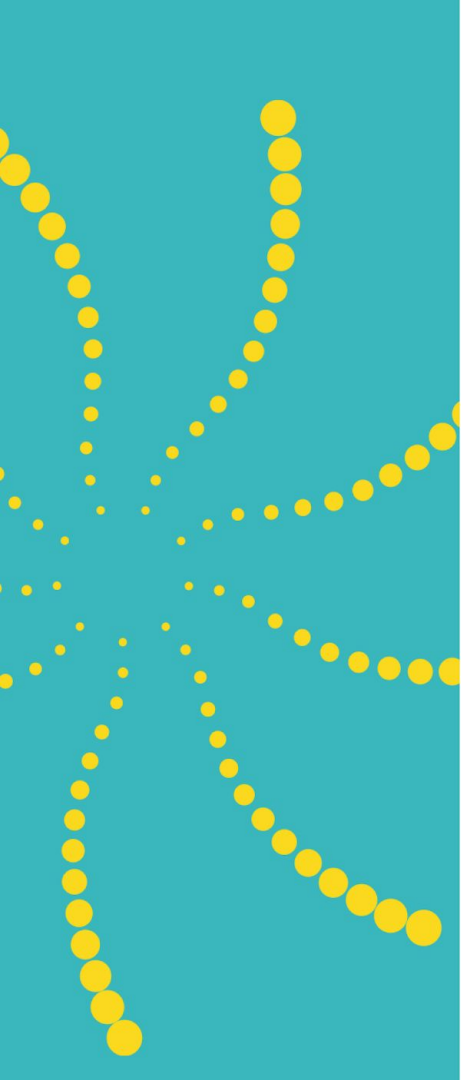




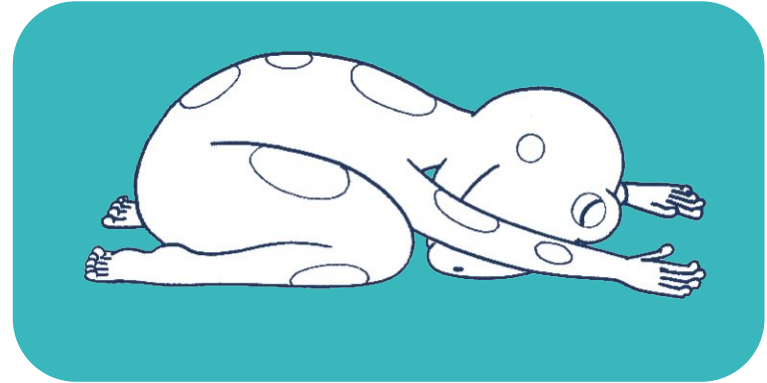
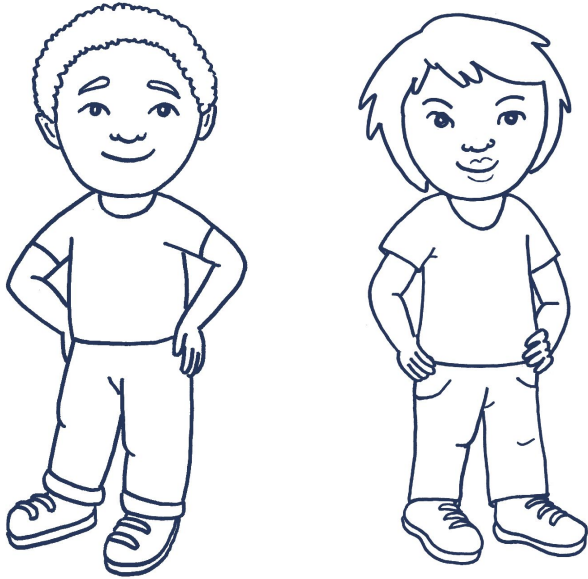
What Is Compassion?

Moving Storytime

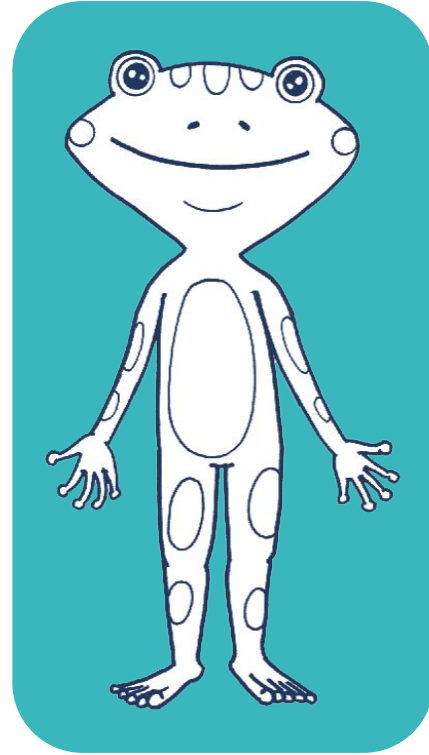
Unit 1 Lesson 1
K-1



This story is about two children. Their names are Michael and Maria.



