

MindUP Lesson 9

Mindful Movement—Part 2

Grades: 3-5

Lesson 9: Mindful Movement is the ninth 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: 20 minutes including worksheet

Objectives: In this lesson, children will challenge and mindfully control their balance through a variety of mindful movements. In addition, they will continue to deepen their awareness of physical sensations and practice describing these sensations.

Materials:

- Mindful Movement Worksheet—Part 2
- Pen or Pencil
- Scissors and glue or tape
- Stuffed animal and a small book
- Open space to move and balance

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

Mindful Movement:

After becoming mindful of their own physical sensations, children will practice building their awareness by using physical challenges to help their brain focus and work more efficiently. Physical challenges, such as maintaining balance, require focus and concentration. When children practice keeping their balance, they develop their brain-body connection and self-regulation skills so that they are better able to control their physical and emotional responses. Below are some mindful movement activities you can do at home.

- It is important to practice one form of balancing action at least once a day. It can be as simple as balancing on one leg or walking in a straight line putting one foot in front of the other.
- Spin and Balance – Find a flat open area. Have your child stand still and focus on how they feel in a resting phase. Then have them spin in ten circles. After they are done, have your child talk about how their bodies feel after spinning and focus on the things they are doing that are helping them regain their balance.
- Hopscotch – Use tape or chalk to create nine squares. Have your child throw a coin onto one of the boxes. Once the coin lands in one of the boxes, have your child hop on one foot to the box and then pick up the item.

- Balancing Act – Have your child balance items on their head without dropping them. Examples of items include paper plates, pillows or cups. Have them count how many they can balance. For an extra challenge, have them walk around while balancing the objects on their head.

The Hawn Foundation. (2011). *The MindUP Curriculum Grades 3-5: Brain-Focused Strategies for Learning and Living* (pg. 92-99). New York, NY: Scholastic.

