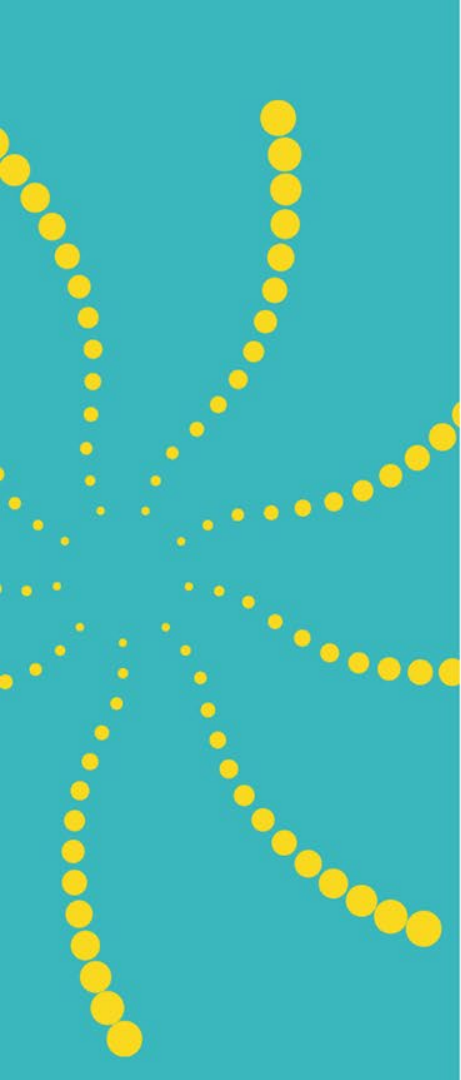




Better Together

Mindful Movement

Unit 6 Lesson 3

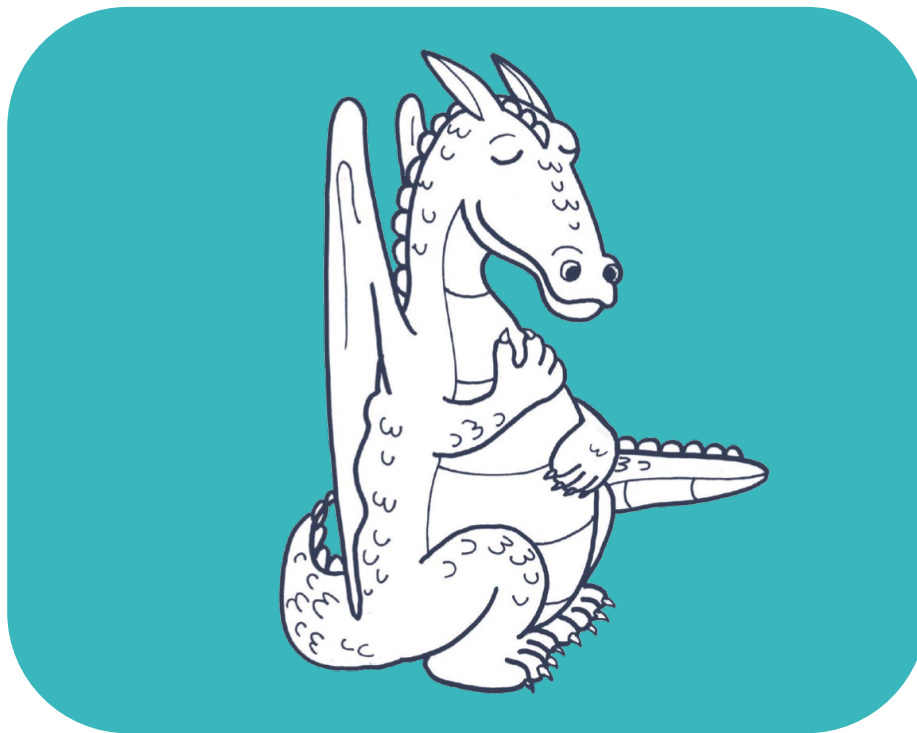
K-1



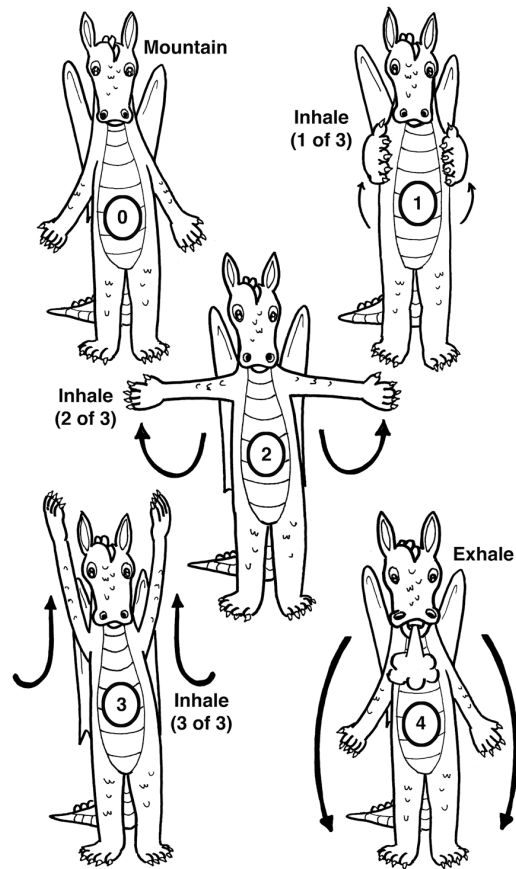
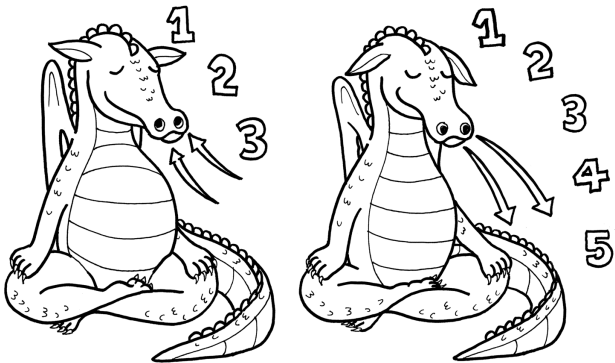
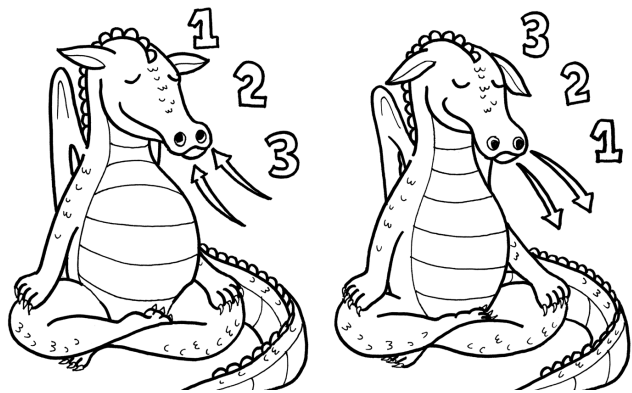
As we want everyone to be included in our activities, for our Mindful Movement practice today, I want to include you all as leaders in our practice.

You each have something to offer our community, and I want you to have practice sharing your knowledge and your strength with others.

