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.
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 helps 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.”