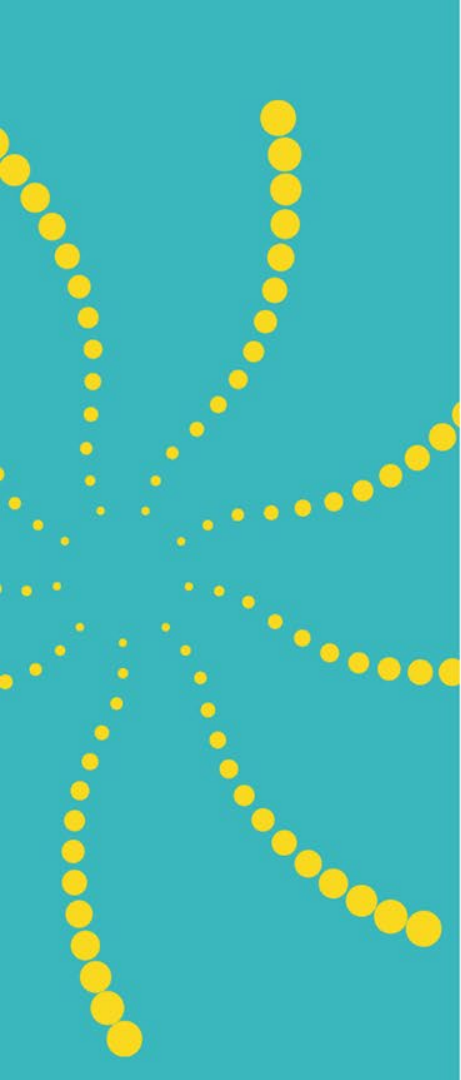




Community Contributions

Mindful Movement

Unit 6 Lesson 2

K-1





Group Sequences

**We are all part of a
classroom and school
community.**

**We will work together, as a
community, to get creative
for Group Mindful
Movement.**

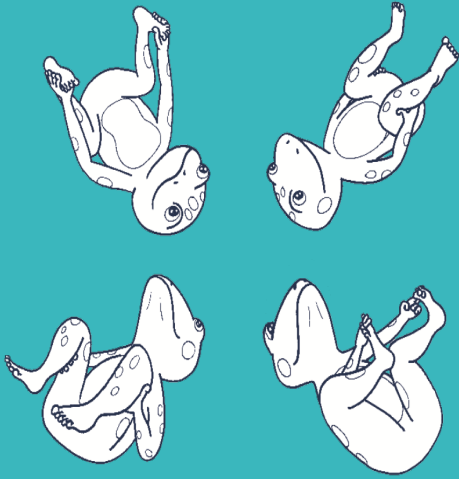
**(Options: Rounds, Making
Waves, Around the Clock)**