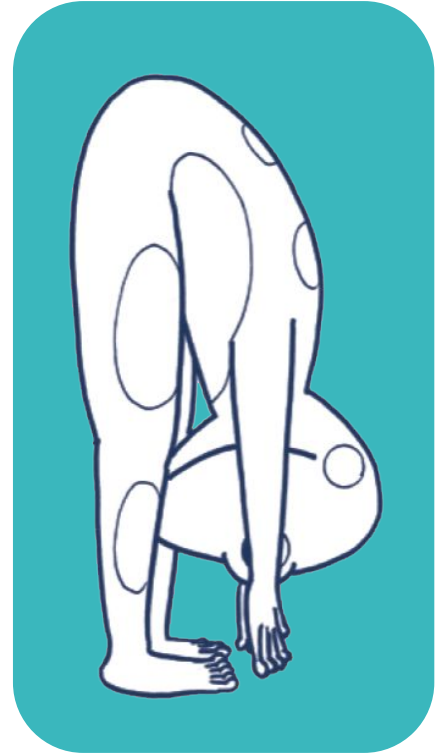
Maria and Michael grew up on top of a very tall mountain.



Michael and Maria always woke up with the sunrise.



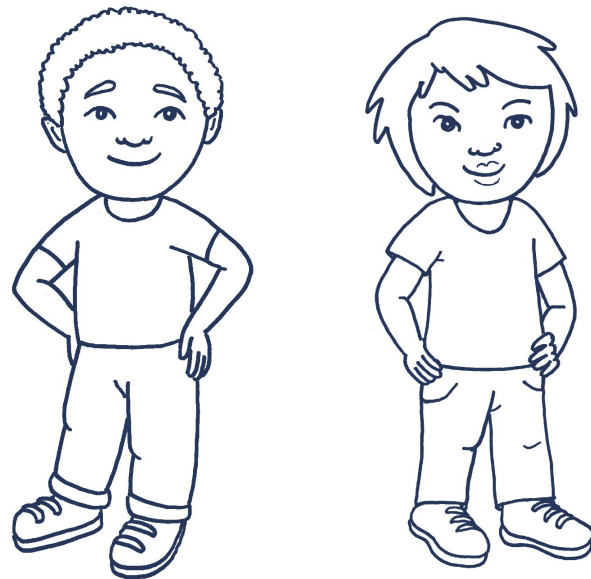
Michael and Maria always came home before the sunset.



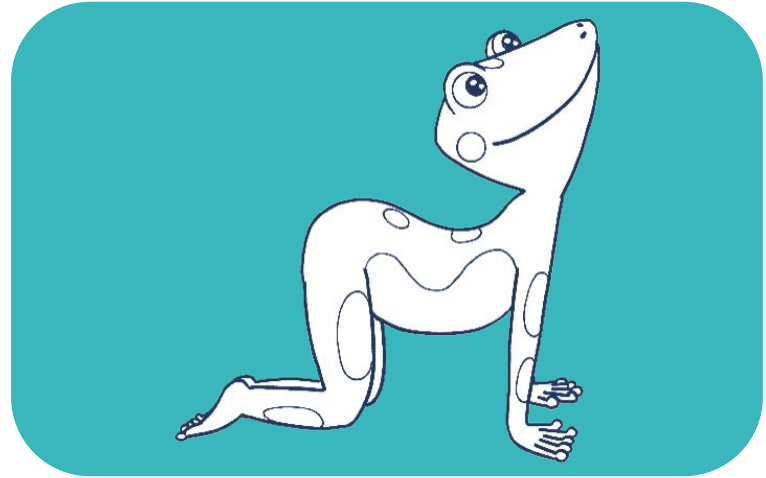
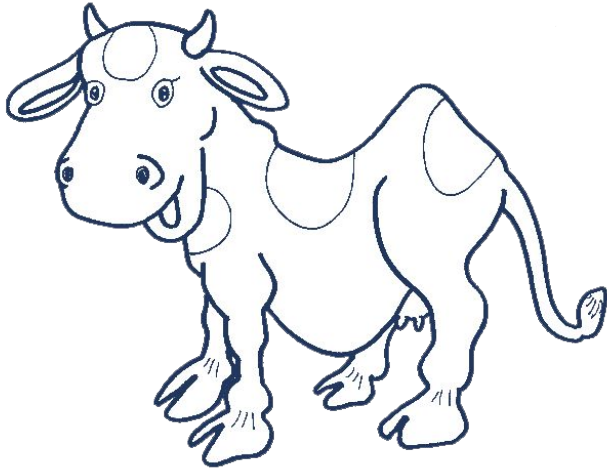
***One day, Michael and
Maria went for a walk.***

***They walked around the
mountain.***

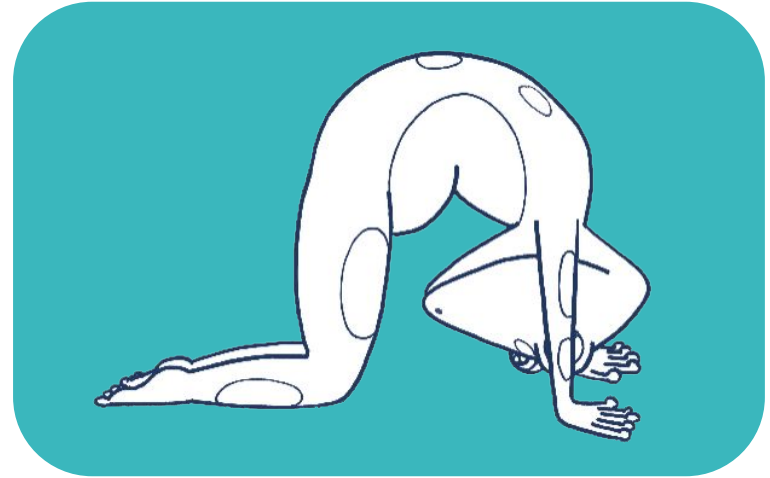
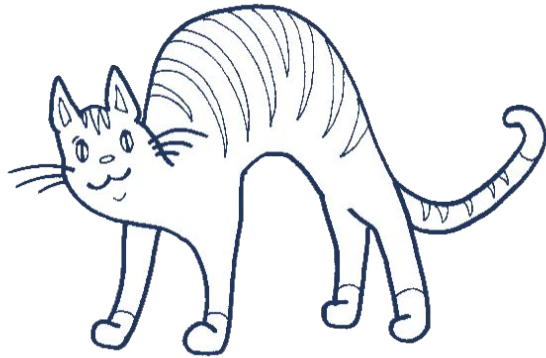
***And they walked down the
mountain.***



