

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.

Note: All physical activity involves risk. 1000 Petals LLC and Learning ZoneXpress make no representations or warranties regarding the safety of those individuals using these routines. It is important that adults become familiar with the activities and use common sense when implementing the routines.

Focusing Routine

The following is a short sequence that activates and relaxes the body into its most optimal state, the “relaxed-alert state.” It is perfect to do in preparation for test taking, performances, or before a big game or sporting event. For successful performance we need the body relaxed and the mind in a positive state, “Yes, I can do this.”

Hold each posture for at least three to five breaths. If they like, have students use the positive self-talk while doing the poses.

About the poses

Four Forward Folds and balancing postures are intentionally included in the focusing routine. Bringing the head below the heart allows for nourishing blood to go to the brain and has a calming effect on the mind and body.

Tree and Eagle are balancing poses, which help with concentration and focus. They also include coming to the mid-line of the body and crossing the mid-line, which helps with right/left brain integration. Make sure students have their eyes on one focal point to help them balance.



1

INSTRUCTOR'S GUIDE:

1. Upward Mountain

Stand with your feet hip-width apart so they look like the number 11 and feel your feet connect to the ground. Bring your arms overhead into Upward Mountain, palms facing each other. Take a deep breath in and out. If you would like, say to yourself, “I am here.”



2

2. Forward Fold

Now, fold your body in half so your head goes below your heart and take three deep breaths. If you would like, say to yourself “I feel my body stretch.”



3

3. Upward Mountain

Gently bring your body up into Upward Mountain with arms overhead and bring your hands together in front of your heart. Saying to yourself “I can do this.”

Continue going into Forward Fold and Upward Mountain three more times.



4. / 5. Tree

Now we are going to balance on one foot:

- Press your right foot into the floor and feel it connect you to the ground.
- Now place your left foot against your right leg so your knee goes out to the side. Make sure your foot is pressing above or below your knee, not on the knee joint.
- If you feel balanced you can bring your arms up over your head, saying to yourself, *"I am balanced."* Take three breaths and then release the foot.
- Now place your left foot into the floor and place your right foot against your left leg. Breathe in and out three times. If it feels right, say to yourself, *"I am focused."* Then release the foot.



6. / 7. Eagle

- Bend your knees as if sitting in a chair.
- Lift your left leg off the floor and cross your left knee over the right knee. Wrap the foot around the shin or rest toes on the ground.
- Bend your elbows and hook your left elbow under your right elbow in front of your heart. If you can, press your palms together.
- Take three deep breaths. If it feels right say to yourself, *"I am present."*
- Now release the leg and bend your knees again as if sitting in a chair.
- Take your right leg off the floor and cross your right knee over the left knee. Wrap your foot around the shin or rest toes on the ground.
- Bend your elbows and hook your right elbow under your left elbow in front of your heart. If you can, press your palms together. If you want, say to yourself, *"I am strong."* Now release your leg.



8. Forward Fold

Fold your body in half so your head goes below your heart and take three deep breaths. Saying to yourself *"I feel my body stretch."*



9. Upward Mountain

Gently bring your body up into Upward Mountain with feet planted on the floor in number 11 and arms overhead, palms facing each other, saying to yourself *"I am focused."*



10. Head on Desk

Come to your desk, and let your forehead rest on stacked hands.

Take a moment to think about something that you love to do: Is it a sport? Listening to music? Going outside? Imagine you are doing this right now.

Imagine feeling really good. (Pause for 20 seconds)

Try to use all your senses.

What do you see? (Pause for 20 seconds)

What do you hear? (Pause for 20 seconds)

What do you smell? (Pause for 20 seconds)

After 2-3 minutes say, "Now imagine taking that calm feeling into test taking or performance. Remember to take slow, deep breaths when you feel frustrated. Trust that you will do your best. Say to yourself, *"I can do this."* Now slowly lift your head.



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."*



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."*



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."*





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.





9

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."*



Engaging Routine

There are many things that happen during the day that are distracting, creating a need to re-engage in learning. In these situations it is important to have an opportunity to clear the slate and have a new beginning. This routine helps students be present and ready to learn.

