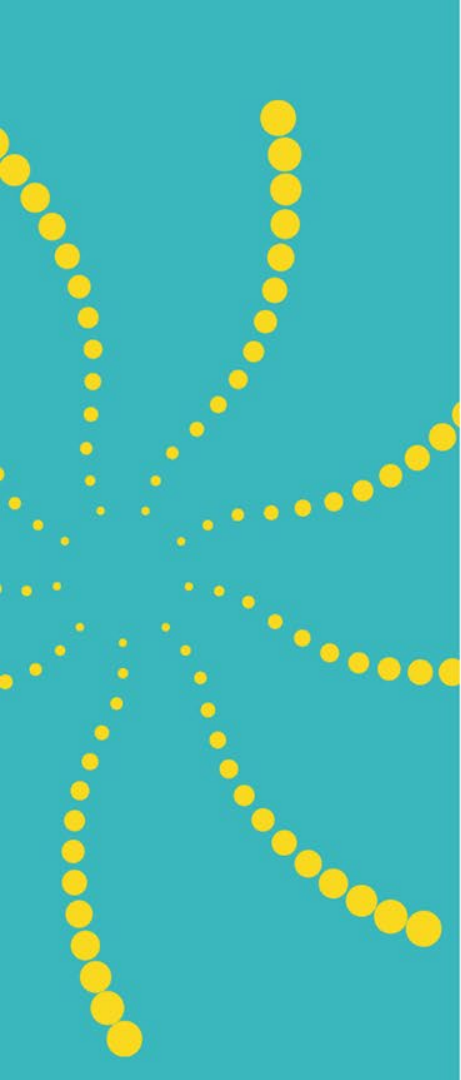




I Need Compassion

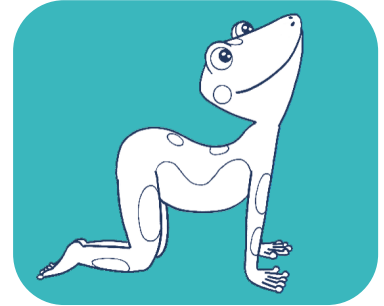
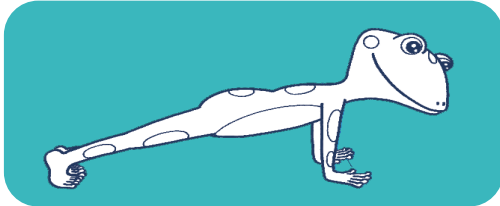
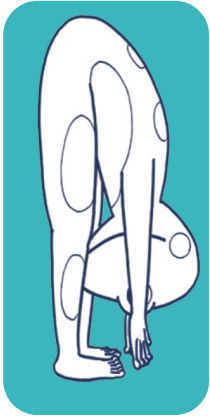
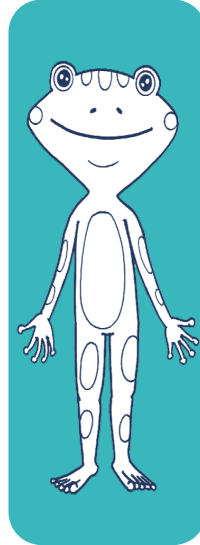
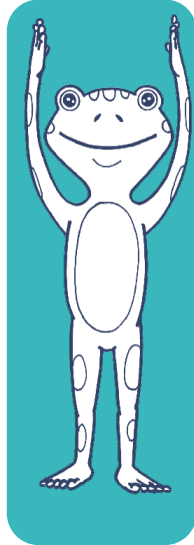
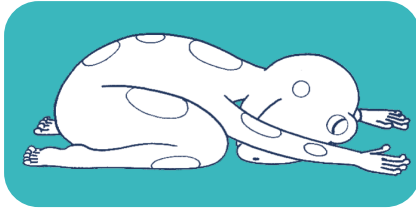
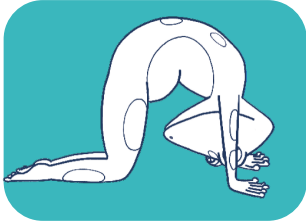
Mindful Movement

