

Lesson 2 (Story Time)

Focus Breathing: (1 minute)

- Sit up straight
- Feet firmly planted on the floor
- Hands relaxed on your legs
- Take one deep breath in
- One deep breath out
- Take another deep breath in
- And another deep breath out
- (Repeat as needed/desired)

Group Activity: (20 minutes)

One Word Story

1. Students form a circle.
2. Leader/Teacher starts by saying how sometimes stories start with, "Once upon a time..." and that every story ends with "The end". Explain that today's group is going to tell a story, one word at a time.
3. The story will always start with Once- Upon - A – Time, and end the story can only end by saying The – End. The teacher can provide the topic (Can be academic).
4. The first 4 students start the story, the 5th student adds to the story by contributing one word.
5. Each subsequent student adds a word to the story going around the circle.
6. The story cannot end until someone says "The" and the next person says "End"!

Model or discuss Classroom Agreements, appropriate words/topics.

You might want to add a minimum number of how many time you have to go around the circle

You can do this multiple times to fill the time. GET CREATIVE

Explain the why!!!! (refer to the diagram in the top right corner of this paper)

Announcements: (3 minutes)

(This is where you can state how/what you want students to do to transition into the class. You can also address any classroom or school announcements)

Transition Breathing: (1 minute)

- Take one deep breath in
- One deep breath out
- Deep breath in; smile out
- Consider how you are feeling a this moment
- Consider what you need to do next
- Consider how you will plan to do that
- Deep breath in; deep breath out
- Move your body quietly, but intentionally to accomplish your goals as you continue on with the rest of your day