Mindful Movement

Grades K–5
Contents

Introduction 3
Key 4
Sequence One 5
Sequence Two 8
Sequence Three 11
Sequence Four 15
Sequence Five 19
Sequence Six 23
Sequence Seven 27
Sequence Eight 32
List of Sequences 37
Appendix 39
Pure Edge Mindful Movement helps build strength, flexibility, balance, coordination, focus and relaxation. A Mindful Movement sequence includes three main elements: breathe, move, and rest. The sequences can be easily integrated into an existing physical education program.

Through attention to breath, students experience a state of alert relaxation. The breath should be steady and calm, with even length of inhalation and exhalation, and no feeling of strain. Nasal breathing on both inhalation and exhalation is preferred. Nasal breathing activates the parasympathetic nervous system, helping the body move out of a high-stress, fight or flight state, into a state of calm.1,2

In the movement portion of the sequence, the teacher’s role is to give safe movement cues, guide learners to connect breath and movement, and encourage an attitude of kindness and curiosity. The focus on the breath-movement connection is key to developing the skill of concentration and ensuring that the nervous system maintains a calm, relaxed state even as the movements introduce some stress to the body. Mindful Movement emphasizes noticing where the body is and how it feels in every posture. Participants practice meeting themselves where they are without judgement.

The guided rest at the end of each sequence offers learners a rare chance in their busy school day to completely relax. It also teaches the skill of attention as the method for guided rest is a body scan, where one brings their attention to different parts of the body throughout the exercise. Rest should last 3-5 minutes, or longer if time allows. Rest is a skill the students are learning and their ability to lie still will improve over time, just like their ability to execute the postures.

Breathe, move and rest are simple but powerful tools to help students develop self-regulation and increase body awareness as they improve gross motor skills. Sequences build on each other and it is recommended that they be implemented in the order outlined in the manual. The appendix to the manual offers more detailed instructions on teaching the breath, the movements and the guided rest, as well as a breakdown of the specific SHAPE physical education standards that the sequences meet. A video resource library is also available at www.pureedgeinc.org/curriculum.

---

1 https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response
2 Northwestern University. “Rhythm of breathing affects memory, fear: Breathing is not just for oxygen; it’s also linked to brain function, behavior.” ScienceDaily. ScienceDaily, 7 December 2016. <www.sciencedaily.com/releases/2016/12/161207093034.htm>
Key

This manual is designed to be a simple visual that can be referenced while teaching students. Here is an explanation of a few symbols the manual uses.

- Poses that are held for longer than one breath are indicated with a border.
- Poses marked with an asterisk (*) can be omitted if one needs to shorten the sequence.
Sequence One

Mountain

Inhale–Exhale 5x

Mountain/Sunrise x2-3

Inhale–Exhale 5x
Inhale
Exhale

Big Toe

Inhale
Exhale to enter
Inhale-Exhale 3x
Inhale-Exhale
Inhale-Exhale
SEQUENCE ONE

**Star into Triangle**

- Inhale-Exhale
- Inhale
- Exhale to enter
- Inhale-Exhale 3x
- Inhale
- Exhale to enter
- Inhale-Exhale 3x
- Inhale
- Exhale

**Tree**

- Inhale-Exhale
- Inhale-Exhale 3-5x
- Exhale

**Cat/Cow 3-5x**

- Exhale
- Inhale
- Exhale to enter
- Inhale-Exhale 3-5x

**Rock**

- Exhale
- Inhale
- Exhale to enter
- Inhale-Exhale 3-5x
Seated Mountain

Inhale-Exhale 3-5x

Guided Rest

Rest
Sequence Two

Mountain

Inhale–Exhale 5x

Mountain/Sunrise x2-3

Inhale–Exhale 5x
Inhale
Exhale

Half Opening Sequence A x3

Inhale–Exhale
Inhale
Exhale
Inhale
Exhale
Inhale
Exhale
**SEQUENCE TWO**

**Big Toe**

1. Inhale
2. Exhale to enter
3. Inhale-Exhale 3x
4. Inhale-Exhale
5. Inhale-Exhale

**Star into Triangle**

1. Inhale-Exhale
2. Inhale
3. Exhale to enter
4. Inhale-Exhale 3x
5. Inhale
6. Exhale to enter
7. Inhale-Exhale 3x
8. Inhale
9. Exhale

**Tree**

1. Inhale-Exhale
2. Inhale-Exhale 3-5x
3. Exhale

Repeat on opposite side
**Cat/Cow 3-5x**

Exhale

Inhale

**Pointing Dog**  Repeat on opposite side

**Rock**

Inhale-Exhale 3x

Exhale to enter

Inhale-Exhale 3-5x

**Seated Mountain**

Inhale-Exhale 3-5x

**Guided Rest**

Rest

**Guided Rest**
Sequence Three

Mountain

Inhale–Exhale 5x

Mountain/Sunrise x2-3

Inhale–Exhale 5x
Inhale
Exhale

Half Opening Sequence A x3

Inhale–Exhale
Inhale
Exhale
Inhale
Exhale
Inhale
Exhale

SEQUENCE THREE

**Big Toe**

Inhale | Exhale to enter | Inhale-Exhale | Inhale-Exhale

**Star into Triangle**

Inhale-Exhale | Inhale | Exhale to enter | Inhale | Exhale to enter | Inhale-Exhale 3x | Inhale | Exhale

