



PROJECT:

*Mindful Movement*

# CREATING A CULTURE OF MINDFULNESS IN THE CLASSROOM

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Founder, Project Mindful Movement

**Lesson:** Introduction to Mindful Movement

**Grade Level:** K-5

**Time:** 5 minute mindful movement practice /  
30 minute entire lesson

## LESSON OVERVIEW

**Summary:** This practice is an introductory lesson into mindful movement practices. The foundational movements, breath practices and mindfulness exercises will help students learn to connect their mind, body and breath in a fun and engaging way while also increasing focus, discipline and self-confidence.

**Affirmation:** I am open to learn new things!

## OBJECTIVES

- 1) Learn new mindful movement skills.
- 2) Understand how to calm and release energy and become more focused.
- 3) Define what mindfulness with a growth mindset focus is.

## SKILLS

Growth Mindset  
Self-Regulation  
Confidence  
Goal Setting

## LEARNING PLAN

- 1) Introduce affirmation words.
- 2) Discuss what defines mindfulness and mindful movement.
- 3) Work through 5 Senses Mindfulness Practice.
- 4) Introduce 2 breathing practices and the 4 foundational mindful movement postures.
- 5) Use activity page and take home page to reinforce the practice.



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# Mindful Movement

## Introduction to Mindful Movement

### Notes

This introductory practice is a great way to start teaching mindfulness based practices to your students. Follow the step by step guide from the beginning to learn the foundations for mindful movement in your classroom or home setting. This Introduction to Mindful Movement practice is designed to fit into your day when time allows. Once you and your students are familiar with the practice you can use each piece independently throughout your day as it fits into your schedule.

### Activity Page

At the end of the lesson plan you will find an activity page that further supports the theme of this lesson. You may use it with the entire lesson or at another time to re-introduce the thoughts and ideas of mindfulness. You can use this as an outline for a writing prompt as well. Project Mindful Movement is all about taking what will work in your classroom or home setting and enjoying it as you feel will be most beneficial for your students.

### Don't forget!

The take home page is filled with ideas for the students to practice at home and with their families. It has the affirmation, breathing exercise and mindful movement posture from this lesson to reinforce their mindful movement classroom learning.

PROJECT:

# Mindful Movement

## Introduction to Mindful Movement Practice

### Step 1 - Affirmation Words

#### What are affirmations words?

An affirmation put quite simply is a way to affirm one's self. When we use affirmations we are using positive words to speak to ourselves kindly and create an empowering belief system that will nurture our sense of self. How we feel directly effects how we think and how we act. Creating and cultivating positive self talk in children will not only directly impact how they learn to speak to others, but it will carry on through adulthood, empowering a positive and happier mind. Once affirmations are learned and practiced, they come to mind when an opposite thought or feeling arises.

Affirmations are a tool that can help students build a growth mindset and change their fixed pattern of beliefs about themselves.

#### To explain this to students simply:

Affirmations teach new and positive ways of thinking and can help you believe in yourself. Affirmations build a library of kind words in your mind and strengthen how you respond to situations that can make you feel sad or angry. Practice them and you will remember them when you need them most!

#### Today's affirmation words:

I am open to learn new things!

PROJECT:

# Mindful Movement

## Introduction to Mindful Movement Practice

### Step 2 - Definitions

**Mindfulness:** defined by Jon Kabat-Zinn is “the awareness that emerges through paying attention on purpose, in the present moment, non-judgmentally”

To help students understand what mindfulness is you can openly discuss what it means to take a moment to pause and really notice something. For example, our hands. Have students pause what they are doing and look gently at their hands. Ask them to notice the color of their hands, the lines in their hands and while they only look at their hands, ask them to not think of anything else but just their hands. In this practice, they were being mindful of their hands and noticing them on purpose.

Mindfulness doesn't mean forgetting everything; it's simply a practice to work towards peace.

**Mindful Movement:** is designed to exercise our body and mind together to build strength and flexibility and gather a better understanding of what the body and mind need physically and mentally to find peace, happiness and balance.