***At the bottom of the mountain, they
saw two of their friends, Cow...***

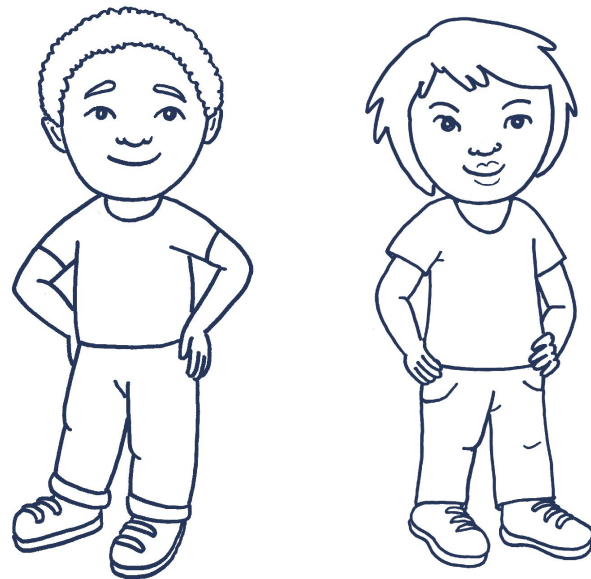


...and Cat

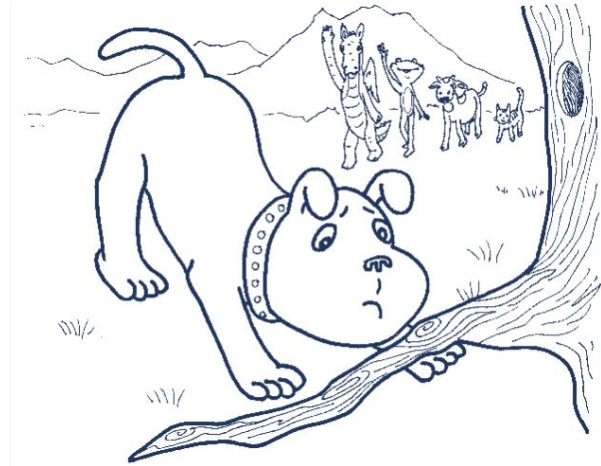
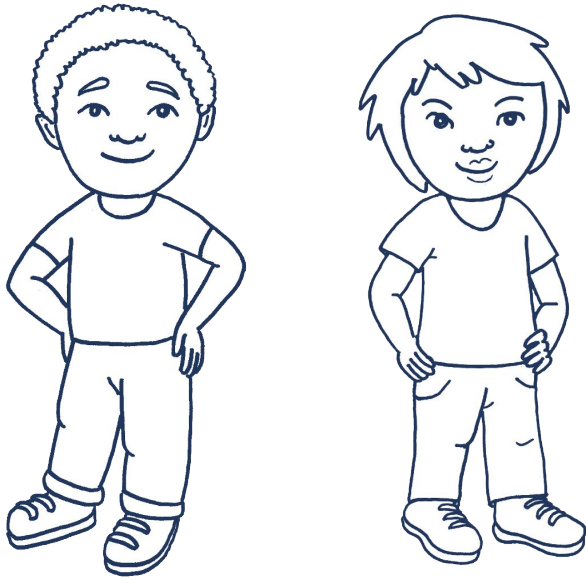


***Cat and Cow joined them
for their walk because they
wanted to get some
exercise too.***

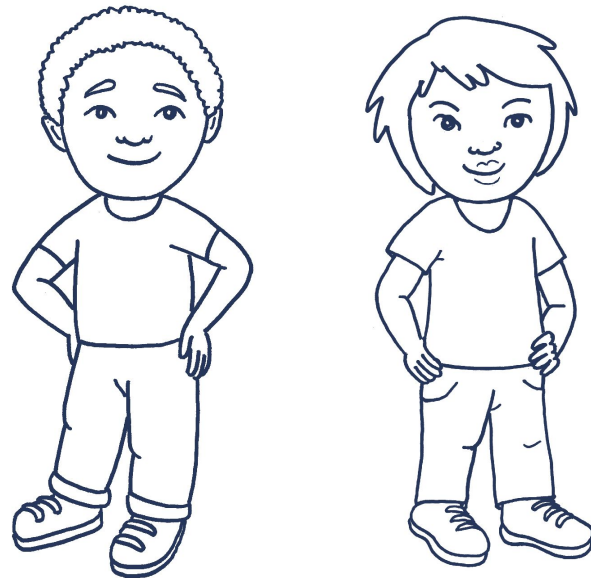
***Michael and Maria and
Cat and Cow started to
walk around the mountain.***



While they were walking, they saw their friend Dog over by some trees. They waved to Dog to come and play with them, but Dog didn't wave back.