**Tree**

Repeat on opposite side

Inhale-Exhale | Inhale-Exhale 3-5x | Exhale
SEQUENCE THREE

**Cat/Cow 3-5x**

Exhale

Inhale

**Pointing Dog**

Repeat on opposite side

Inhale-Exhale 3x

**Rock**

Inhale-Exhale 3-5x

**Butterfly**

Inhale-Exhale 3x
SEQUENCE TWO

Seal 1*
Inhale lift up, Exhale
Inhale-Exhale 3x
Exhale come down
Inhale-Exhale 2x

Seal 2*
Inhale lift up, Exhale
Inhale-Exhale 3x
Exhale come down
Inhale-Exhale 2x

Seated Mountain

Sleeping Crocodile*

Guided Rest

Inhale-Exhale 3-5x
Rest
Sequence Four

**Inhale–Exhale 5x**

**Mountain**

**Inhale–Exhale 5x**

**Inhale**

**Exhale**

**Mountain/Sunrise x2-3**

**Inhale–Exhale 5x**

**Inhale**

**Exhale**

**Half Opening Sequence A x3**

**Inhale–Exhale**

**Inhale**

**Exhale**

**Inhale**

**Exhale**

**Inhale**

**Exhale**
SEQUENCE FOUR

Big Toe

- Inhale
- Exhale to enter
- Inhale-Exhale 3x
- Inhale-Exhale

Star into Triangle

- Inhale-Exhale
- Inhale
- Exhale to enter
- Inhale-Exhale 3x
- Inhale
- Exhale to enter
- Inhale-Exhale 3x
- Inhale
- Exhale

Tree or Forest* Repeat on opposite side

- Exhale
- Inhale-Exhale 3-5x
- Exhale
Inhale sit up

Inhale-Exhale 3x

Exhale come down

Inhale-Exhale 3x

Sandwich*

Inhale lift up

Exhale fold forward

Inhale-Exhale 3x

Inhale-Exhale 3x

Breath* Sandwich*

Inhale sit up

Inhale lift up

Exhale come down

Inhale-Exhale 3x

Inhale-Exhale 3x

Table*

Inhale lift up

Exhale come down

Inhale-Exhale 3x

Exhale come down

Inhale-Exhale 3x

Breath* Sandwich*

Inhale sit up

Inhale lift up

Exhale come down

Inhale-Exhale 3x

Inhale-Exhale 3x

Seal 1*

Inhale lift up, Exhale

Exhale come down

Inhale-Exhale 3x

Inhale-Exhale 2x

Sleeping Crocodile*

Seal 2*

Inhale lift up, Exhale

Exhale come down

Inhale-Exhale 3x

Inhale-Exhale 2x

Sleeping Crocodile*
Seated Mountain

Inhale-Exhale 3-5x

Guided Rest

Rest
Sequence Five

Mountain

Inhale–Exhale 5x

Mountain/Sunrise x2-3

Inhale–Exhale 5x
Inhale
Exhale

Half Opening Sequence A x3

Inhale–Exhale
Inhale
Exhale
Inhale
Exhale
Inhale
Exhale
SEQUENCE FIVE

Big Toe

Inhale
Exhale to enter
Inhale-Exhale 3x
Inhale-Exhale
Inhale-Exhale

Star into Triangle

Inhale-Exhale
Inhale
Exhale to enter
Inhale-Exhale 3x
Inhale
Exhale to enter
Inhale-Exhale 3x
Inhale
Exhale

Tree
Repeat on opposite side

Inhale-Exhale
Inhale-Exhale 3-5x
Exhale
**Stork**  Repeat on opposite side

Inhale-Exhale

Inhale-Exhale 3x, Inhale

Exhale open leg out to side

Inhale-Exhale 2-3x

Inhale leg back to center

Exhale

**Sandwich***

Inhale sit up

Exhale fold forward

Inhale-Exhale 3x

Inhale sit up, Exhale

**Table***

Inhale lift up

Inhale-Exhale 3x

Exhale come down

**Butterfly***

Inhale-Exhale 3x

Exhale come down

**Flower***

Inhale-Exhale 3-5x
Inhale-Exhale 3-5x
Inhale lift up, Exhale
Inhale-Exhale 3x
Exhale come down
Inhale-Exhale 2x
Exhale come down
Inhale-Exhale 2x
Exhale
Inhale-Exhale 2x
Seal 1*
Seal 2*
Sleeping Crocodile*
Sleeping Crocodile*
Sleeping Crocodile*
Sleeping Crocodile*
Rock*
Rock*
Rock*
Guided Rest
Guided Rest
Seated Mountain
Seated Mountain
Inhale-Exhale 3-5x
Rest
Rest
Rest
Sequence Six

