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.

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. 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. 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.