



Minnie Finds Her Groove

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In the sun-drenched red earth of Mulga Bore, six-year-old Minnie loved to run, stretch, and play under the wide open Outback sky. She had bright, curious eyes and a big heart, but her lively body loved to stay in gentle motion.



Inside the cozy classroom, morning circle time began, and the children gathered on the colorful woven rug. The teacher invited everyone to sit cross-legged, but as soon as Minnie tried, her knees felt stiff and uncomfortable.



While her classmates sat quietly, Minnie shifted left and right, wiggling her toes and uncrossing her legs. Her body felt restless, and her mind began to drift away from the lesson to the honeyeaters flying outside the window.



Minnie felt a small wave of frustration because she truly wanted to listen to the teacher's story. She looked around at her friends sitting so still and wished her legs did not ache when sitting on the floor.



Her classmate Jack noticed Minnie fidgeting and realized she was struggling to stay comfortable. He kindly raised his hand and suggested to the teacher that maybe they could help Minnie find a better way to sit so she could focus.



The teacher smiled warmly and showed the whole class that there are many great ways to rest our bodies during storytime. She demonstrated kneeling tall like a kangaroo, leaning against a soft backrest, or stretching legs long like desert trees.



Minnie decided to try a thick, squishy floor cushion where she could comfortably stretch her legs out long in front of her. As soon as she settled onto the soft cushion, the tension left her legs and her body felt completely relaxed.



Inspired by Minnie, the other children tried different comfortable positions that helped their own bodies feel relaxed and ready to learn. The classroom rug transformed into a welcoming space where everyone's unique comfort was celebrated.



With her legs cozy and stretched out, Minnie listened intently to every word of the story, her face beaming with excitement. She raised her hand to share her thoughts, fully focused and engaged with her classmates.



From that day on, circle time at Mulga Bore school was full of understanding, joy, and flexible choices for everyone. Minnie knew she belonged to a thoughtful class where every friend was supported just the way they were.