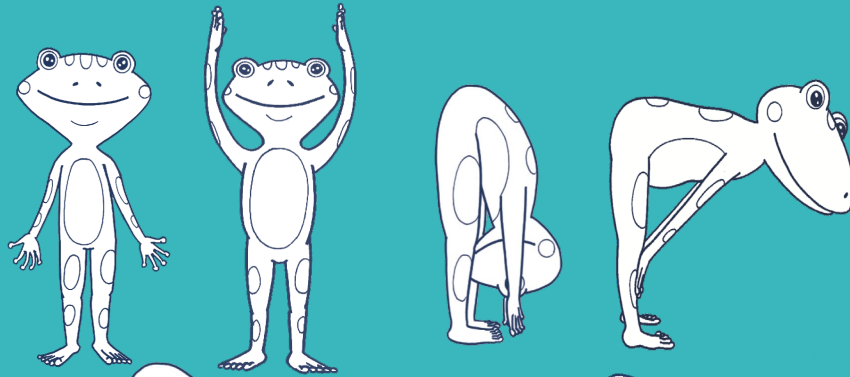
Give Yourself a Hug!

Breath in as you spread your arms wide and then breathe out as you cross them over to hug yourself. Let's do the same with the other arm on top. Imagine you are giving a hug to a good friend. How do hugs make us feel?



Mountain Pose

After Cat and Clow's long journey, their bodies really needed a stretch! So, when the four friends arrived to Aunt Zazu's apartment, they did the Fresh Start Sequence.



**JUMP FEET
BACK HERE**

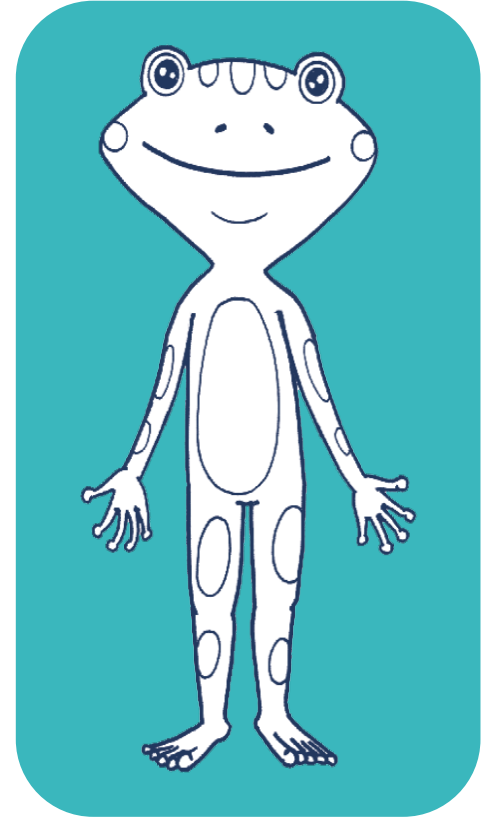
**Maria and Michael
showed Cat and Cow the
new jump they do in the
sequence.**

**JUMP FEET
UP HERE**



***And then they talked about how life was
back on the Mountain.***

***Maria said, “You are such kind friends. I’m so
happy you came all this way to visit us. I
appreciate you.”***



Mountain Pose



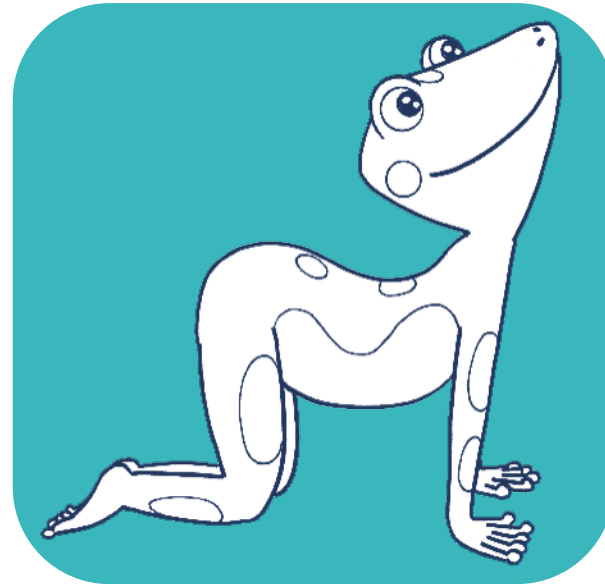
All of a sudden, they hear a KNOCK at the door