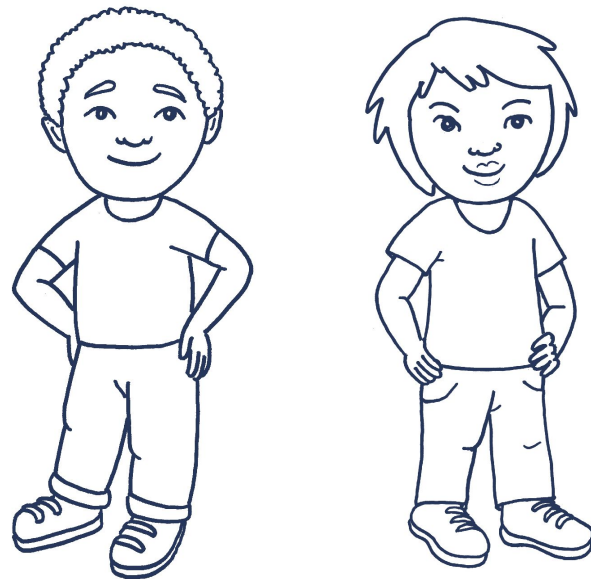


Michael said, “That’s strange. Dog is usually excited to see us. I wonder why he didn’t wave back. I hope there’s nothing wrong.”



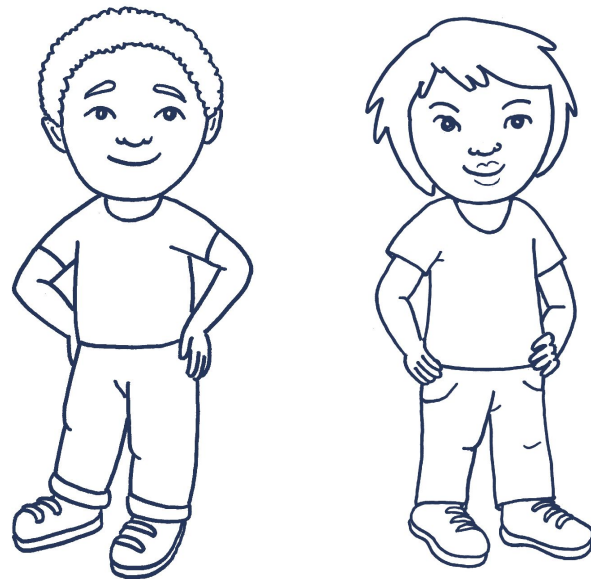
Cat said, “He does not look happy. Let’s just keep walking in case he is feeling grouchy.”

Cow said, “I’m tired and I want to finish our walk. Let’s just keep mooo-ving.”



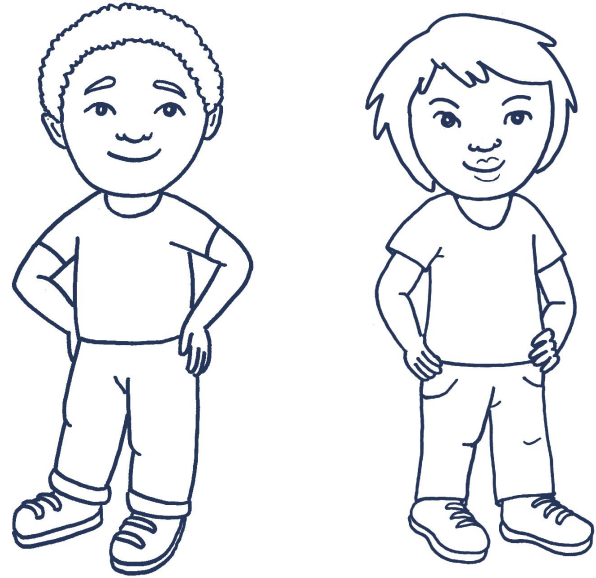
Maria said, “Come on, friends, let’s go check on Dog to make sure he’s okay.”

Michael and Maria cared for and respected Dog; they didn’t want to ignore him.