PROJECT:

# Mindful Movement

## Introduction to Mindful Movement Practice

### Step 3 - 5 Senses Mindfulness Practice

This 5 Senses Mindfulness Practice will help students grasp the concept of mindfulness further by learning how to connect mindfulness to their 5 senses. This practice can be done seated or standing. Begin with a review of what the 5 basic senses are: Sight, Smell, Hearing, Taste, and Touch. Encourage the students to stay quiet as you follow the steps below:

**1) SIGHT:** Begin by looking around the room, noticing the colors, shapes and people around you. Now close your eyes and begin to notice the darkness behind your eyelids. Pay attention to any other colors or shapes that you might be able to see with your eyes closed. Now open your eyes and begin to look at the room around you again. Notice again the colors that you see, the shapes that you see and the people that you see. Look around to see if you notice anything different than what you looked at the first time.

**2) SMELL:** Moving on to our sense of smell. Take a big breath in through your nose. Feel the cool air filling your body. Do you notice any kind of smell? Let's bring our hands together in front of our nose, take another big breath in through our nose. Do you notice anything different about this breath in and how it smells? (Feel free to open this up for discussion. Some students may smell lotion, soap, hand sanitizer, food, etc. It can be a fun way to engage the entire class on how different everyone's sense of smell is.)

PROJECT:

# Mindful Movement

## Introduction to Mindful Movement Practice

### Step 3 - 5 Senses Mindfulness Practice

**3) HEARING:** Let's continue with our sense of hearing. Let's close our eyes for this one and only try to use our sense of hearing. We will start by noticing any sounds that are close to you. Then let's start to notice sounds around the room. Now outside the classroom, can you hear anything else? Let's put our hands over our ears now and notice how the sounds change. **OPTION:** If you have a bell or chime, you can use that instead for the children to focus their hearing with. Have them close their eyes and then open them when they no longer can hear the chime.

**4) TASTE:** Moving on to our sense of taste now. Take a moment and open and close your mouth. Now close your mouth and move your tongue around inside your mouth. Can you notice any specific tastes in your mouth? (examples students might give: toothpaste, mint, candy, lunch) Now what about closing your eyes and imagining the taste of your favorite food. Can you taste it just by thinking about it?

**5) TOUCH:** Our last sense for this exercise is our sense of touch. Let's take notice of where our body is touching the chair (or feet are touching the ground). Now place your hands on your belly and notice how they feel resting on your belly as you take a big breath in. Can you feel your hands moving on your belly? What about bringing your hands together. Can you notice where each finger touches another part of your hand?

Feel free to review any of the 5 senses again or try to notice all senses together to finish the practice.



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# Mindful Movement

## Introduction to Mindful Movement Practice

### Step 4 - Breathing Exercises

#### Deep Belly Breathing - A calming breath practice

This mindful breathing exercise can be done seated, standing, or lying down.

To begin practicing deep belly breathing have students place one hand on their belly and one hand on their chest. The hand on their belly should rise as their belly grows. The hand on their chest should try not to move. (We are working on taking deep belly breaths and moving away from shallow chest breathing). Remind students that they should try breathing in and out through their nose the whole time. If that becomes difficult, they are more than welcome to exhale gently through their mouth. Our goal of deep belly breathing is to calm and reset the body, so try to keep the breathing rhythm smooth and steady.

#### READ TO STUDENTS

While taking a deep belly breath in, imagine filling the belly with air like a big balloon. Once our belly is full, we'll let all the air out by slowly releasing the breath through our nose. (Prompt your students to continue their deep belly breathing for at least 5 full breaths).



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# Mindful Movement

## Introduction to Mindful Movement Practice

### Step 4 - Breathing Exercises

#### Lions Breath - An energy release breath practice

This mindful breathing exercise can be done seated or standing with hands on the thighs.

Lions breath is a powerful breath practice to help the release of negative energy, stress and tension. Its name comes from the roaring "haaaaa" sound and the facial expression. It is as entertaining as it is valuable for students. Begin either standing or seated and place the hands on top of the thighs. Take a deep breath in through the nose and on the exhale, make the "haaaaa" sound as you stick out your tongue and roll your eyes up to the ceiling. Allowing the body to lean slightly forward. Repeat 2-3 times.



