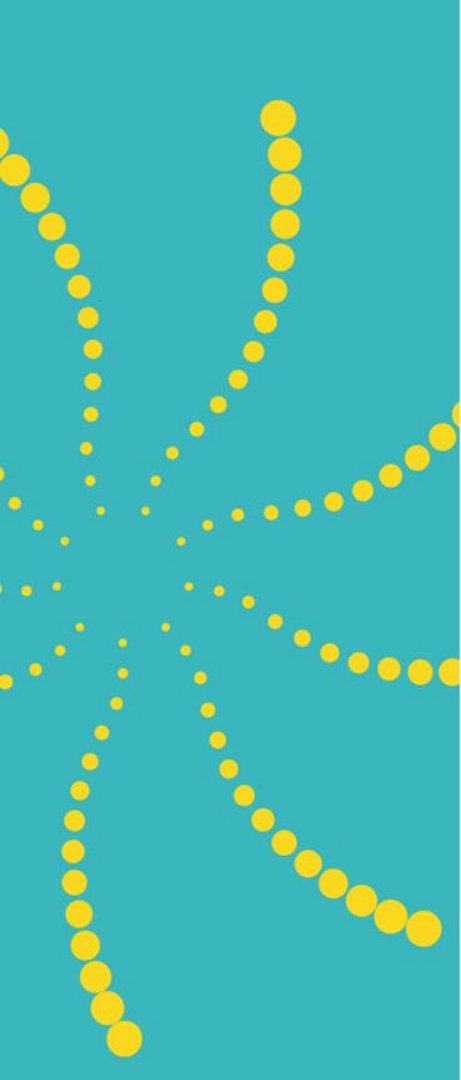




Best Self

Mindful Movement

Unit 3 Lesson 4 ***K-1***



**Today we will explore how
we can be our best self
when we feel comfortable
as well as when we feel
uncomfortable.**

**First, Let's check in! What
feeling is visiting you right
now?**

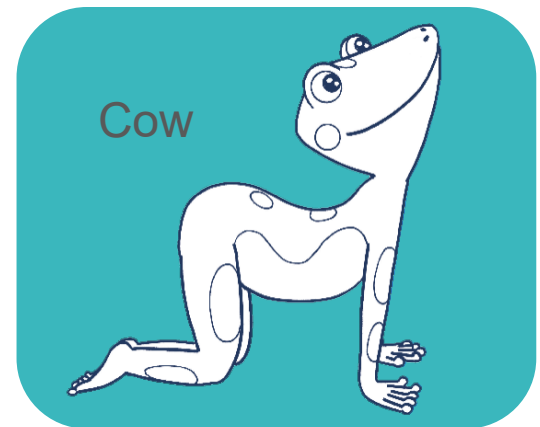
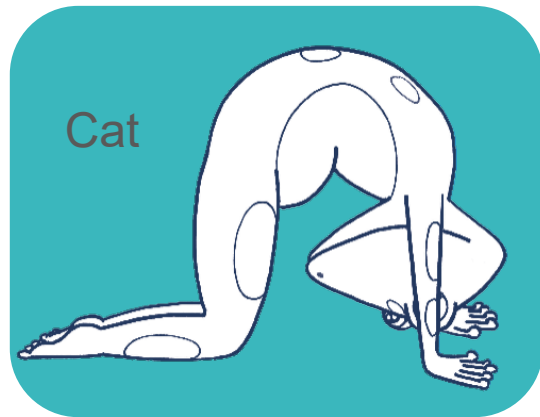
Easy Pose



For some of us this pose feels comfortable, for others it feels uncomfortable. That is okay.