Part One:
Group Movement Flourish pgs. 380-381

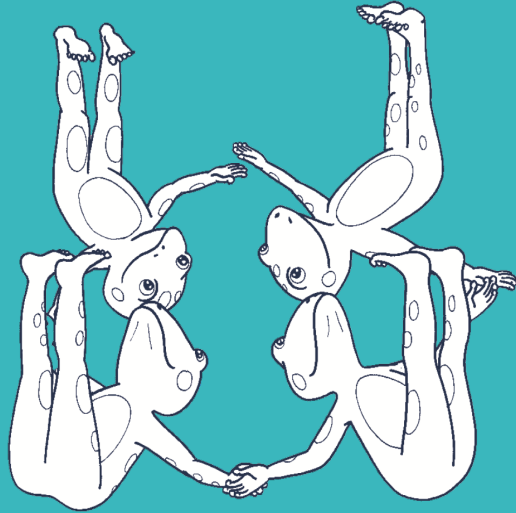
Choice: *Easy Pose* or *Child's Pose*



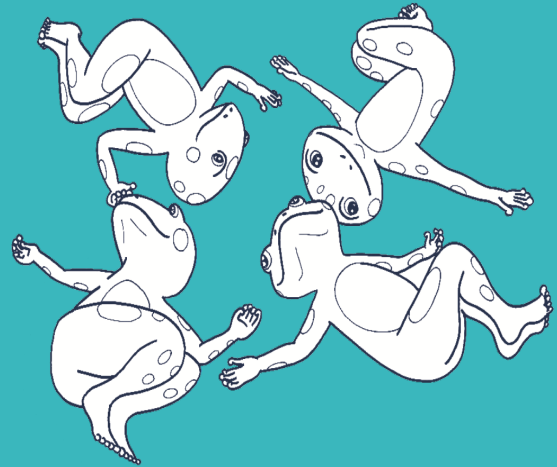
Group Closing Sequence



Group Happy Baby

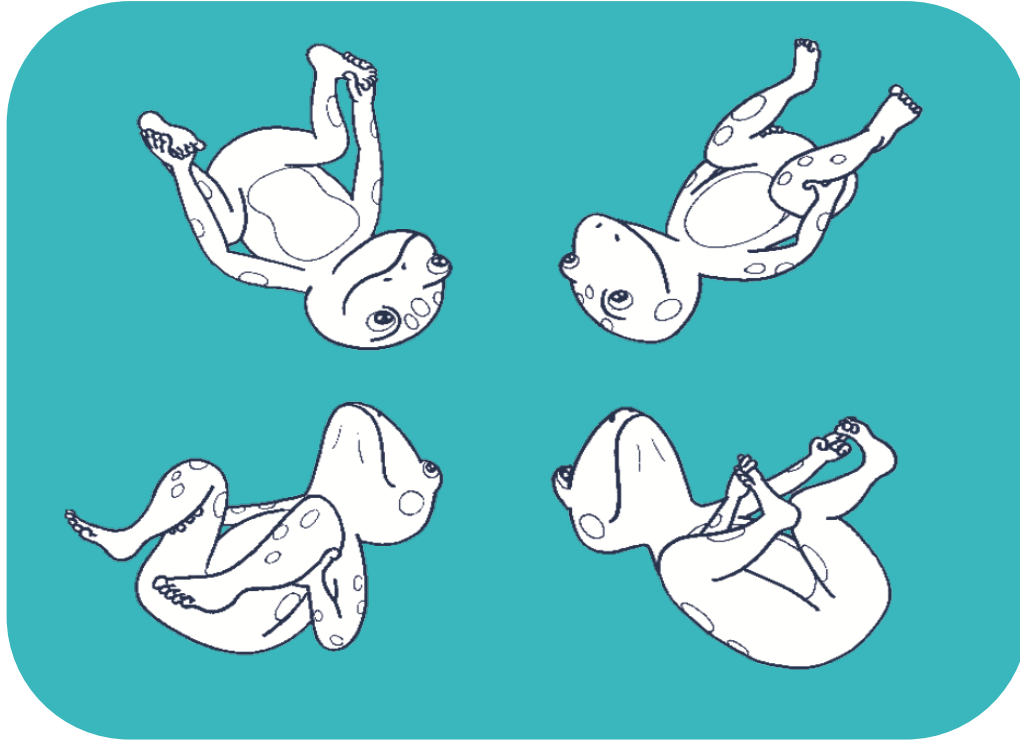


Group Waterfall

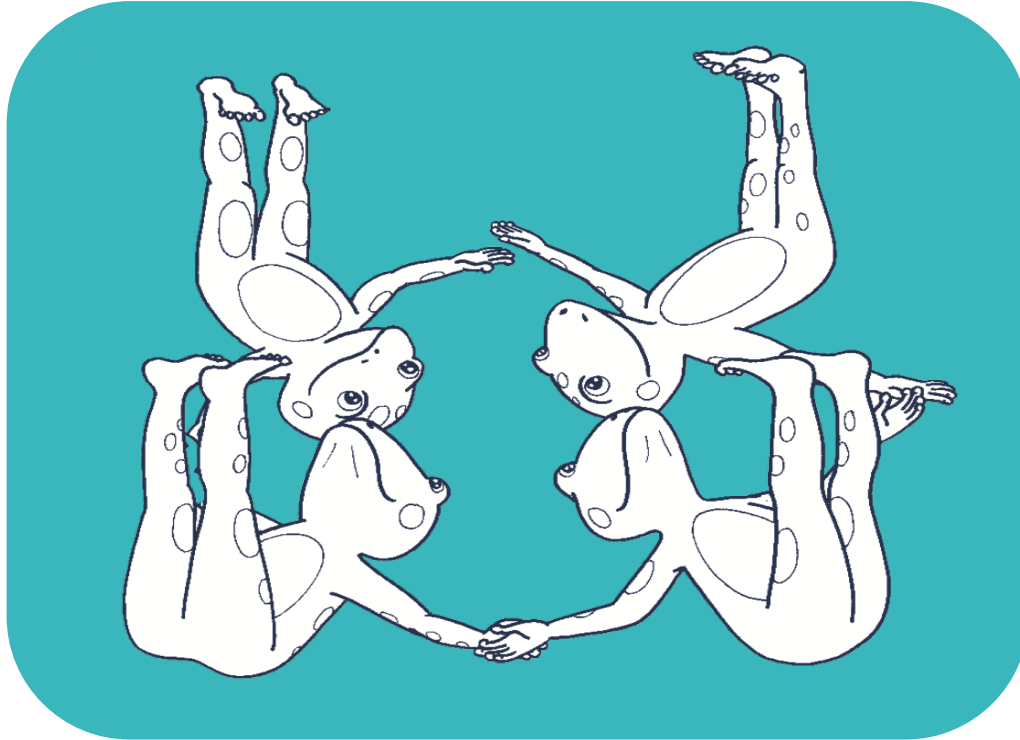


Group Windshield Wipers

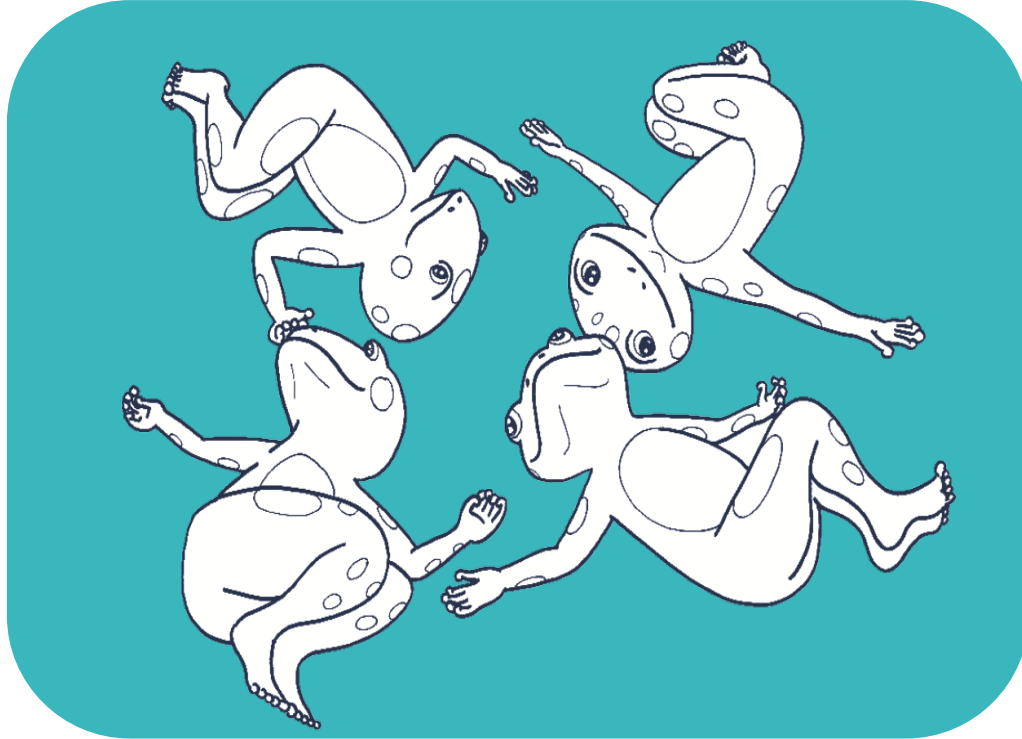
Group Happy Baby



Group Waterfall



Group Windshield Wipers



We can all connect and relax as a community by joining together in one big group pose. That would require us to hold hands or wrists with our neighbors.

If you would not like to participate in that, place your hands on your belly. If you would like to participate, reach your hands out to your sides to grasp wrists or hands with your neighbor.

Choose whichever option feels comfortable for you today.