



Introduction to Mindfulness, Movement & SEL

- I. 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
 - a. 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

- III. The Art of Sequencing
 - a. Focusing/Test Taking
 - b. Anxiety
 - c. Big Emotions
 - d. Tired

- IV. SEL— 5 Domains
 - a. Self management, Self awareness, Relationship skills, Responsible decision making, Social awareness

- V. Rest
 - a. Choice- Progressive, Music, Scripted