Unit 1 Lesson 3 K-1



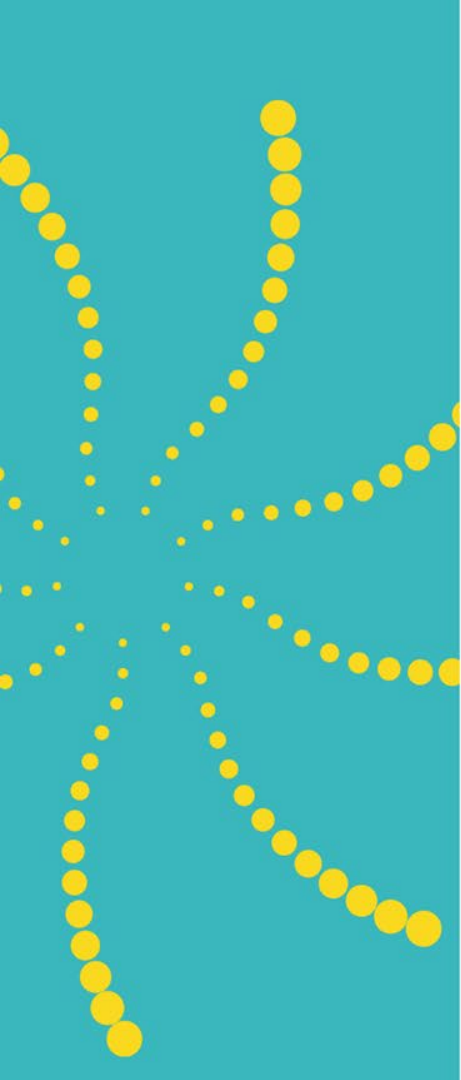
Walking Around the Mountain Movement Game

Let's review some poses.....



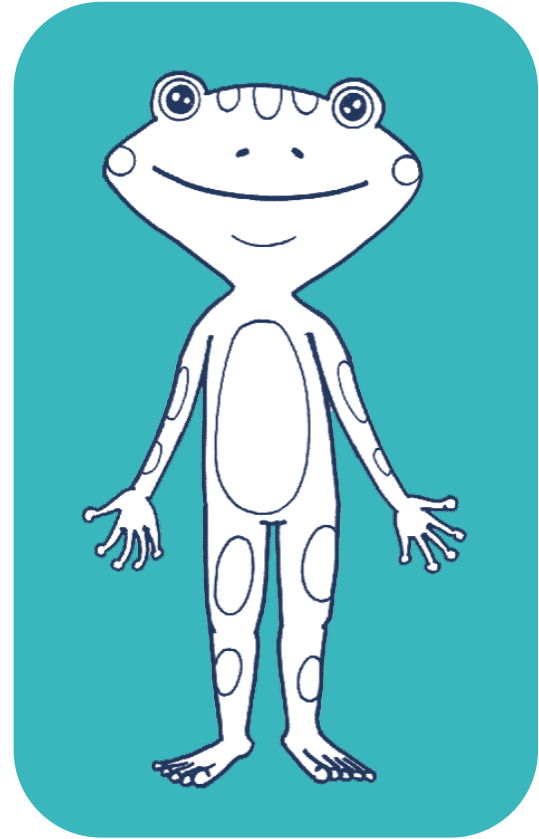
Ready?.....

“Wait, I see a _____”



Mindful Mountain

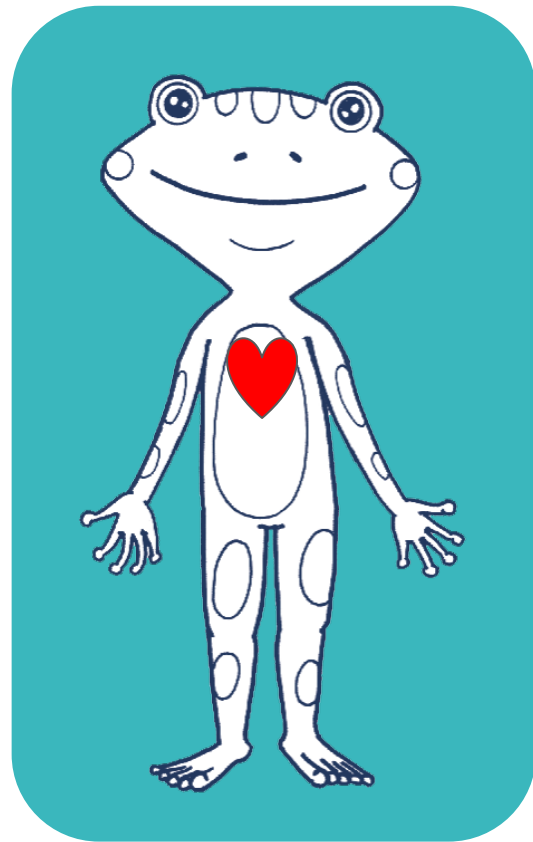
***Mindful means paying attention
of purpose with curiosity and
kindness***



