

MindUP Lesson 8

Mindful Movement—Part 1

Grades: 3-5

Lesson 8: Mindful Movement is the eighth video in a virtual series of MindUP programming for the 2020-2021 academic year. Based in neuroscience, MindUP teaches the skills and knowledge children need to manage stress, regulate emotions and face challenges with optimism, resilience and compassion.

Length of Lesson: 12 minutes including worksheet

Objectives: In this lesson, children will be learning about the sensations they begin to feel in their bodies when they are active or when they are resting. They will also be monitoring their own heart rate and breathing through exercise control.

Materials:

- Mindful Movement Worksheet—Part 1
- Pen or Pencil
- Scissors and glue or tape
- Open space to move and jump

Preparation: Have child sitting at a desk or table before starting the lesson.

Mindful Movement:

When we move mindfully, we focus on the different motions and sensations that we feel in our bodies when it is at rest or active. By focusing on these sensations, we can recognize the signals our body sends to our brain that help us monitor physical and mental states such as exertion, stress and relaxation. Our brains and bodies work together to keep us healthy and safe. When children are able to think mindfully about their experiences, sensations and responses, they are developing skills that can help them make good decisions about their bodies and health. Below are some activities you can do at home to practice mindful movements.

- *Mindful Walking!* Have your child walk around an open area. Have them focus on their bodies and the motions they are taking with each step. Ask them to increase their speed and encourage them to compare the different sensations they felt with the two different speeds. This can help them become aware of how their body parts work together, the difference in their heart rate and breathing.
- *Five Senses!* Have your child use their five senses while scanning through their environment. Ask them to tell you five things they see, four things they can hear, three things they can feel through touch, two things they can smell and one thing they can taste. This activity can help children be present in their bodies and their surroundings.
- *On a Safari!* Have your child pretend to be different animals like a penguin, monkey or lion. Have them focus on the movements they do as the animal and compare them to the movements they make and what different muscles are used.

- *Freeze and Thaw!* Have your child move around an empty space and listen to your signals. Your two signals will be freeze and thaw. When you say freeze, your child will tense up their body and stop all movement on the spot. When you say thaw, your child will relax their entire body and slowly “melt” to the ground. This activity can help them recognize the feelings of tension building in their body and how relaxing feels after all that tension.

REFERENCE

- The Hawn Foundation. (2011). *The MindUP Curriculum Grades 3-5: Brain-Focused Strategies for Learning and Living* (pg. 84-92). New York, NY: Scholastic.

