

TOPIC

Mindfulness

LEVEL

Kindergarten

THEME

Being Aware of Our Movements

LEARNING OUTCOMES

At the end of the lesson, the students are expected to:

- Understand what it is like to connect movement with awareness.

MATERIALS

- Space for movement

ESSENTIAL QUESTIONS

- How can I move my body in a calm and careful way?
- What do I notice about my body when I move slowly and quietly?

CHECK-IN / WELCOME (5 MINUTES)

Say: Today we're going to practice moving our bodies in a calm and quiet way. This is called mindful movement. That means we are paying close attention to how our bodies feel as we move. We will be using our bodies and our brains together. This is important for Aevidum for creating a culture where everyone feels accepted, appreciated, acknowledged, and cared for. We've got your back!

Ask:

- How do you feel in your body right now?
- Is your body wiggly, sleepy, excited, or calm?
- What do you think mindful means?

GUIDED DISCUSSION / TOPIC INTRODUCTION (10 MINUTES)

Say: We're going to practice mindfulness by acting like our favorite animals. Take a moment to stop and think of your favorite animal. How does this animal move?

Say: Now we are going to practice moving like our favorite animal. For example: If you are an elephant be aware of your trunk and move it up and down. If you are a turtle, crawl slowly on the floor.

Say: Let's all start by walking like turtles. How do turtles walk? Let's all crawl very slowly on the floor.

Say: Now we are all going to move like a tree in the wind! Move like a tree in the wind. How slow can you go and still stay standing?

Say: Now let's all move like our favorite animals.

- Allow some time for movement and for students to express their animals.

Say: Take a deep breath. What do you notice in your body right now?

ACTIVITY: DRAGON BREATHING (15 MINUTES)

Bring everyone back to a circle.

Ask:

- "What was your favorite way to move your body today?"
- "Did anything feel different in your body after we moved slowly?"
- "How does your body feel now? Calm, warm, tired, strong?"
- "When could you use mindful movement to help you feel better?"

Say: Sometimes when we feel big feelings, we can stop, move slowly, and breathe deeply to help our bodies calm down. You can do this at school, at home, or anytime you need to feel better. Now we're going to practice taking some deep breaths with dragon breathing.

Say: Today we're going to breathe like dragons! Can you show me your strong dragon pose? Big chest, hands on hips, standing tall like a proud dragon. Now I want you to pretend that you are a dragon and you have fire growing inside of your belly. Put your hand on your belly. Can you feel the warmth from the fire in your belly?

Now take a big dragon breath in through your nose and fill your belly with air. Keep your hand on your belly so you can feel the fire inside. You can even lift your arms up like wings while you breathe in through your nose and fill your fire belly.

Now BLOW out your dragon fire through your mouth, slow and strong! You can even roar gently or lower your wings to help you blow your fire out through your mouth.

Guide the group in repeating the exercise 3 to 5 times

Say: Now we're going to try to add in more movement to our dragon breathing. Crouch down like a dragon egg. Inhale as you rise up and stretch tall and exhale and blow your "fire" across the room!

Ask:

- How does your body feel after dragon breathing?
- When could you use dragon breaths to help yourself feel better?

WRAP-UP (5 MINUTES)

Ask: When are some times that we might want to be mindful about our breathing?

Challenge: This week, when you find yourself feeling a big feeling like you're angry, scared, or worried, I want you to try using your dragon breathing to help you feel better. This is part of Aavidum because you not only have your friends' backs, but you're also a friend to yourself so you take good care of yourself.

End with a repeat-style chant.

Teacher: "Aavidum means..."

Students: "Aavidum means..."

Teacher: "I've got your back!"

Students: "I've got your back!"