

Move Mindfully™ was created to empower educators, therapists, and parents to integrate yoga-based movement, mindfulness and social/emotional learning into the classroom, home, hospital, and therapeutic settings. Simple routines were designed to teach children and teens how to re-engage, focus, calm, transition, and release intense emotions.

These routines can be used for all settings. For simplicity, we have used the word student throughout this guide rather than children or teens.

Not all movement is created equal and when you have little time in your schedule, you want a routine that is going to have immediate impact. These routines are sequenced to enhance nervous system regulation, concentration, community connection, and overall wellbeing.

In **education**, we create **active classrooms** by incorporating yoga-based movement and breathing exercises. This type of movement allows the body to move into a relaxed/alert state without revving up the body system to “want more.” The over-active and under-active student can do the same yoga movement and get exactly what his/her systems needs: more energy or less energy. Not only do these routines impact the students; they impact the educator, parent, and therapist. Research shows that the most powerful factor in creating change for students is our ability as adults to maintain a calm and centered presence.

In **therapy**, we integrate the bodywork as part of the healing process. These routines can be used at the beginning of the session to open up the body and then at the end to close a session.

At home, these routines can be used to get ready for homework, to focus for the school day, to assist with intense emotions, and to calm before bedtime.

Meet the Creator:

Kathy Flaminio is the founder of 1000 Petals LLC, a holistic health and wellbeing training and consulting company based on the science and practice of mindfulness and movement. She is passionate about creating products and services that guide individuals to higher levels of wellbeing and improving their physical, mental, and emotional health.

Having worked twenty years in public schools, in both regular and special education, Kathy realized the importance of using the body in education. She supported teachers by designing simple routines to integrate throughout the day that helped students re-engage in their learning.

Kathy holds a masters degree in social work and has been in the fitness/wellness industry for over thirty years providing individual and group training. As the National Director of Training Development for the Yoga Calm® program, Kathy has guided over 6,000 professionals in yoga-based movement, mindfulness, and social/emotional skills strategies for use in classrooms, hospitals, home care, and therapeutic settings. Currently, Kathy is working with three of the largest school districts in Minnesota to implement Yoga Calm® district-wide.

To learn more about Kathy, visit www.1000-petals.com.

How to Use this Guide:

Each routine includes a brief explanation of the sequence, the benefits of the poses, the positive self-talk to use, and suggestions on what to say as the instructor. The great thing about movement is that you can demonstrate it without a lot of words. We have included longer explanations but as we know, “less is more.” The less we talk, the easier it is for most students to follow.

Each pose has a positive affirmation, something a child can whisper to him/herself if it feels right. Positive self-talk is powerful if an individual feels connected to the words. Let children know that these are just suggestions and if the words resonate with them they can use them throughout the sequence. You can also encourage students to come up with their own positive self-talk.

Important Note: All physical activity involves risk. When implementing Move Mindfully routines with students, it is important that adults become familiar with the routines, assess fitness levels and abilities of the students, monitor their activity and use common sense. Neither 1000 Petals LLC nor Learning ZoneXpress assume any risk, responsibility or liability for the appropriateness or safety of these routines for the individuals using them, or for any injury or damage to person or property.

Centering Routine

Sometimes it gets a little wild when you are transitioning from one thing to the next. One could say that the mind and body are in two different places. To help with centering it is important to have students get grounded in their bodies. We have found when we take a few minutes to do this routine students are much more focused and ready to learn. Taking time upfront to calm and center their bodies reduces off task behaviors and the need for redirection.

About the Poses

This sequence begins with head on desk, which reduces sensory input and calms the body and mind. Head on Desk is inserted several times to allow the spine to fold and extend with Upward Mountain. The Seated Upward Mountain lengthens the spine and is energizing. So we contrast with a relaxing pose and energizing pose. The Seated Twist then brings balance to the body, soothing the nervous system and compressing the digestive system. This routine concludes with diaphragmatic breathing having one hand on the heart and one hand on the belly with provides input into the body on where to bring the breath. This has shown to provide deep relaxation and a sense of safety.

INSTRUCTOR'S GUIDE:

1. Head on Desk

Let your forehead rest on stacked hands on your desk, pressing right between the eyes. Take one minute on your own to just breathe, allowing the body to relax. If you would like, say to yourself, *"I stop and listen."*

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2. Seated Upward Mountain

While seated in your chair, feel your feet connect to the ground and bring your arms overhead, reaching out through your fingertips. Feel your spine get long and your body strong. Lift your belly, head and heart. Slide your shoulders back and down. You might even want to look up keeping length in the neck. Saying to yourself, *"I wake up my body."*

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3. Head on Desk

Let your forehead rest on stacked hands on your desk, feeling the spot right between the eyes press into your hands. Take three deep breaths. Saying to yourself, *"I breathe in"* when you breathe in and when you breathe out say, *"I breathe out."*

3





4. Seated Upward Mountain

Again feel your feet connect to the ground and bring your arms overhead reaching out through your fingertips. Feel your spine get long and your body strong. If it feels good, go into a little baby back bend. Saying to yourself, *"I wake up my mind."* Gently bring your arms down.



5. Seated Forward Fold

Allow your upper body to fold over your legs, letting the head go below the heart. Saying to yourself, *"I breathe in"* when you breathe in and *"I breathe out"* when you breathe out.



6. Seated Upward Mountain

Feel your feet connect to the ground and bring your arms overhead reaching out through your fingertips. Feel your spine get long and your body strong. If it feels good go into a little baby back bend. Saying to yourself, *"I refocus."*



7. / 8. Seated Twist

- Sit tall in your chair and feel both feet connect to the ground. Take three deep breaths.
- Turn your body so you are sitting on the left side of the chair, having your knees and feet to the left, hip-width apart.
- Hold onto the chair back with both hands, inhale and lift the spine tall, exhale and look towards your right shoulder. Stay here for three deep breaths.
- When you breathe in say to yourself, *"I breathe in"* and when you breathe out say to yourself, *"I breathe out."* Slowly come back to center and take another breath.
- Reverse the twist by turning body to the right of the chair, your knees and feet to the right, holding the chair back with both hands.
- Take a deep breath in as you lengthen the spine and as you breathe out, look over your left shoulder. Stay here for three breaths.
- Try breathing out anything that might be bothering you today. When you breathe in say to yourself, *"I breathe in"* and when you breathe out say to yourself, *"I breathe out."* Slowly come back to center.





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9. Belly Breathing

Place one hand on your belly and one hand on your heart.

Take a nice deep breath in and fill the belly. Bring the breath all the way up to your heart and then breath out from the heart back into your belly. Do this for 30 seconds to one minute. Say to yourself, *"I am centered and ready to learn."*