About the Poses

In this routine, the spine is moving into forward folds, back bends, and lateral stretches. This movement of front to back and side to side activates and relaxes the body into its most optimal state for learning. We call this a “relaxed/alert state.” The cervical vertebrae and lumbar vertebrae are the only two parts of the spine connected to the parasympathetic nervous system. When we fold these two parts of our spine, we begin to activate the parasympathetic (relaxation) response.

Dancer pose is wonderful for balance, focus, and attention. The movement is a small back bend, which gives energy, allowing the mind and body to work together. Balancing postures provide a feeling of safety due to the deep muscular input (muscles hugging into the bones) and effort it takes to balance. For youth with trauma, anxiety, and ADHD, balancing postures are excellent in providing the input needed to feel safe, put together, grounded, and balanced.

This routine concludes with diaphragmatic breathing having one hand on the heart and one hand on the belly which 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. Mountain

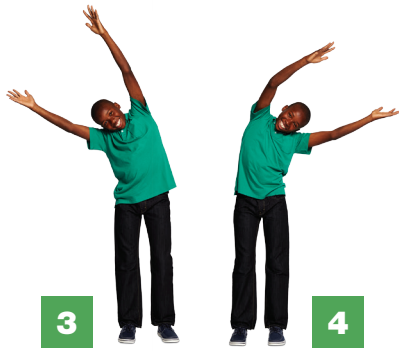
Stand with your feet hip-width apart and feel your feet connect to the ground. Take three deep breaths saying to yourself, “*My feet press into the ground.*”



2. 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. Lift your belly, head, and heart. Slide your shoulders back and down. If you would like, say to yourself, “*I am here.*”





3. / 4. Crescent

Keeping the arms overhead, press down through your feet and stretch your body to the left, making a half moon shape. Keep both sides long and take a few breaths into the sides of your body. Saying to yourself, *"I stretch my body left."* Now, switch sides by reaching the arms over to the right side. Saying to yourself, *"I stretch my body right."* Take three deep breaths



5. Upward Mountain

Coming to center, reach arms up into Upward Mountain, with palms facing each other. Take a deep breath in and out. If you would like, say to yourself, *"I am here."*



6. / 7. Dancer

- Stand on you right leg, holding onto the back of your chair. Lengthen through your spine and lift up with your heart.
- Bend your left knee and reach back with your left hand, and clasp your left foot, ankle, or pants. Keep your hips facing forward and kick into your left foot lifting the leg up and back.
- If you feel balanced, let go of the chair and reach forward with your right hand. Hold for several breaths, and say to yourself, *"I am focused."* Then slowly come down. Lengthen through your spine and lift up with your heart.
- Bend your right knee and reach back with your right hand, and clasp your right foot, ankle, or pants.
- If you feel balanced, let go of the chair and reach forward with your left hand. Hold for several breaths, saying to yourself, *"I am balanced"* then slowly come release the leg.



8. Forward Fold

Now fold your body in half so your head goes below your heart and take three deep breaths. If you would like, say to yourself when you breathe in *"I breathe in"* and when you breath out, *"I breathe out."*



9

9. Upward Mountain

Bring your arms over head into Upward Mountain, with your palms facing each other. Take a deep breath in and out. If you would like, say to yourself, *"I am here."*



10

10. Belly Breathing

Come into seated position in a chair. 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 into your belly. Do this for 30 seconds to one minute, saying to yourself, *"I am ready to learn."*



Transitioning Routine

There often is a lot of waiting time and high energy in hallways. This routine allows the body to move in a regulated way while calming the nervous system. It gives students something to do that is fun and also centering.

About the Poses

This sequence begins with an inversion (Wall Dog) where the head goes below the heart and the hands are pressing into a locker or wall. Inversions have a calming effect on the nervous system. The Upward Mountain and Forward Fold allow the spine to lengthen and round creating a calming response. In the middle of the routine is Chair Pose, which is used to burn off excess energy as it is a challenging pose and uses our largest muscle groups. The positive self-talk used throughout this sequence is very “body” orientated encouraging the student to “be here now.” In transition, our minds are often way ahead of our body. We want our mind and body in one place.



