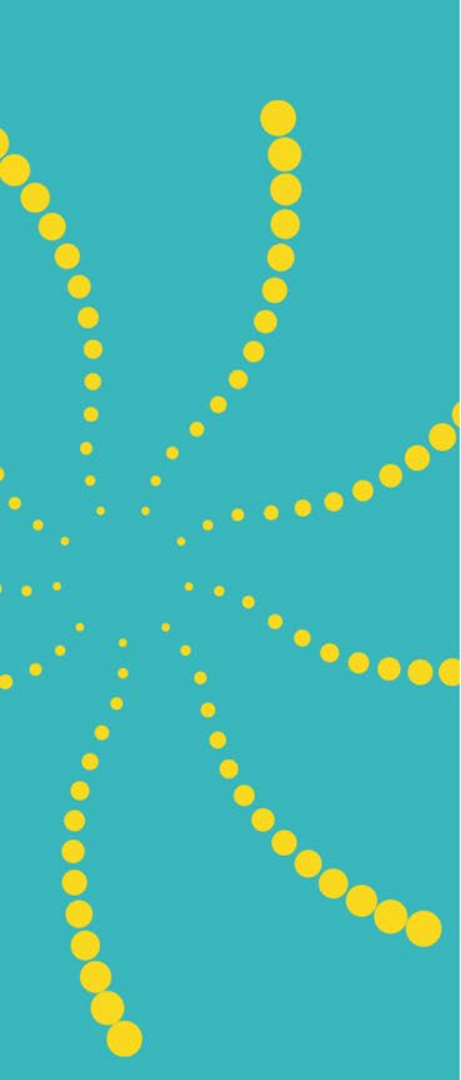




Walking With Compassion

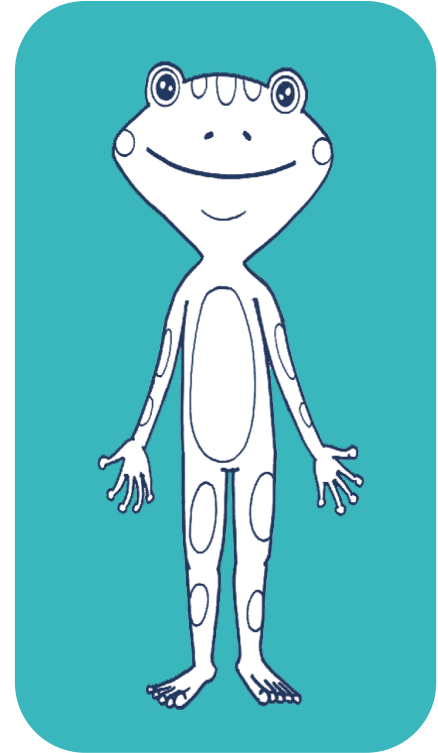
Mindful Movement

Unit 1 Lesson 4

K-1

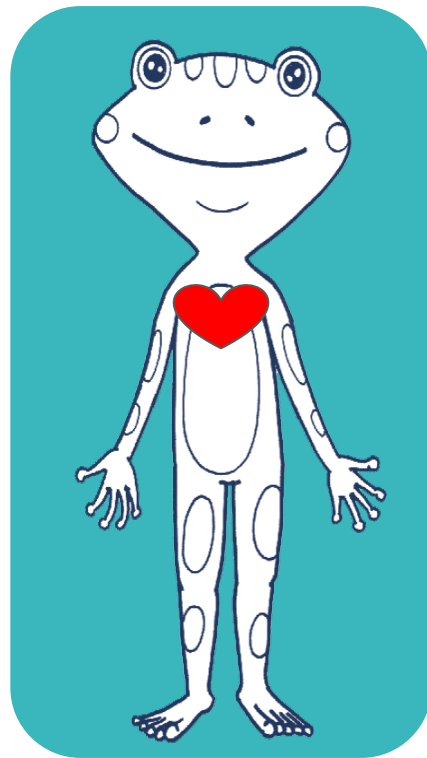


***Mindful means paying attention of
purpose with curiosity and kindness***

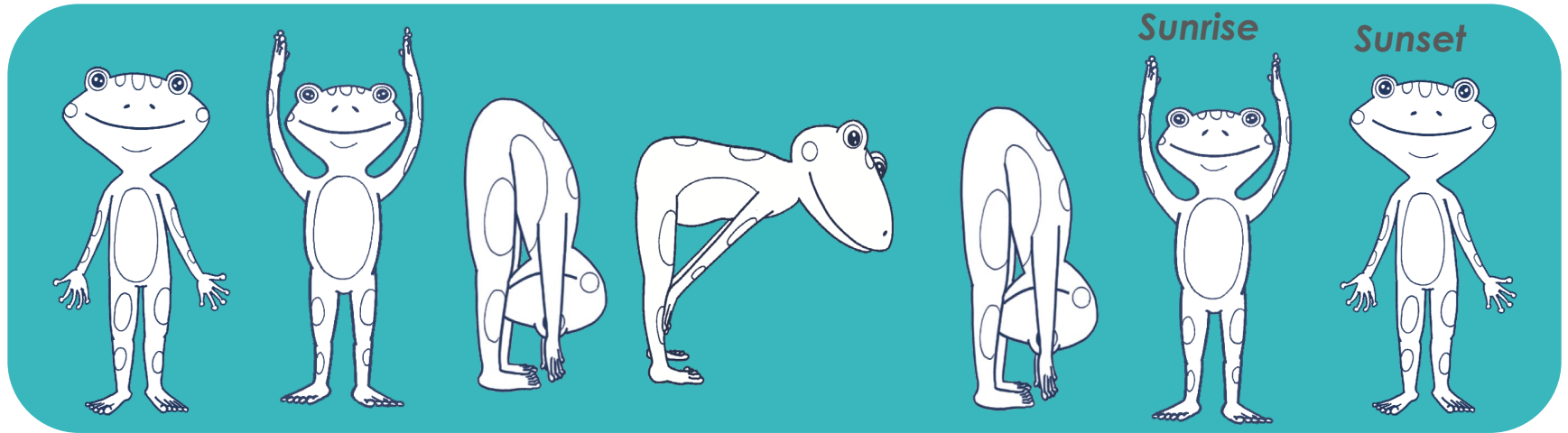


***I feel strong, still, and quiet.
Sometimes I am quiet enough to
pay attention to the breaths that
I'm taking. I am being mindful of
my breath. When I am mindful, I
am gentle and kind with myself,
and I feel curious about what I'll
notice.***

***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.***



Now we will remember Michael's favorite movement sequence and practice it together.



