

## Coyote - A Moving Story for Grades PreK-3

[Start on all fours]

When the world first began, Coyote was lonely. He needed a friend. He wandered about asking different animals if they would be his friend. He came to turtle. [Slow Alternate Arm/Leg Kicks activity as you tell the next part of the story.] Turtle was walking very slow, taking large heavy steps. "Will you be my friend, turtle?" Coyote asked. "Of course," Turtle replied. So for a time, Coyote and Turtle were friends, but Coyote went very fast and Turtle couldn't keep up. So Coyote went on ahead until he came upon snake.

[Do Cobra pose as you tell the next part]

He asked Snake if he would be his friend. "Of course," Snake answered. Snake slithered slowly through the grass so Coyote joined him, but Coyote's belly got scratched up and it was too slow for him so he moved on. He came upon Tree blowing in the wind. [Tree pose on one leg]

"Tree, will you be my friend?" This tree said nothing. He just stood silently. So Coyote moved to another tree. [Change to other leg] This tree had branches that moved in the wind. [Move arms like wind is blowing]

"Tree, will you be my friend?" Coyote asked. "Of course," Tree answered. So Coyote and Tree chatted for a while. Tree then told Coyote how it felt to grow roots deep into the ground, and to be a home for birds and animals. It was very interesting, but Coyote wanted to run and play, so he moved on.

On a high branch in the tree he spotted Eagle. [Practice Eagle pose on one side]

"Eagle, will you be my friend?" Coyote asked. "Of course," Eagle replied and he flew to a nearby tree [fly like an eagle by extending your leg backwards] and landed on another branch. [cross leg back over into Eagle pose again]

[Switch legs in Eagle]

Coyote called to Eagle "Can you teach me to fly?" So Eagle demonstrated getting very still and flying out of the tree. Coyote did exactly as Eagle had demonstrated [fly on the second side] but he didn't get off the ground, and that was the last he saw of Eagle on that day.

Then he came upon a strong warrior. [Warrior I pose] and he asked the Warrior if he would be his friend. The warrior said, yes, but you must be very quiet and still to be a good warrior. Coyote took the form of Warrior [change sides] and he practiced being as still as he possible could be, but Coyote isn't very good at being quiet and still and he played a trick on the warrior, because that's what coyotes do and the Warrior got frustrated and sent him away.

By this time, Coyote was feeling very sad and lonely indeed. He curled up into a little ball [Child pose] and began to cry. He sat up and called out. [sing] "Oh woe... woe, woe, woe, woe, woe, woe," and to his surprise he heard a response. [sing back with lower tone] "Oh woe... woe, woe, woe, woe, woe, woe," He was so excited he yelled out [sing] "Oh yay, yay, yay, yay, yay yay, yay" And the response came back. [sing in lower tone] "Oh yay, yay, yay, yay, yay, yay, yay." He got so excited he ran to the sound [Alternate Arm/Kicks a little faster] and he found another coyote. They were so excited to find each other that they laid down on the ground and rolled around together. [Rock & Roll or lay on back taking knees around in circles] That night coyote laid down to sleep under the stars [lie in relaxation pose] and he felt happy in his heart that he had found a friend that understood him and could play the games that he liked to play. Now think of the friends you have that are fun to play with. Imagine yourself doing something you love with them.