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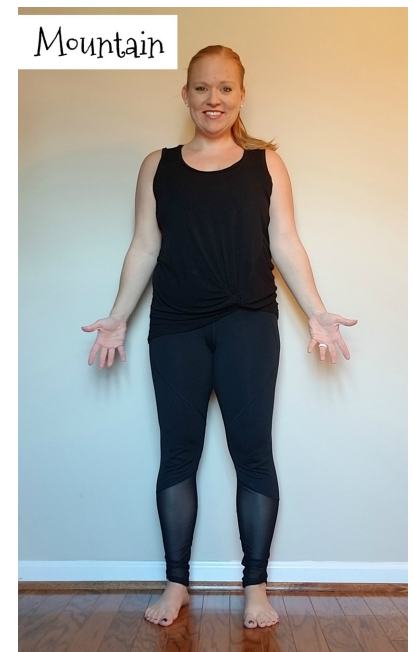
# Mindful Movement

## Introduction to Mindful Movement Practice

### Step 5 - Mindful Movement Practice

#### Foundational Pose 1 - Mountain

Mountain pose is done by opening the feet just as wide as the shoulders. Feeling all four sides of our feet pressing down into the floor. We are standing tall like a mountain with straight backs and our shoulders relaxed. Opening our hands towards the front and our fingers spread wide as if they are reaching towards the ground. Notice here how strong and powerful we feel standing like a bit tall mountain.



#### Foundational Pose 2 - Downward Dog

To make our downward dog we will bring our hands to the floor and step the feet back as we lift our bottoms up to the sky. Can you feel your arms and legs working to hold you up? We are working to keep our backs long and straight, so if you need to bend your knees to help you, go ahead! Can you see your toes? Say hello to them back there!



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# Mindful Movement

## Introduction to Mindful Movement Practice

### Step 5 - Mindful Movement Practice

#### Foundational Pose 3 - Child's Pose

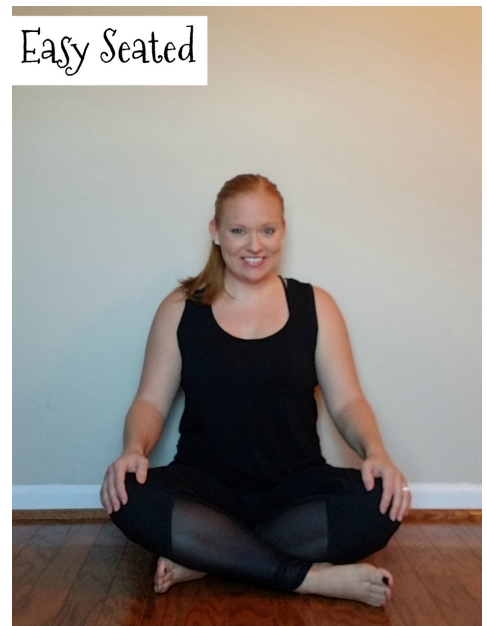
Our child's pose is our resting pose. Let's get cozy! Bring your knees to the floor and press your bottom back so you are sitting on your feet. Then let's move our forehead towards the floor and stretch our arms out. As we rest in our child's pose, let's try to feel our belly moving back and forth on top of our legs. Can we try to close our eyes and take a big belly breath in and out of our nose?



#### Foundational Pose 4 - Easy Seated

Let's make our way to a comfortable seated position on the floor. Crossing our legs, criss cross applesauce! Now we will rest our hands on our legs and take a moment to sit still and quietly notice our thoughts. Gently breathing in and out of our nose, maybe closing our eyes and noticing how comfortable and relaxed we can feel sitting in our easy seated pose. Now let's finish by repeating our affirmation words one more time:

I AM OPEN TO LEARN NEW THINGS!



# ACTIVITY PAGE

Draw a picture or write out in words the thoughts that are in your head today. Place your thoughts inside the circle of the mind.

The thoughts in my head today...



TAKE TIME TO NOTICE THE LITTLE THINGS!

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From the desk of:

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Today I participated in Project: Mindful Movement's Introduction to Mindful Movement!

My favorite part was:

Here are some ideas of things we can practice together!

- \* Lions Breath
- \* Mountain Pose
- \* Filling our mind with thoughts that help us be more mindful instead of having a mind full.
- \* Affirmation words: I am open to learn new things!

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