It was Kaya. Maria and Michael introduced their friends, but Cat and Cow didn't seem really interested in Kaya. Maria and Michael were so excited about Cat and Cow coming that they didn't pay much attention to Kaya either. Without noticing, they turned their backs to her.

But Kaya didn't give up. "Hey, I know what we can do!" said Kaya. "We can show Cat and Cow the partner poses we learned, but first, let's go over the Partner Guidelines!"

“Why would we need Partner Guidelines? Those are for little kids!” said Cat.

And then Cow chimed in, ‘Yeah, that’s a stupid idea!’



Kaya was so shocked at the mean words. She was sad and disappointed that her friends didn't stand up for her, and she knew she was getting angry too, so she decided to take a pause and a few breaths in Child's pose.



Child's Pose

Let's Reflect:

- Can you imagine how Kaya feels right now?
- Have you ever had someone tell you that your idea is stupid?
- Have you ever told someone that their idea is stupid?
- Is that a kind thing to say?
- Why is it important to go over the Partner Guidelines?

Michael, Maria, Cat and Cow may not have reviewed the Partner Guidelines, but I think we should.

Partner Poses:

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

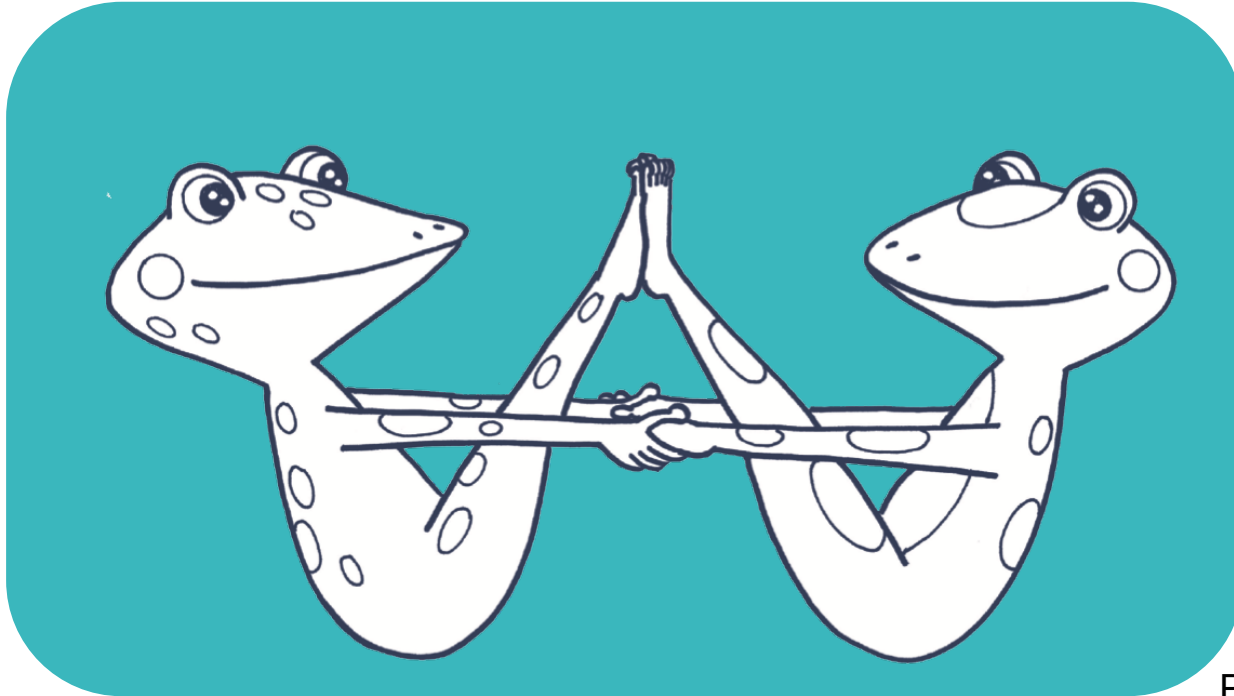
Meanwhile, Maria and Michael and Cat and Cow started doing the partner poses.



