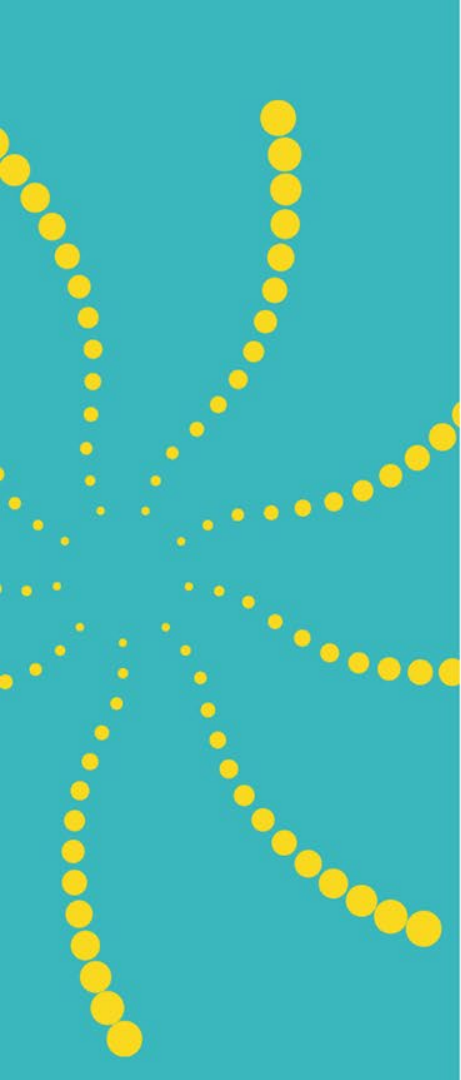




Many Feelings

Mindful Movement

Unit 3 Lesson 3
K-1

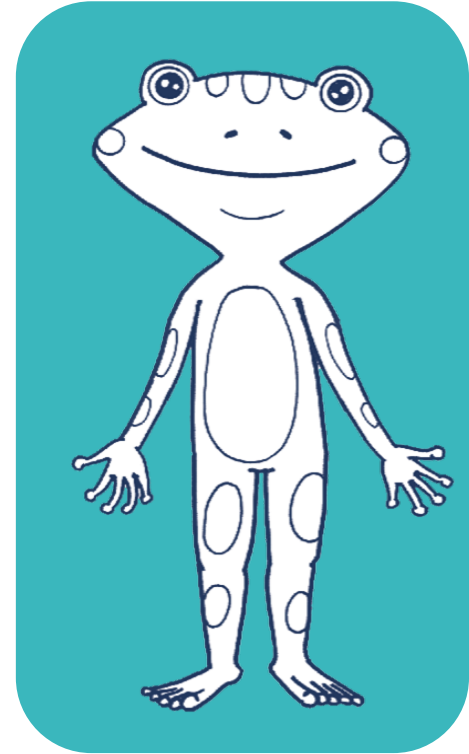


**Today we will practice Mindful
Movement.**

**Let's check in, as we stand still
in Mountain Pose.**



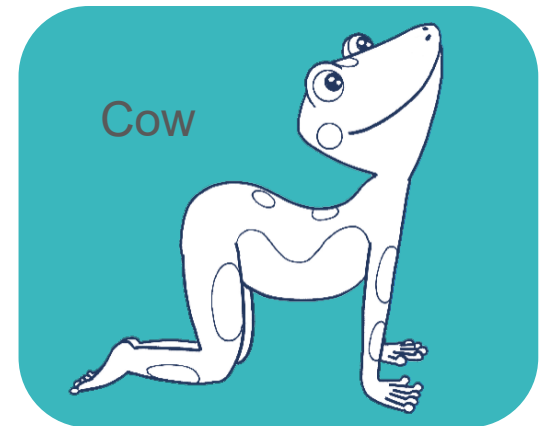
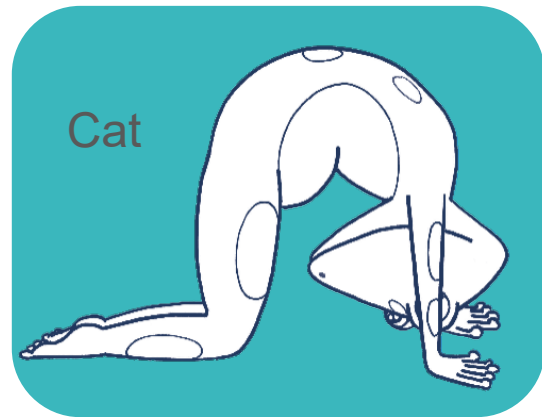
Mountain



Now let's move through Cat and Cow poses.