Mountain

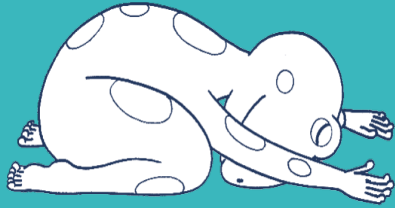
Sunrise

Sunset

Monkey

Sunset

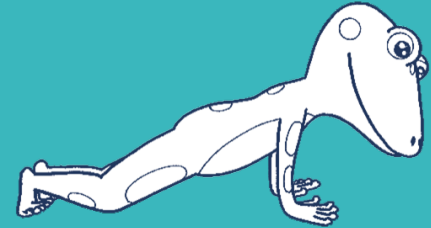
Now we will remember Maria's favorite movement sequence and practice it together.



Child's Pose



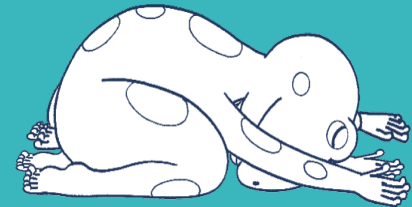
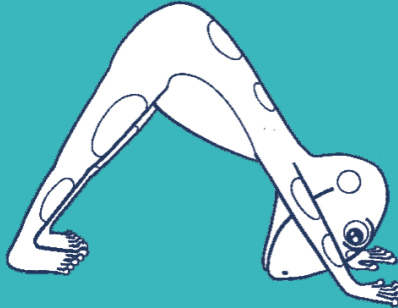
Down Dog



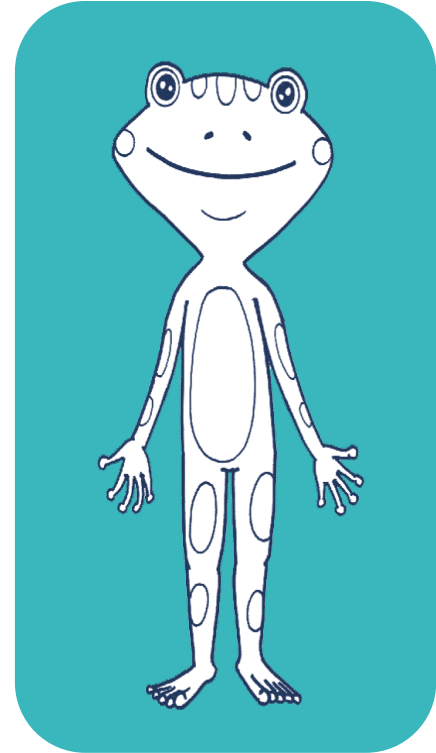
Plank



Cobra



Return to Mindful Mountain



- *Place hand on heart* 
- *Take 3 deep breaths*
- *Be still and quiet*
- *Notice what your body feels like*
- *What does it mean to be mindful?*

Closing sequence: *Butterfly to Flower to Turtle*