1

INSTRUCTOR'S GUIDE:

1. Wall Dog

Place hands shoulder-width apart against the wall. Spread your fingers wide like rays of the sun. Walk feet back under hips. Push against the wall to engage shoulders making sure that your arms are in line with your ears; take three deep breaths. Saying to yourself, “*I am connected.*” Slowly lift the head and release hands from wall. Turn around to face forward.



2

2. Upward Mountain

Stand with your feet hip-width apart and feel your feet connect to the ground. Bring your arms overhead with palms facing each other. Take three deep breaths. Saying to yourself, “*I am present.*”



3

3. Fold Forward

Now fold your body in half so your head goes below your heart and take three deep breaths. Say to yourself, “*I feel my body stretch.*”

Do this three times, coming into Upward Mountain and bending into Forward Fold. Each time you fold forward, let go of anything that is bothering you.



4

4. Upward Mountain

Stand with your feet hip-width apart and feel your feet connect to the ground. Bring your arms overhead with palms facing each other. Take three deep breaths. Saying to yourself, *"My arms are strong."*



5

5. Chair

Stand tall and strong against the wall in Mountain and then bend your knees into a squat as if sitting in a chair. Use the wall to sit in your chair. Make sure you are making a 90-degree angle with your legs, with your knees directly over your ankles. Take three deep breaths. Saying to yourself, *"My legs are strong."*



6

6. Forward Fold

Now fold your body in half so your head goes below your heart and stay for three breaths. Saying to yourself, *"I feel my body stretch."*



7

7. Upward Mountain

Rise up to your best self into Upward Mountain with your feet hip-width apart and feel your feet connect to the ground. Bring your arms overhead with palms facing each other. Take three deep breaths. Say to yourself, *"I am ready."*

Calming Routine

This is a great routine to use anytime during the day that students need to calm and refocus. It is often used in morning meeting or after a highly energizing activity.

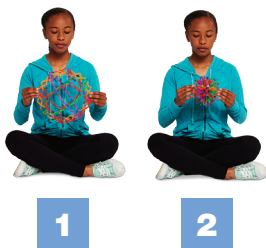
About the Poses:

This routine includes three different inversions where the head is below the heart: Forward Fold, Downward Dog, and Child's Pose. All these poses create a calming effect on the nervous system. It also includes pulse rate, which is a great feedback tool for students. They begin to learn to identify when their bodies are moving into the stress response and how to reverse the cycle with deep breathing and forward bending.

Note: You do not need the Hoberman sphere to do this activity. You can use your hands to demonstrate breathing in and expanding and breathing out and contracting.

INSTRUCTOR'S GUIDE

1. / 2. Hoberman Sphere Breathing



Have a seat on the floor or in a chair. Breathe slowly in and out five to seven times. As you breathe in, feel your belly, your rib cage, and the top of your lungs expand, saying to yourself, "*I breathe in.*" As you breathe out, release the breath from your lungs, ribcage, belly, saying to yourself, "*I breathe out.*" After five to seven slow breaths, stop and notice how you feel.



3. Pulse Count

Place two fingers at the side of your mouth, tip your head slightly, and trace your fingers down to the groove in your neck and see if you can find your pulse. We will count for 15 seconds. Saying to yourself, "*I listen to my body.*" Ready...count.



4. Mountain

Stand with your feet hip-width apart and feel your feet connect to the ground. Allow the arms to be active at your side. If you would like, say to yourself, "*My feet press into the ground.*"



5

5. Upward Mountain

With your feet connected to the ground, bring your arms overhead into Upward Mountain, palms facing each other. Take a deep breath in and out. Saying to yourself, *"I am strong."* Feel that strength in your body.



7

6. / 7. Fold Forward and Upward Mountain

Now fold your body in half so your head goes below your heart and take three deep breaths. Saying to yourself, *"I feel my body stretch."* Gently bring your body up into Upward Mountain with arms overhead and bring your hands together and in front of your heart. Saying to yourself, *"I can do this."*

Do this three times, coming into Upward Mountain and bending into Forward Fold. Each time you fold forward let go of anything that is bothering you.



6



8



9

8. / 9. Tree

Now we are going to balance on one foot. Press your right foot into the floor and feel it connect you to the ground. Now kickstand your left foot against your right leg so your knee goes out to the side. Make sure your foot is pressing above or below your knee-not on the knee. Breathe in and out three times, saying to yourself, *"I am centered"* and then mindfully release.