**As we move, imagine our friend Cat is scared.
Show me how you stretch like a scared cat.**

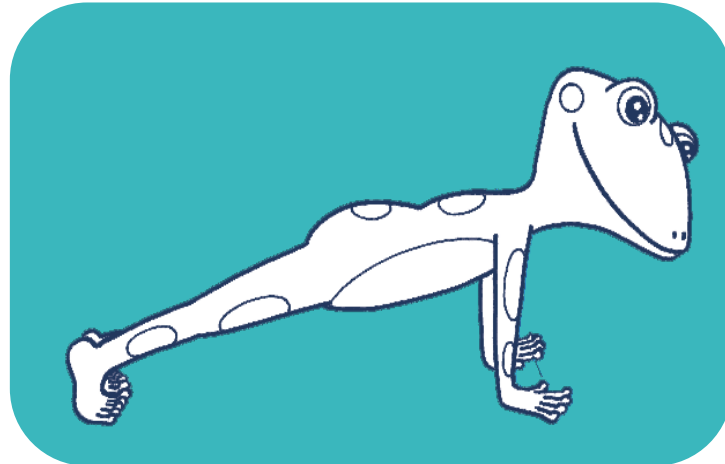
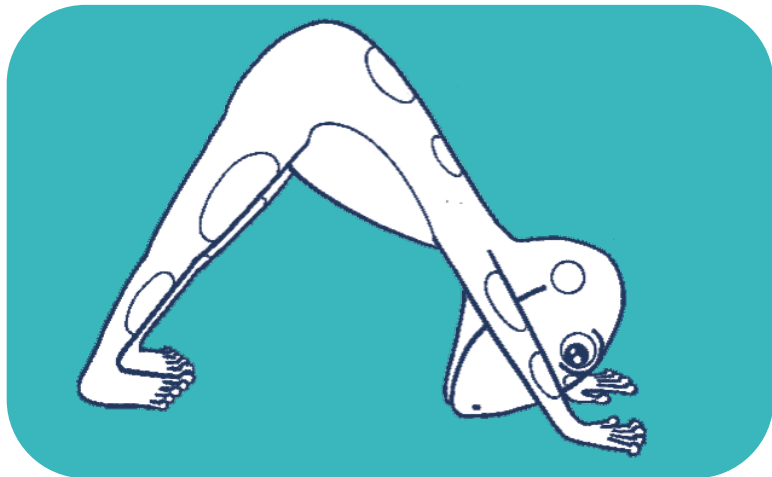
**Now imagine that Cow is nervous. How can
you tell that Cow is nervous?**



Let's stretch up into Dog, like we're feeling very embarrassed. What does feeling embarrassed look like in your body?

Now push forward into Plank like you are hopeful. How can you tell we are hopeful? Can you see it on my face?

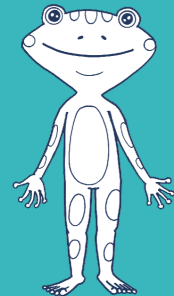
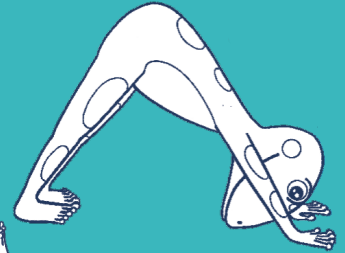
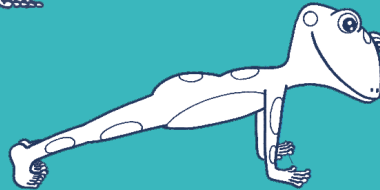
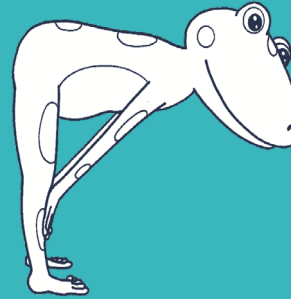
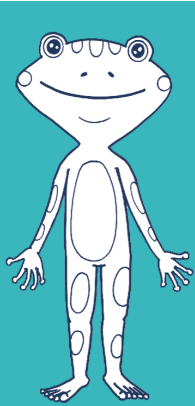
Dog to Plank



Fresh Start Sequence

**How do you feel
after completing
the sequence?**

**Did it feel
comfortable or
uncomfortable
to do the
sequence?**



***These windmills have been doing
the same thing every day for
years.***

***Show me what bored windmills
look like.***

***These windmills have an important
job to do! We're not bored, we're
proud!***

***Show me what proud windmills
look like.***

Windmill



***This volcano is angry and just
might explode!***

***What does being angry look like
in your body? Notice what it feels
like in your body.***

***And this volcano is actually super
excited and might explode with
energy!***

***Show me what excited volcanoes
look like***

Volcano



***This boat is Anchored and strong
as it sits on the water.***

***My boat is feeling confident. I
know I can do what I need to do. I
know I can try and practice and
grow. I am confident in myself.***

***Let me see your confident boats.
Show me what it looks like when
you believe in yourself.***

Boat



**The feelings that visit us can show up in how we move and how we sound.
Feelings can affect how we speak and how we behave.
Like the glitter in the jar, our minds and bodies can swirl with feelings. We can
find our Anchors or take three Calming Breaths to calm and focus our minds.**