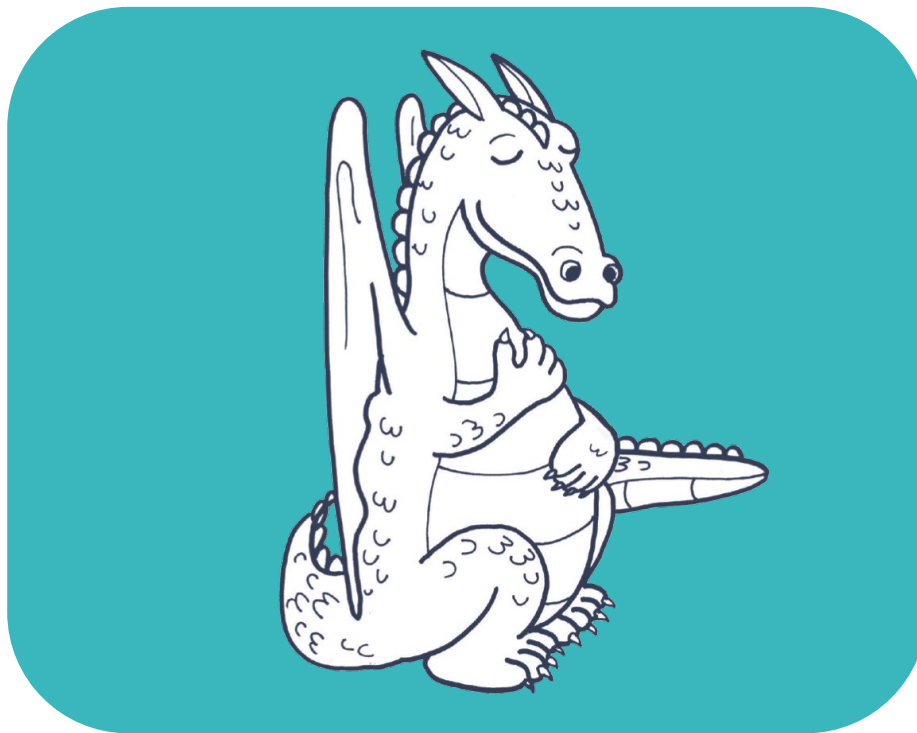
Seated Check-In: Anchors



Student Choice: Breathing Practice

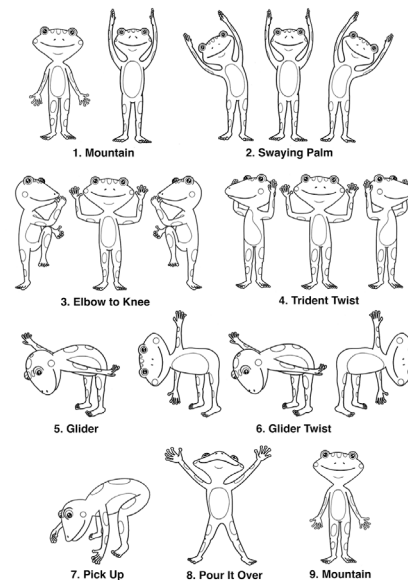
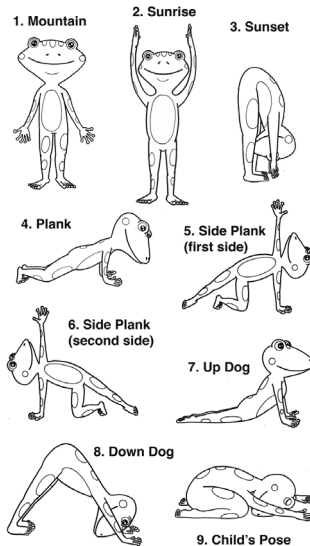
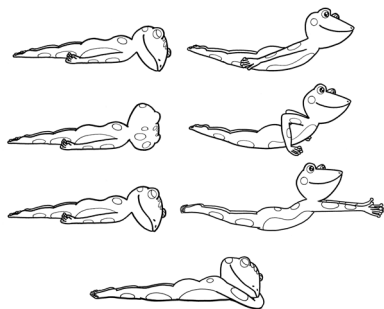


Seated Check-In: Anchors

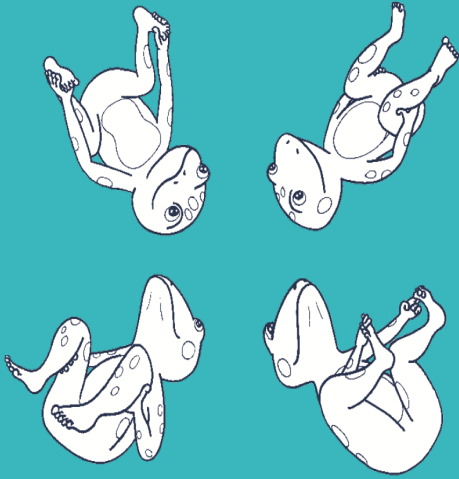


Student Choice: Mindful Movement

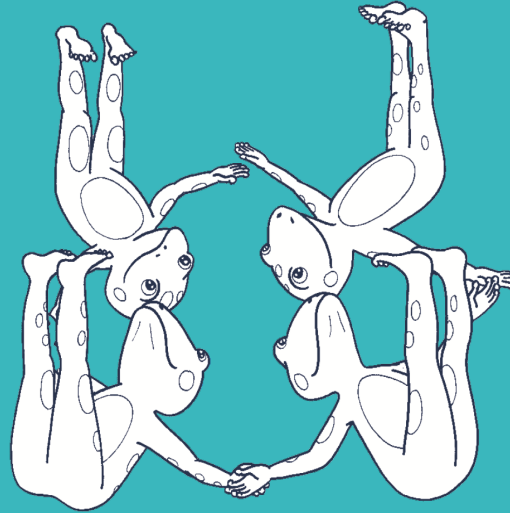
Lead us in a Movement Sequence we have learned together, or make up your own!



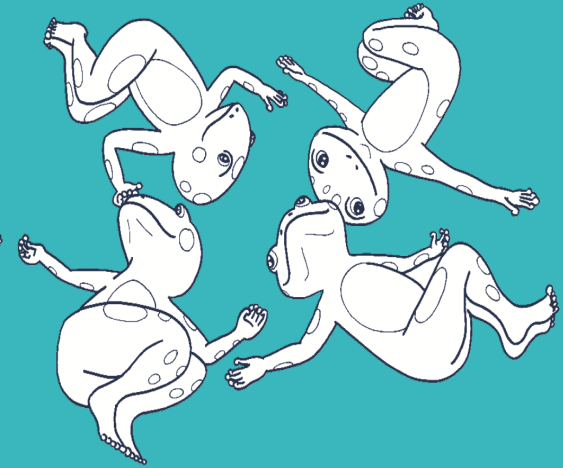
Group Closing Sequence



Group Happy Baby



Group Waterfall



Group Windshield Wipers