**I feel strong, still, and quiet.
Sometimes I am quiet enough to
pay attention to the breaths that
I'm taking. I am being mindful of
my breath. When I am mindful, I
am gentle and kind with myself,
and I feel curious about what I'll
notice.**



**If I am very quiet and really pay
attention, I can even feel my
heart beating inside my chest. I
am being mindful of my
heartbeat.**

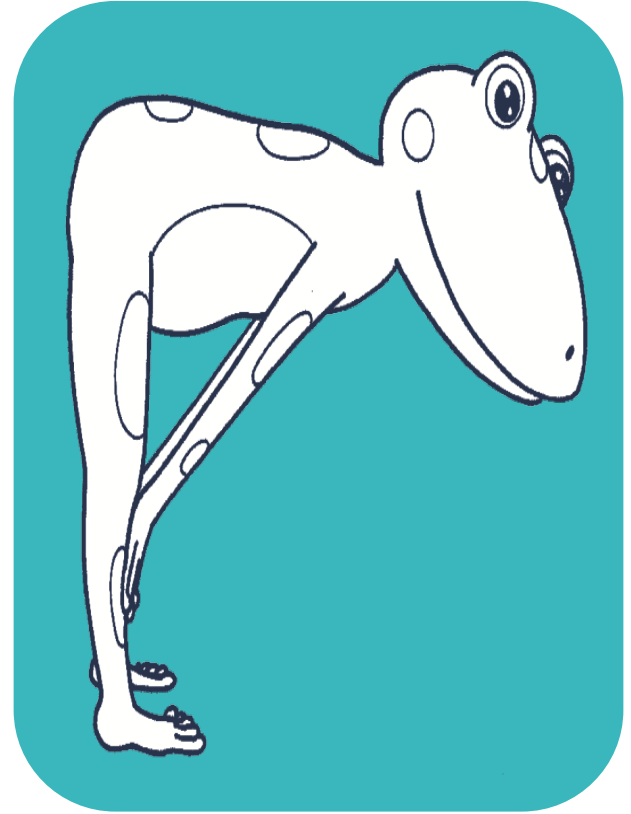


Michael and Maria's Favorite Sequences

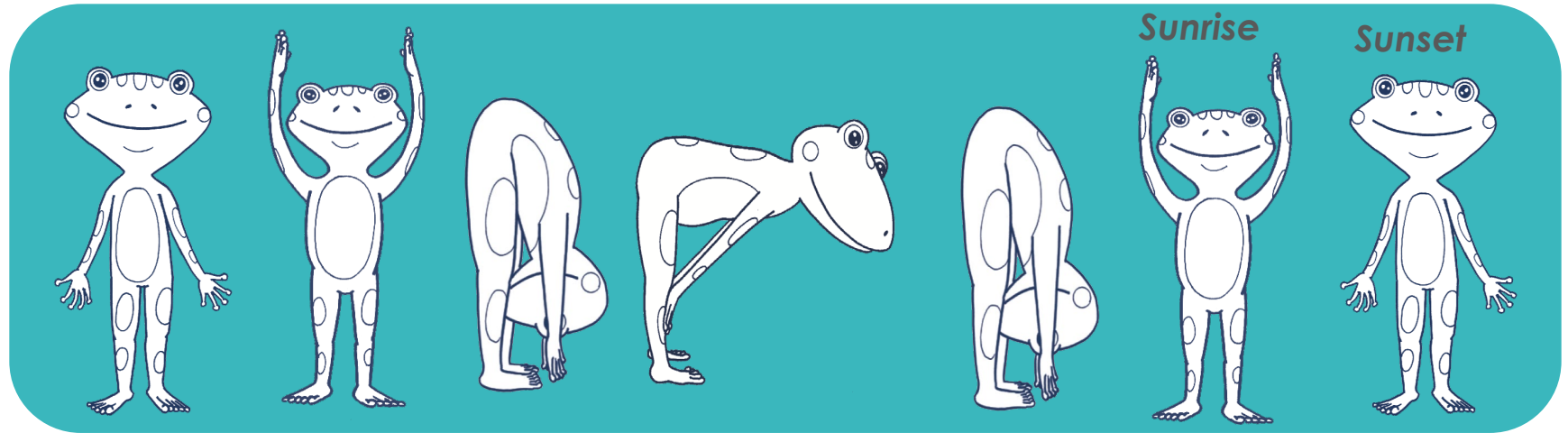
We will learn some new movements today! We will put several poses together and repeat them in a pattern- we call this a sequence.