Now place your left foot onto the ground and kickstand your right foot. Breathe in and out three times. If it feels right, say to yourself, *"I am balanced."*



10

10. Forward Fold

Now fold your body in half so your head goes below your heart and take three deep breaths. Saying to yourself, *"I feel my body stretch."*



11

11. Downward Dog

From Forward Fold, place both hands on the floor shoulder-width apart, walk feet back and lift your hips toward the sky creating a V shape. Keep your knees slightly bent so your back can remain flat and knees go under hips. Spread your fingers wide like rays of the sun. Feel the strength and focus in your body. Saying to yourself, *"I feel the ground beneath me."*



12

12. Child's Pose

From Downward Dog, slowly lower your knees to the floor. Place your big toes together and the tops of the feet on the floor. Sit back on your heels. Stack your hands to make a pillow and press your forehead down on your hands to relax between your eyes. Stay here for one minute breathing slowly and thinking about something that you enjoy. Saying to yourself, *"I am calm."*



Releasing Routine

This is a powerful routine to use when upset, off task, or frustrated. The Wood Chopper is a releasing breath exercise that produces a loud exhaled “huh” sound. This is an important routine to teach as a preventive tool so when children are upset they have strategies to use to reduce anxiety and tension.

About the Poses

This routine begins in Mountain to help students get centered it then incorporates woodchopper to release tension. The lunge pose stretches the hip flexors/psoas muscles, which are often called the “stress muscles.” When the body is in a state of fight, flight, or freeze these muscles tighten and pull the thighs forward. This stretch sends a signal to the body that “all is safe.” The twist pose balances and soothes the nervous system. Finally the forehead on desk helps to reduce sensory input and allows the body and mind to calm and relax.



INSTRUCTOR'S GUIDE:

1. Mountain

Stand with your feet parallel so they look like the number 11 and feel your feet connect to the ground. Take three deep breaths saying to yourself, “My feet press into the ground.”



2. / 3. Wood Chopper

Now stand with feet wider than hip-width apart, bend your knees slightly. Clasp hands high above your head, count 1, 2, 3, saying to yourself, “I breathe in” and “I breathe out”, then exhale, bringing your hands down with a loud, deep “huh” sound. Repeat three times. The last two times let go of something that is frustrating or getting in the way of you being your best self.



4. Upward Mountain

Stand with your feet hip-width apart so they look like the number 11 and feel your feet connect to the ground. Bring your arms overhead, palms facing each other. Take a deep breath in and out. If you would like, say to yourself, “I am strong.”



5. Lunge

Holding onto the chair or table, step your right leg back and your left leg forward bending your left knee so it is directly over your ankle. Bring the arms overhead and shine through your fingertips. Saying to yourself, *"I feel my power."* Stay here for three breaths.



6. Chair Dog

Now step your left foot back so both feet are hip-width apart and your hips knees and ankles are aligned into Chair Dog. Stretch your arms straight, lining your tops of your arms with your ears. Hold for several breaths. Saying to yourself, when you breathe in, *"I breathe in"* and when you breathe out, *"I breathe out."*



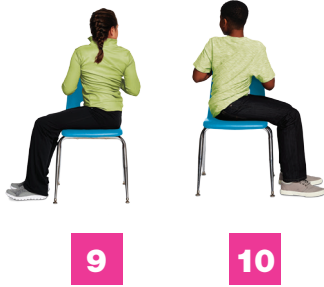
7. Lunge

Now step your right foot forward coming into a lunge. Right knee is directly over ankle. Stretch your arms overhead and stay here for three breaths. Saying to yourself, *"I am powerful."*



8. Head on Chair

Bring left foot forward to meet the right foot. With your feet hip-width apart, come into Forward Fold by resting the forehead onto the forearms on the back of the chair. If you would like, say to yourself, *"I let it all go."*



9. / 10. 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.



11. Head on Desk

Make a pillow with your hands and place your hands on the desk. Allow your head to rest on your hands. Take a one-minute vacation anywhere that feels good to you. Saying to yourself, *"I relax."*