MINI MOVERS

CONNECT & RESET

You've probably noticed that children LOVE to get moving! How do connect this to being mindful?

This week, we engaged in some simple mindful movement and activities to help with relaxation and calmness.

WE **NOTICED** HOW OUR BODIES **FELT** WHILE WE WERE MOVING!

STANDING BALANCES

Supports focus, physical coordination, and balance energy. Helpful with new situations and in social settings where a connection is needed.

RESET TO GET SET

Resets our mind and body through breathing exercises and grounding poses. Helpful with anxiety and long periods of sitting.

READY, SET, FOCUS

Energizes and focuses our attention. Helpful for group settings, working independently or when energy is low.

STRENGTH AND FLEXIBILITY

Brings strength and flexibility to ourselves physically and emotionally. Helpful with viewing situations differently, creating an open mind and paying attention to those around us.

DANCE FOR THE SUN

Warms up our bodies and helps to strengthen muscle groups. Helps to develop focus and a playful experience.