Partner Elevator

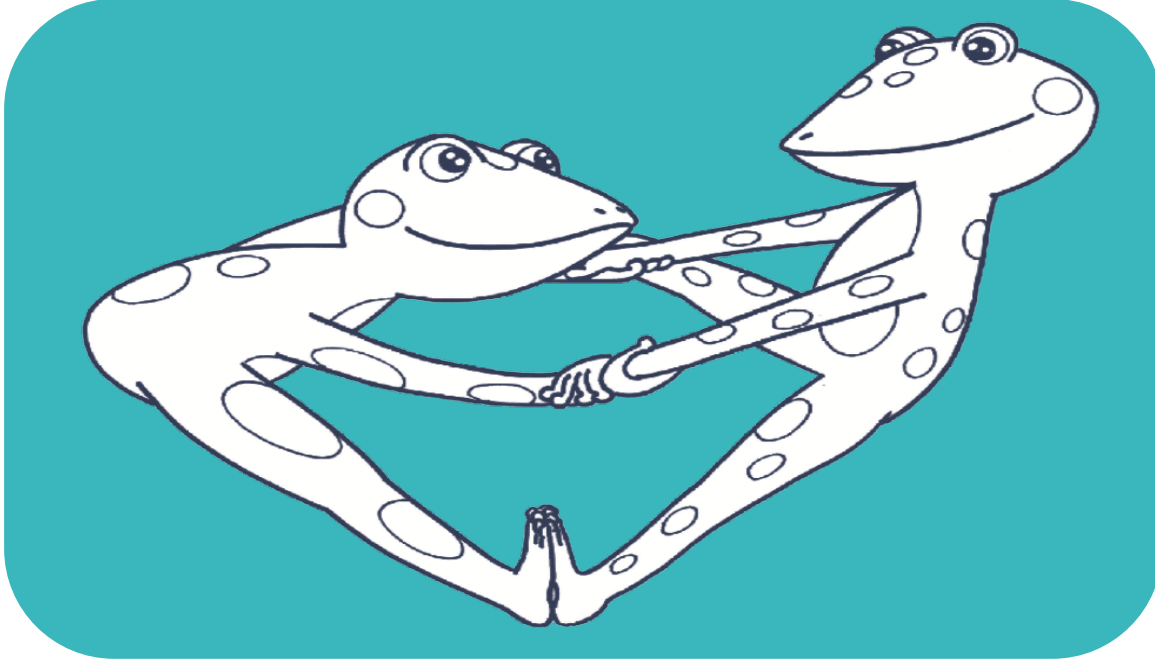
First they did Partner Elevator.

Then they did Partner Boat



Partner Boat

They even created a new partner pose: Partner Diamond!



Partner Diamond

Kaya was feeling really left out. No one invited her to do a partner pose. They were having fun without her and they had said some unkind things to her.



Child's Pose

What do you think Kaya did next?



For now, let's imagine that Kaya decided to ignore them and play by herself for the rest of the day.

She thought, "If they don't want to play with me, I'm not going to let it get me down- I'm going to play by myself."



Easy Pose

The next time we're together, we'll return to this story and think of a new ending.

You can use your imagination to think of what that new ending could be.