Handout for the Therapro webinar

Move Mindfully Overview: Mindfulness, Movement and Social Emotional Learning presented by Kathy Flaminio, LGSW, MSW, E-RYT-200 - November 19, 2019



Introduction to Mindfulness, Movement & SEL

I.	Maya Mindfully Baginnings	
1.	Move Mindfully Beginnings	
	a. Getting Started: Chime, Glitter Ball	
	b. Breathing — Sphere, Volcano Breath	
	c. Somatic Response- Unwinding the nervous system	
II.	Brain Based Movement	
	 Forward Folds—Standing, Head on Desk, Chair Dog, Wall Dog, Down Dog, Child's Pose 	
	b. Back Bends—Seated, Standing	
	c. Side Bends—Crescent	
	d. Twists—Seated and Floor	
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III.	The Art of Sequencing	
	a. Focusing/Test Taking	
	b. Anxiety	
	c. Big Emotions	
	d. Tired	
	d. Tiled	
IV.	SEL— 5 Domains	
	a. Self management, Self awareness, Relationship skills, Responsible	
	decision making, Social awareness	
V.	Rest	
	a. Choice- Progressive, Music, Scripted	