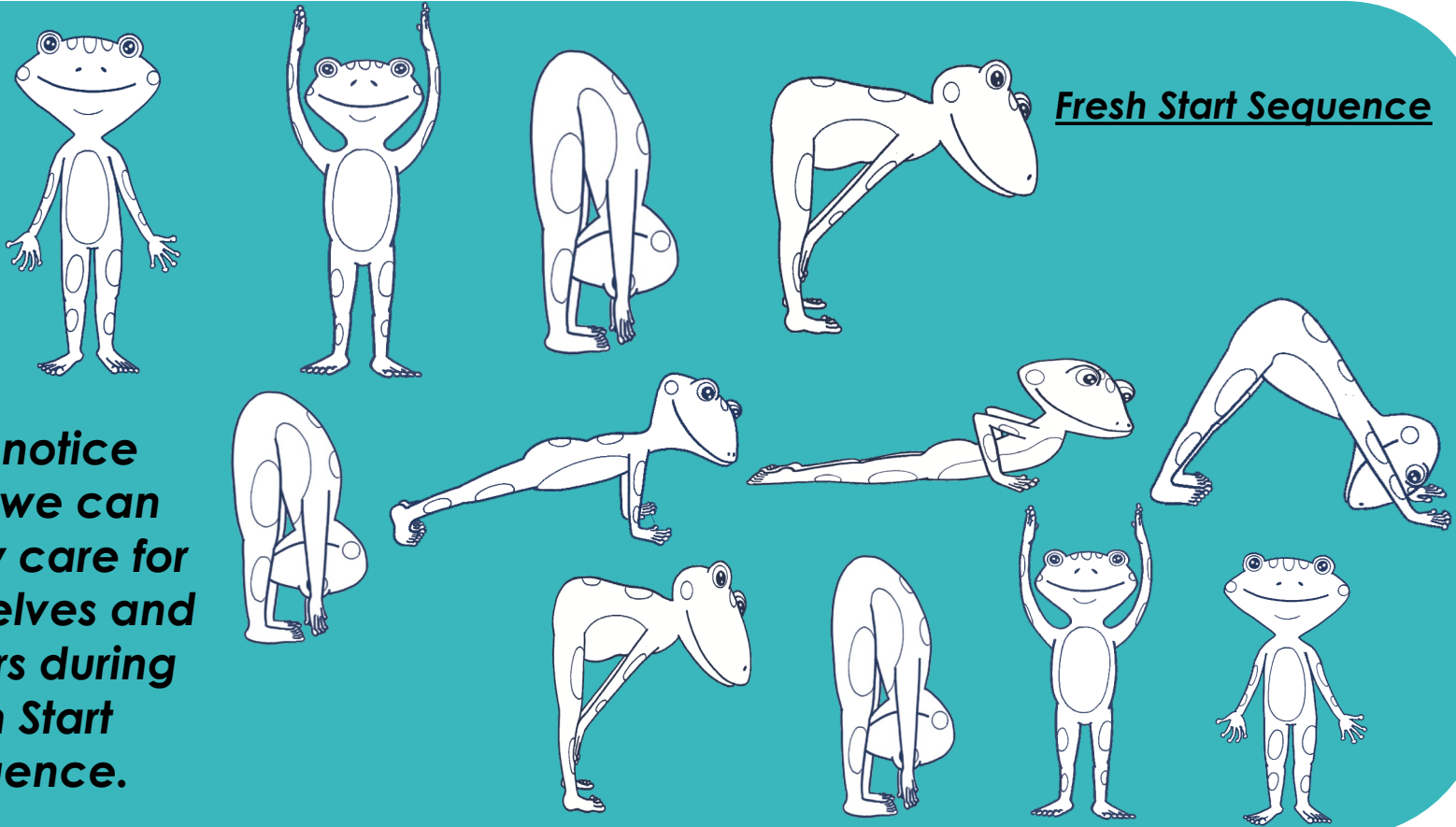
Either way, we can show care for ourselves by stretching gently and safely.

Listen to your body if it's telling you to make an adjustment.



Fresh Start Sequence

**Let's notice
how we can
show care for
ourselves and
others during
Fresh Start
Sequence.**



***Do you find tree pose comfortable
or uncomfortable?***

***Are your thoughts/feelings calm
and settled in this pose or are they
swirling?***

***Is it easy to stay focused in this
pose?***

***How can we be our best self in
this pose?***

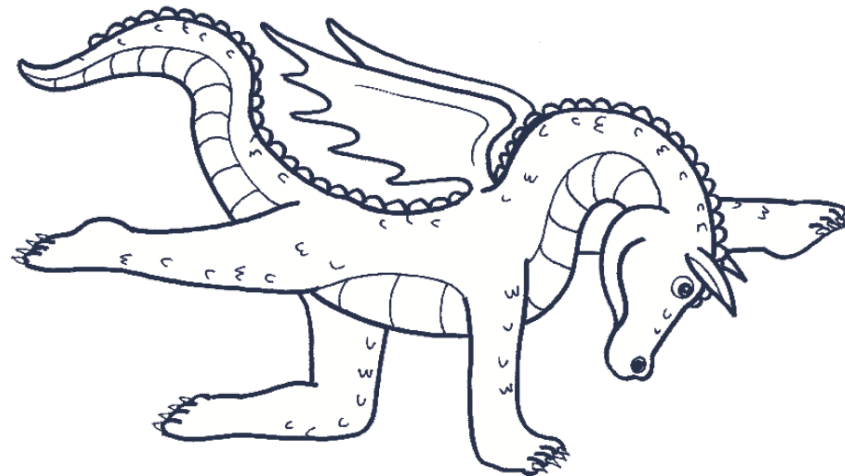
Tree



***Being our best self means
showing care for ourselves
and others.***

***How can we be our best
selves in this pose even if we
find it uncomfortable?***

Pointing Dog



***Let's take five deep, slow breaths and
notice how your bodies and minds
feel in Child's Pose.***