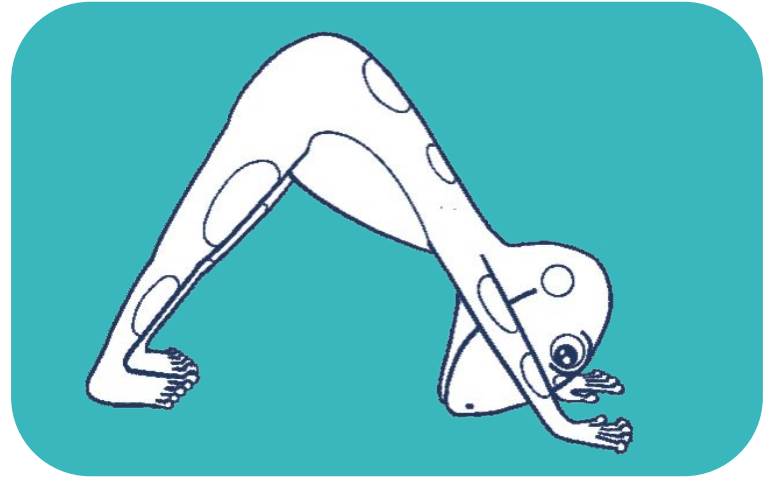


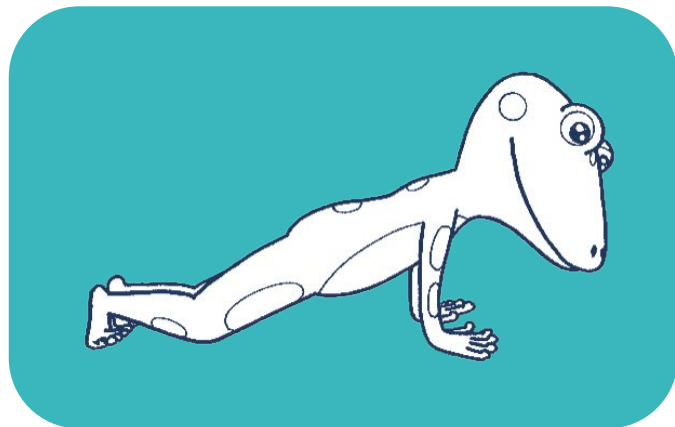
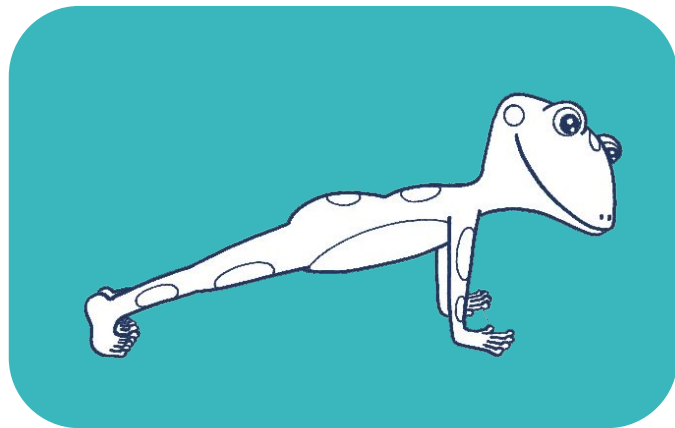
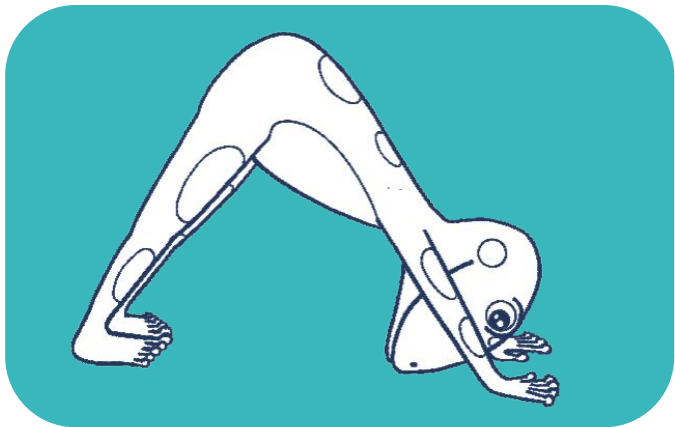
Michael, Maria, Cat, and Cow walked over to the trees where they saw Dog and said, “Hi, friend, don’t you want to come on a walk with us?”

Dog didn’t say anything, but he did not look happy.

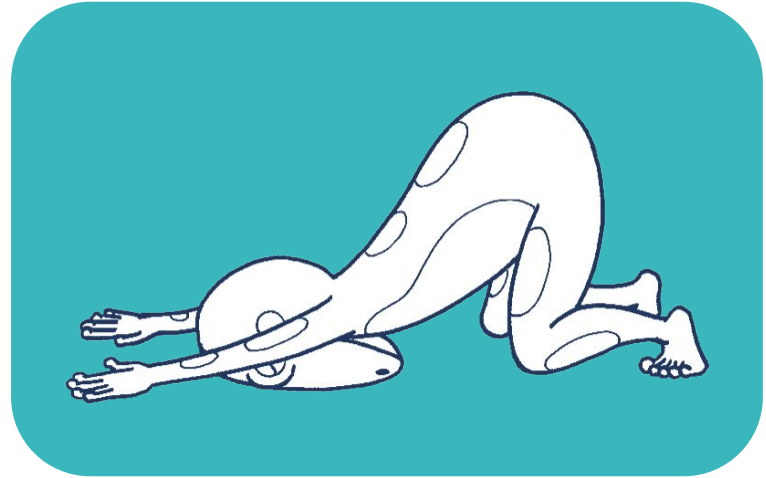


***Dog tried to follow them,
and then they saw the
problem. Dog was stuck!
His paw was caught
under a root. He tried
and tried and tried to
pull his paw out, but it
just wouldn't move.***

