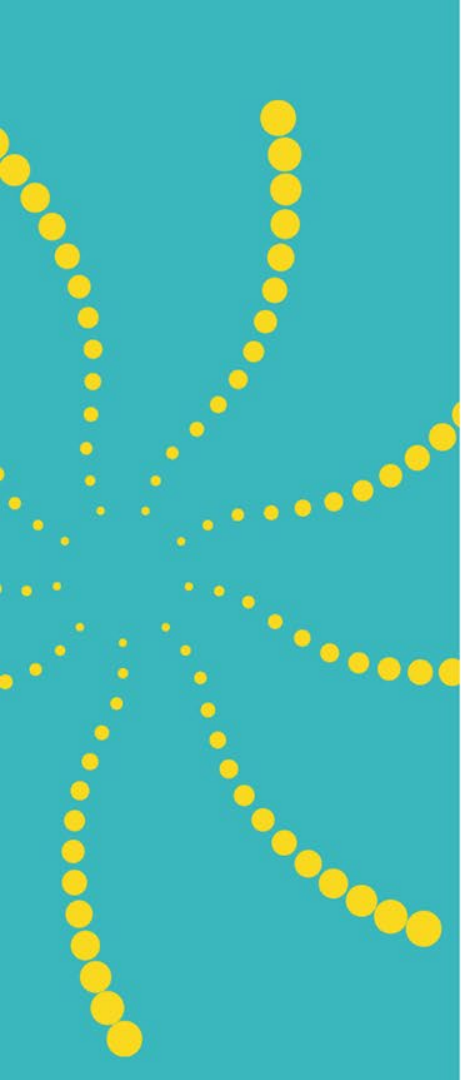




Walkabout

Mindful Movement

Unit 4 Lesson 5 ***K-1***

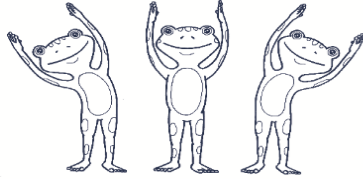


Today we're going on a walkabout. Let's do some mindful movement to prepare for Mindful Walking.

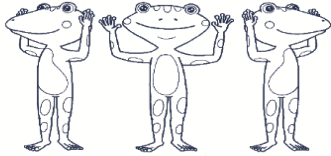
Twist Sequence



Mountain



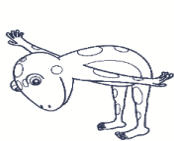
Swaying Palm



Trident/Trident Twist



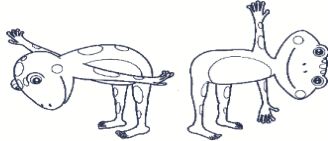
Elbow to Knee



Glider



Glider Twist

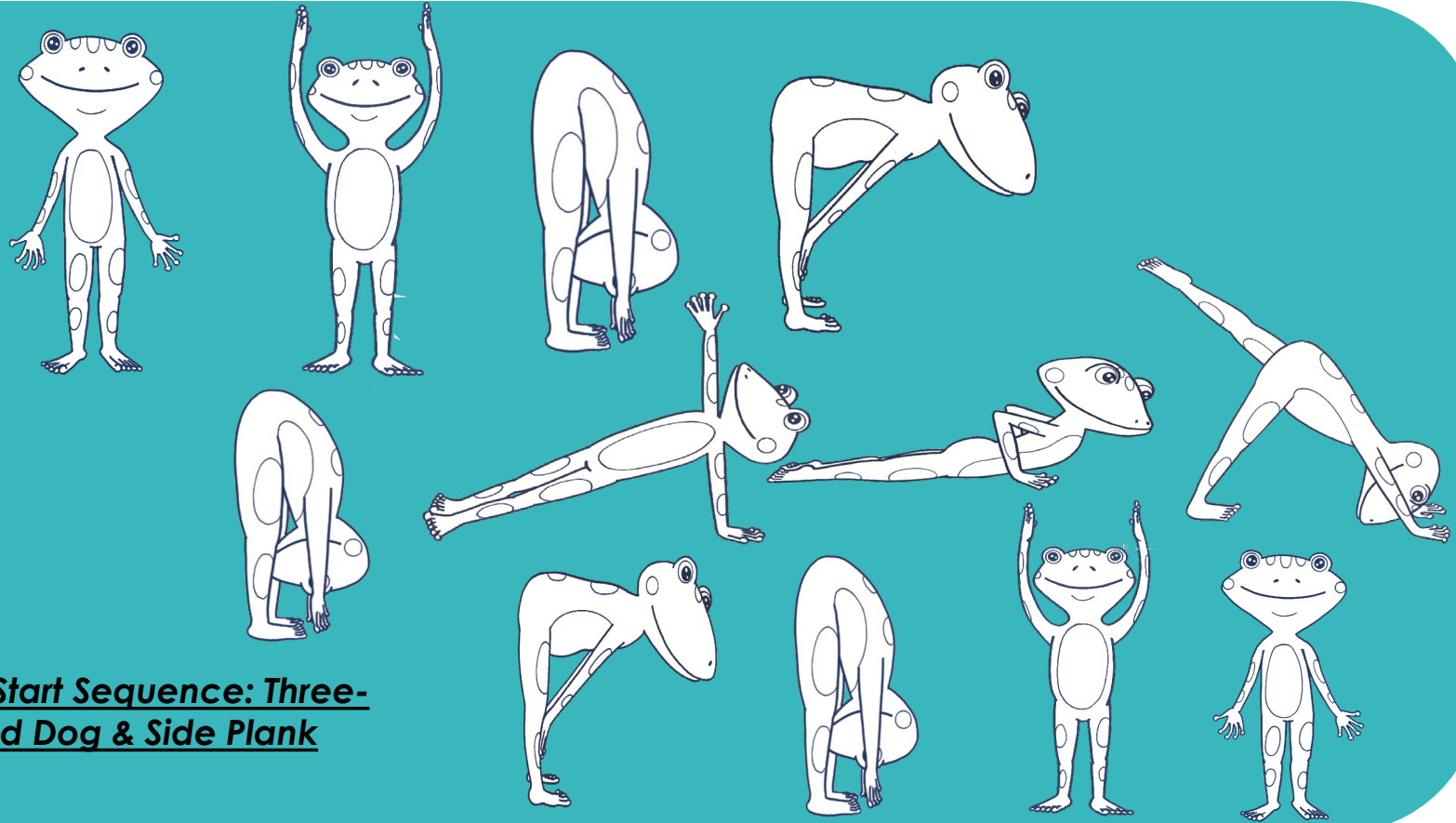


Pick It Up



Mountain

Twist Sequence
Mountain
Swaying Palm
Trident/Trident Twist
Elbow-to-Knee
Glider
Glider Twist
Pick It Up
Mountain



Fresh Start Sequence: Three-Legged Dog & Side Plank

***Let's check in with our bodies and minds
feel after our Mindful Movement***

