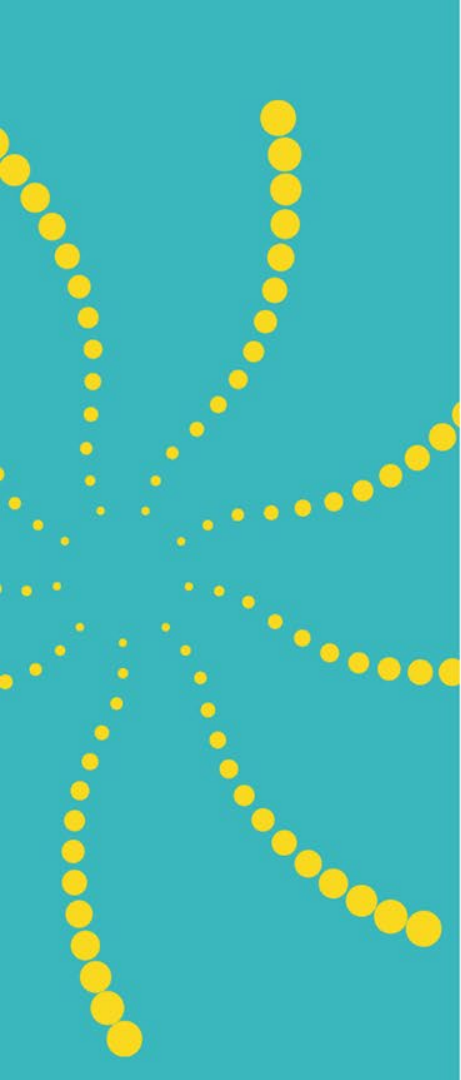




Good News

Mindful Movement

Unit 6 Lesson 4

K-1



During our Mindful Movement today, we are going to do a movement challenge where we need to practice staying really connected with our community.

We will work together, as a community, for Group Mindful Movement.

Now, since you all have something to contribute, I want you to practice sharing your knowledge and your strengths with others by leading breath and movement practices.

A few of you will get to lead today, and others will have a chance on another day.

Seated Check-In: Anchors with Best Self Strategies



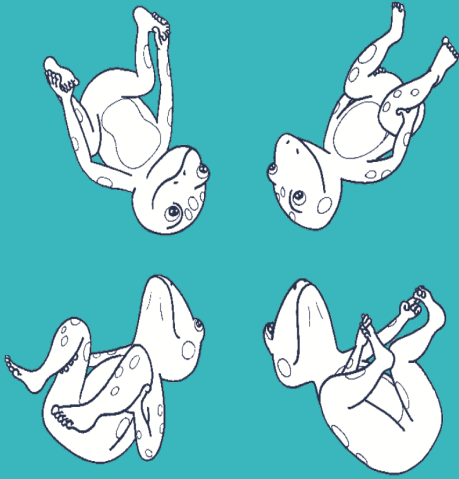
Student Choice Breath: Student Led

Seated Check-In: Anchors with Best Self Strategies

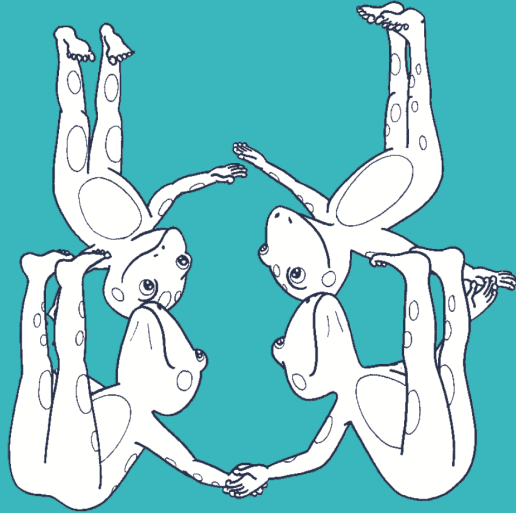


Student Choice Movement: Student Led

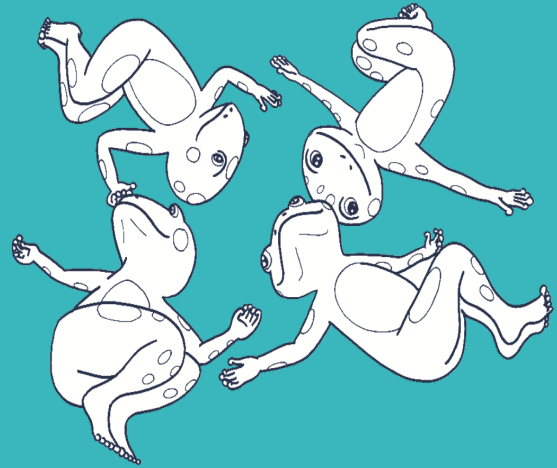
Group Closing Sequence



Group Happy Baby



Group Waterfall



Group Windshield Wipers