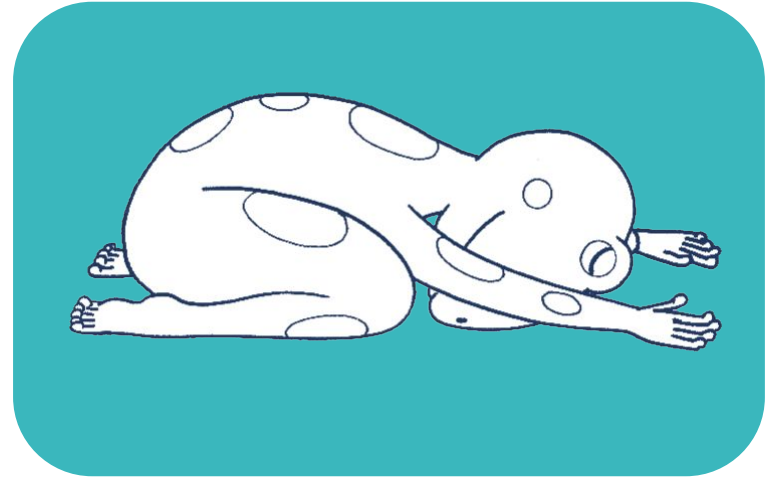




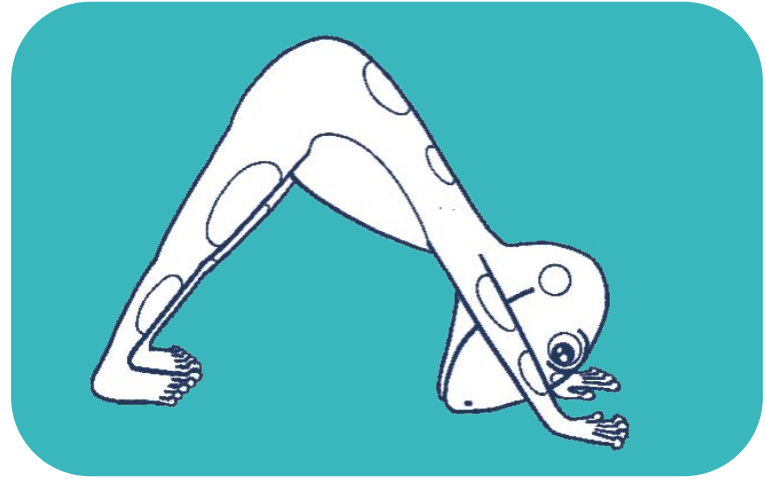
Dog started crying. He felt scared and sad, and his paw really hurt. Dog said, “I feel scared and sad. I need to ask for help.”



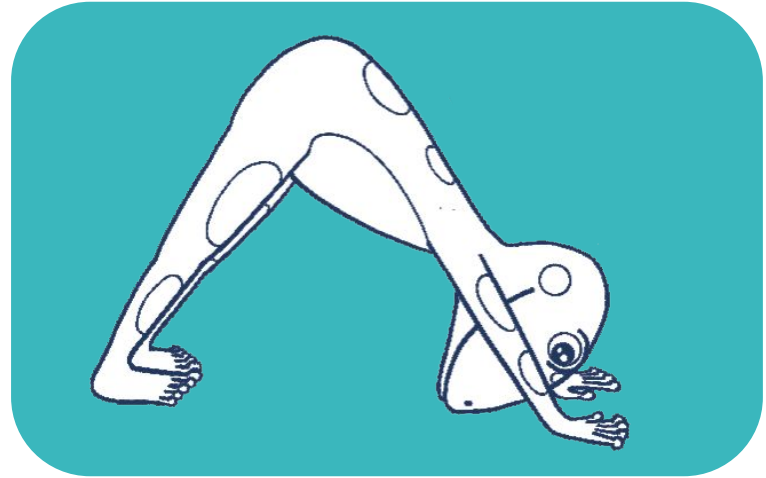
**Michael and Maria
cared for Dog. They
understood how he felt,
because they had felt
scared and sad before
too. Their hearts were full
of compassion for Dog,
and they knew they
could help him.**



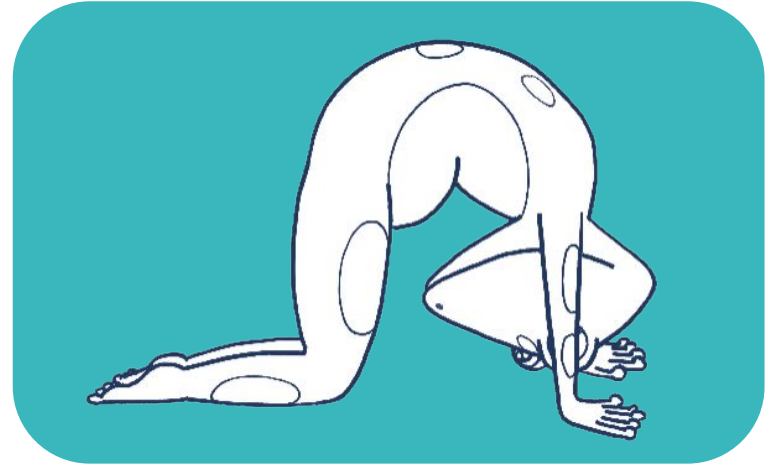
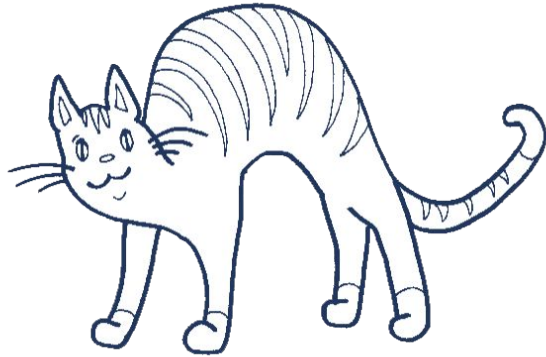
They used their gentle, caring hands to try to free Dog's paw from the root. Then Cat and Cow began to help too. When they all worked together, they were able to get Dog's paw free and to bandage it up with their first aid kit so it would feel better.



