

Face your fears.

Discover your strengths.

A global lesson for all.



Dear Teacher,

We are delighted to share Nothando's Journey Unit of Study with you. We have compiled this box so you have the materials and props to use during your Social and Emotional curriculum with your K-1 students.

Inside you will find:

- **Nothando's Journey** Children's Book
- **Nothando's Journey**: A Unit of Study SEL Curriculum
- **Globe**: Open your students' eyes to the world as you embark on a journey to Swaziland.
- **Tingsha Cymbals**: Invite your students to clear their minds and calm their energy by bringing their focus/awareness back into their bodies.
- **African Tribal Nuts/Shell Bracelet**: Bring the sounds of the festival alive to deepen the connection to Nothando and her culture.

Ways to use the cymbals:

STEP
1

At the beginning of storytime yoga/ Nothando's Journey as a tool to clear the mind and invite the body to calm.

Prompt:

Hi friends, before we begin our story, let's find a nice peaceful position in our bodies, like crisscross apple sauce. When you hear the sound of the bell, you can breathe in the peaceful sound and the energy of peace into your body, mind and heart. (3 breaths)

Take a gentle breath in through the nose ... and a gentle breath out through the mouth (smell the flower/blow out the candle). Breathing in for 1 (pause) breathing out for 1...breathing in for 2 (pause) and breathing out for 2...

STEP
2

To check in where our energy is...quite often kids bang the chimes together which will cause a really loud and unpleasant sound. They notice it right away. You can use this as an opportunity to let them see what it's like when they breathe first and use their breath to slow down. You can also talk about how we would never hit someone, so we do not hit the chimes together. Instead we invite in the sound with kindness and respect. You can hold one side still and have the student bring the other just gently to touch...like a little peck /or gentle kiss on the cheek.

STEP
3

When you invite in the sound, it's important that the sound has space to be heard and experienced. Hold the chimes from the string and not the chime itself. You can also teach about how we all need a little personal space to feel comfortable too. You can invite in the sound and have the children close their eyes to listen till they cannot hear the sound anymore.

STEP
4

Have each child take a turn being the teacher. First have them get in their calm yoga body, and then take a breath to prepare. Next they can invite in the sound of the bell, and then invite the other students to "take a breath please". They get to hold the bell until the sound is complete and then they can pass the bell to the next student. It is also an opportunity to practice making eye contact and expressing gratitude to each other when they pass it.



We hope you and your class enjoy the journey and the practice!

With love,

Jill, Marga, Stacey, and Kathy
JabuMind Publications



Scan the QR code to view the animated movie. Watch as the book comes to life with music and voices, adding an enchanting element to the children's lesson.