**We will learn Michael's favorite
Movement Sequence. It includes a
new pose called Monkey**



This first one is Michael's favorite movement sequence.



Mountain

Sunrise

Sunset

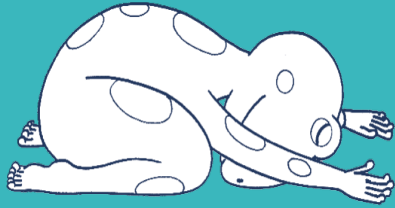
Monkey

Sunset

Now we will learn Maria's favorite Movement Sequence. It includes a new pose called Cobra



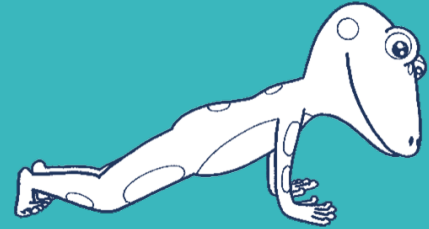
Let's do Maria's favorite sequence.



Child's Pose



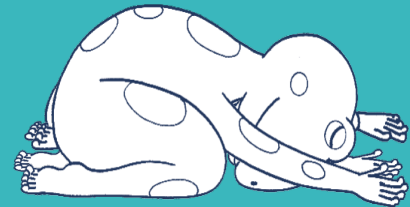
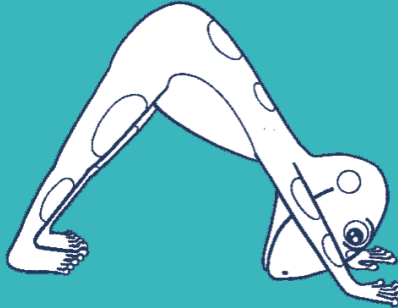
Down Dog



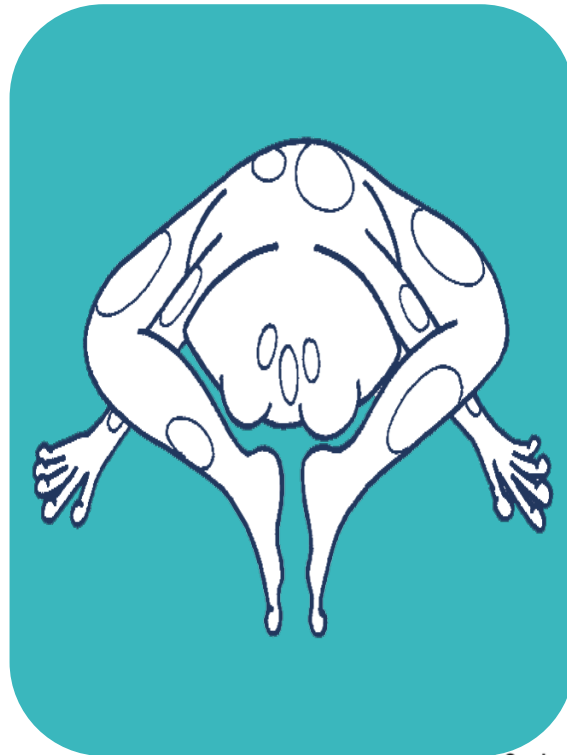
Plank



Cobra



Closing sequence: *Butterfly to Turtle*



Check-In