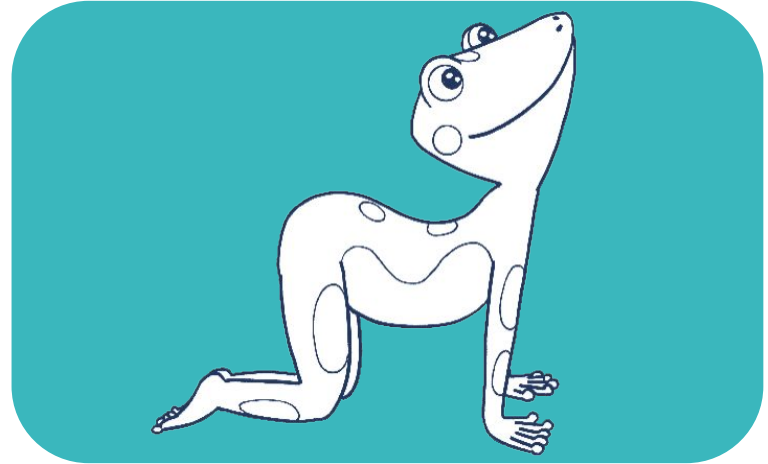
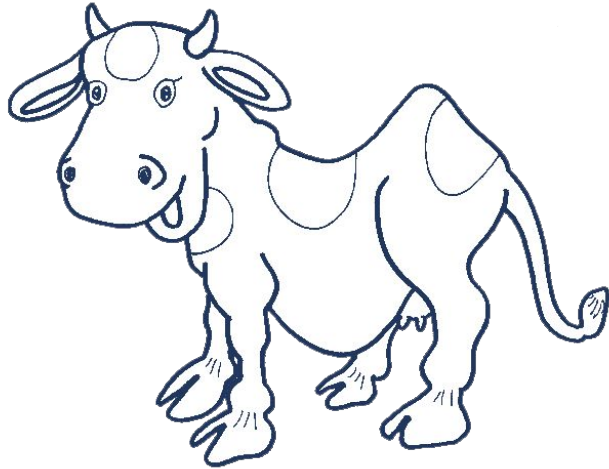
Dog was so excited to walk that he jumped up and wagged his tail in the air. Dog said, “Thank you for helping me, friends.”



Cat turned to Maria and Michael and said, “You are very kind, compassionate friends. I’m so glad we have friends like you, who care for, respect, and help each other.”

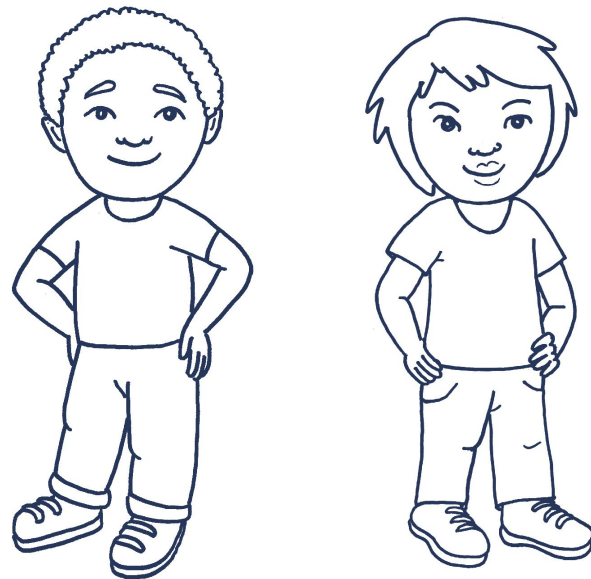


**Cow said, “I’m glad you’re feeling better, Dog.
Now, do you want to walk around the mountain
with us?”**

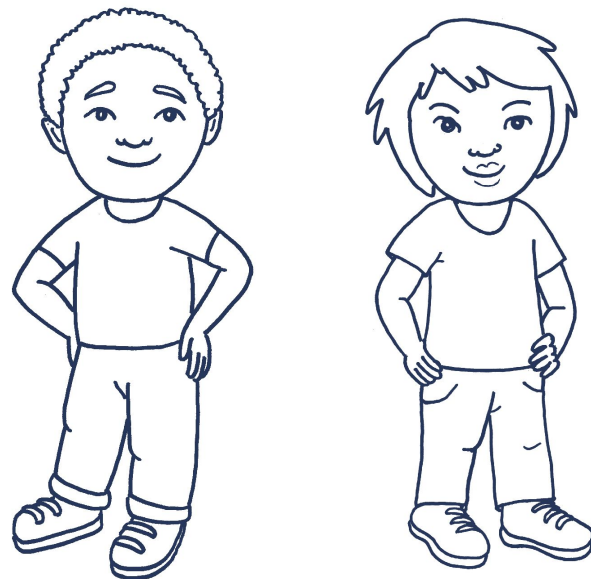


Then all the friends went for a nice long walk around the mountain.

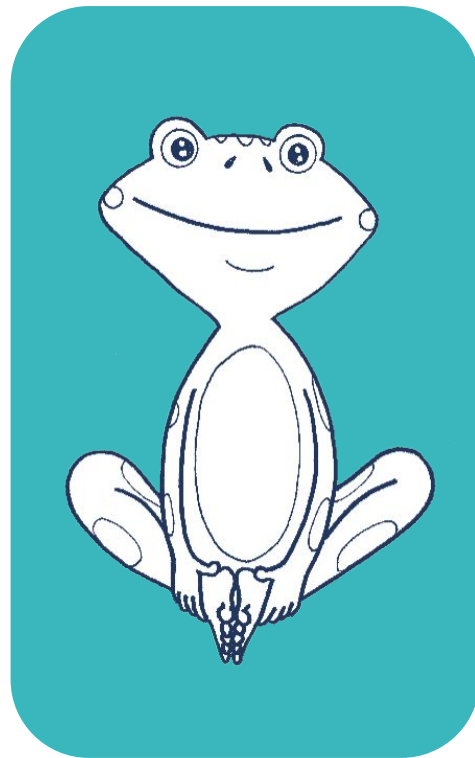
After their walk, they knelt down at a stream to splash and taste the cool, refreshing water.



