

Name: _____

Date: _____

Little Bird's First Flight (A Movement Story)

Instructions: Read the story aloud. When you come to a **bold** word or phrase, act out the given movement.



One day, Little Bird woke up and **stretched** out her wings.

"My wings are very big," Little Bird said to her mother. "I think they are big enough to fly."

"I think you're right. It's time for your first flying lesson," Little Bird's mother said.

Little Bird **climbed** on to the edge of the nest. She **bent over** and looked down at the ground.

Suddenly, Little Bird felt very scared. "I don't think I'm ready to fly after all," Little Bird said.

"It's not so bad," Little Bird's mother said. "Watch me do it first."

Little Bird's mother **spread her wings**. She **jumped** off the edge of the nest. Then she **flew** through the air.

"Now you try it," Little Bird's mother said.

Little Bird **climbed** back up to the edge of the nest. She **spread her wings**. She **closed her eyes**. Then she **turned around** and **hopped** back into the nest.

"I can't do it!" Little Bird cried. "It's too scary."

Little Bird's mother **flew** back to the nest.

"You can do it little bird. She **picked up** Little Bird and put her on the edge of the nest.

Little Bird **shook** with fear. She **covered her eyes** with her wings.

"You can't stay in the nest your whole life," Little Bird's mother said. "Go on, I know you can do it."

Little Bird **slowly spread her wings**. She **crouched down** on the edge of the nest. Then she **jumped** off. Before she knew it, she was **flying** through the air.

"I did it!" Little Bird exclaimed.

Little Bird's mother **clapped** her wings. "Great job, Little Bird," she said. "I knew you could do it."

Little Bird **flew** all around the forest. She **flapped her wings** up and down. She **leaned to the left** and **leaned to the right**. She **ducked** under tree branches and **flew around** large tree trunks.

Little Bird realized flying was a lot of fun. At the end of the day, Little Bird **flew** back home to her nest. When she landed, she **danced** around. "I did it! Flying is so much fun," she exclaimed.

Then Little Bird **hugged** her mother. "Thanks for helping me fly," she said.

Then Little Bird **laid down** in her bed, **closed** her eyes and fell fast asleep. All night long, she dreamed about flying.