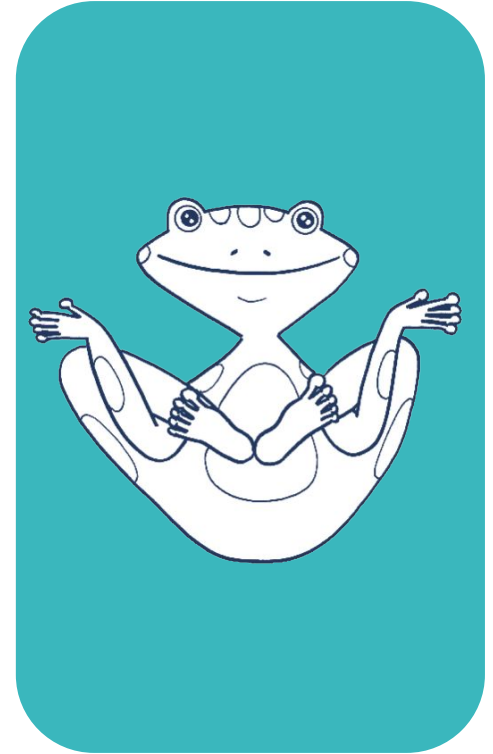
Then they all took a break to let their bodies and minds rest. When they were calm and still, they let their ears listen to the sounds of the trickling stream and let their eyes enjoy the sights of the beautiful day.



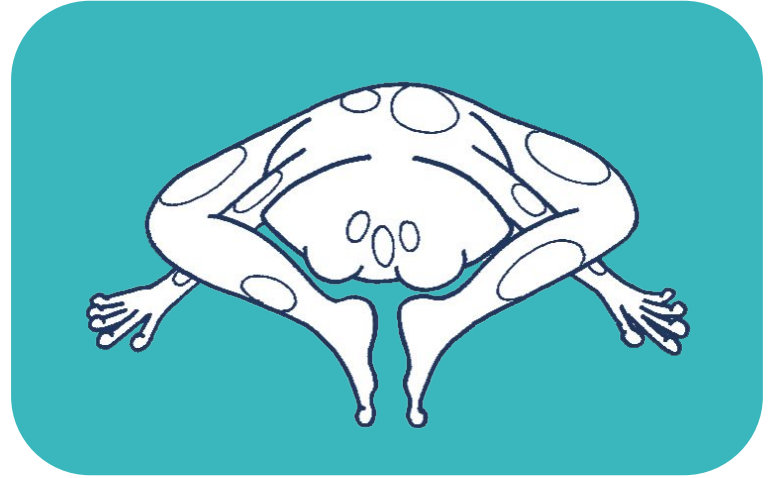
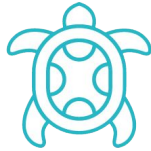
They saw a butterfly...



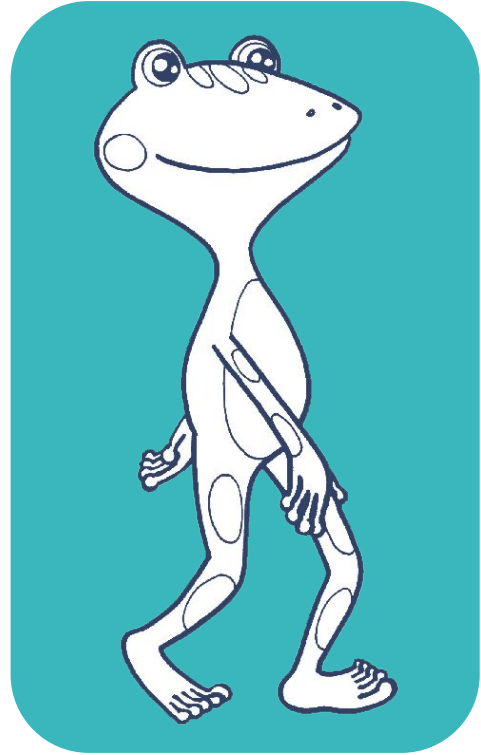
A little flower...



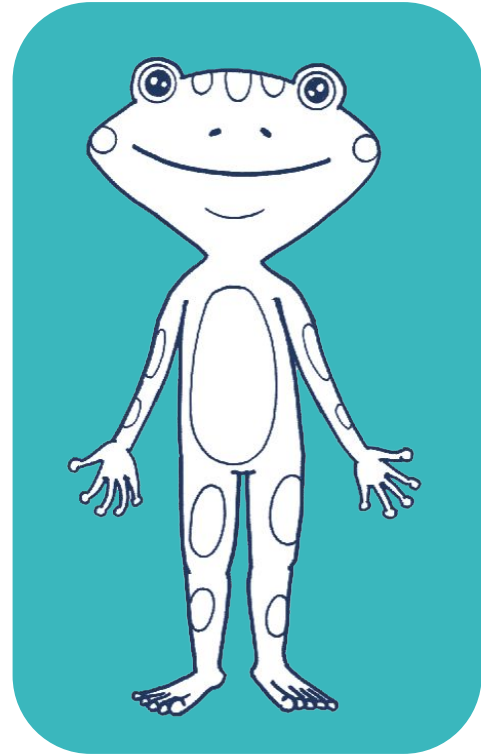
***and a turtle hiding inside
its shell.***



After their rest, Michael and Maria walked up, up, up, back to their home on top of the mountain.



When they reached the top of the mountain, they were so happy to be home. They enjoyed big glasses of water and shared a sweet, ripe, juicy peach.



Finally, they watched the sunset over the mountain and took time to rest and relax after a busy day.