Mountain

Inhale–Exhale 5x

Half Opening Sequence A x3

Inhale–Exhale  
Inhale  
Exhale  
Inhale  
Exhale  
Inhale  
Exhale

Mountain/Chair x3

Inhale–Exhale  
Inhale  
Exhale
**SEQUENCE SIX**

**Big Toe**

1. Inhale
2. Exhale to enter
3. Inhale-Exhale
4. Inhale-Exhale

**Star into Triangle**

1. Inhale-Exhale
2. Inhale
3. Exhale to enter
4. Inhale
5. Exhale to enter
6. Inhale
7. Exhale
**SEQUENCE SIX**

**Surfer into Reverse Wave into Wave**

Inhale

Exhale to enter

Inhale-Exhale 2x

Inhale to enter

Inhale-Exhale 2x

Repeat on opposite side

Inhale

Exhale to enter

Inhale-Exhale 2x

Inhale

Exhale

**Sandwich***

Inhale sit up

Exhale fold forward

Inhale-Exhale 3x

Inhale sit up, Exhale

**Table***

Inhale lift up

Inhale-Exhale 3x

Exhale come down

Inhale lift up

Inhale-Exhale 2-3x

Exhale come down

**Slide***
SEQUENCE SIX

Butterfly*
Inhale-Exhale 3x

Flower*
Inhale-Exhale 3-5x

Exhale come down

Bridge*
Inhale-Exhale

Inhale lift up
Inhale-Exhale 3-5x

Exhale come down

Knees into Chest*
Inhale-Exhale 3-5x

Seated Mountain
Inhale-Exhale 3-5x

Guided Rest
Rest
Sequence Seven

Mountain

Inhale–Exhale 5x

Half Opening Sequence A x3

Inhale–Exhale  

Inhale  

Exhale  

Inhale  

Exhale  

Inhale  

Exhale

Mountain/Chair x3

Inhale–Exhale  

Inhale  

Exhale
SEQUENCE SEVEN

Inhale
Exhale to enter Inhale-Exhale 3x
Inhale-Exhale
Inhale-Exhale

Big Toe

Inhale-Exhale

Star into Triangle

Inhale
Exhale to enter Inhale-Exhale 3x
Inhale
Exhale to enter Inhale-Exhale 3x
Inhale
Exhale
**SEQUENCE SEVEN**

**Surfer into Reverse Wave into Wave**

Repeat on opposite side

Inhale-Exhale  

Inhale-Exhale 2x

Exhale to enter  
Inhale-Exhale 2x

Inhale to enter  
Inhale-Exhale 2x

Stork

Repeat on opposite side

Inhale-Exhale  

Inhale-Exhale 3x,  
Inhale

Exhale open leg out to side  
Inhale-Exhale 2-3x

Inhale leg back to center

Exhale
**Sequence Seven**

**Butterfly**
- Inhale sit up, Exhale
- Inhale-Exhale 3x
- Exhale come down

**Half Boat**
- Inhale sit up, Exhale
- Inhale-Exhale 3-5x
- Exhale come down

**Seated Tree**
- Inhale sit up, Exhale fold forward
- Inhale-Exhale 3x
- Inhale sit up

**Flower**
- Inhale-Exhale 3-5x
- Exhale come down

**Repeat on opposite side**
SEQUENCE SEVEN

**Bridge***
- Inhale
- Lift up
- Exhale
- Come down

**Knees into Chest***
- Inhale
- Exhale 3-5x

**Seated Mountain**
- Inhale
- Exhale 3-5x

**Guided Rest**
- Rest
Sequence Eight

**Mountain**

Inhale–Exhale 5x

**Half Opening Sequence A x3**

Inhale–Exhale  Exhale

Inhale  Exhale

Inhale  Exhale

Inhale  Exhale

**Mountain/Chair x3**

Inhale–Exhale

Inhale

Exhale
Inhale

Exhale to enter
Inhale-Exhale 3x

Inhale

Exhale to enter
Inhale-Exhale 3x

Inhale

Exhale to enter
Inhale-Exhale 3x
**Sequence Eight**

**Surfer into Reverse Wave into Wave**

1. Inhale-Exhale
2. Inhale
3. Exhale to enter
   4. Inhale-Exhale 2x
5. Inhale to enter
   6. Inhale-Exhale 2x

**Repeat on opposite side**

1. Inhale
2. Exhale to enter
   3. Inhale-Exhale 2x
4. Inhale
5. Exhale

**Figure Four**

1. Inhale-Exhale
2. Inhale-Exhale 3-5x
3. Exhale

**Repeat on opposite side**

1. Inhale
2. Exhale to enter
   3. Inhale-Exhale 2x
4. Inhale
5. Exhale
SEQUENCE EIGHT

Sandwich*

Inhale sit up
Exhale fold forward
Inhale-Exhale 3-5x
Inhale sit up

Table*

Inhale lift up
Exhale come down
Inhale-Exhale 3x
Inhale sit up
Repeat on opposite side
Exhale come down
Exhale come down

Seated Tree*

Inhale sit up
Exhale fold forward
Inhale-Exhale 3x
Inhale sit up
Exhale come down
Exhale come down

Half Boat* or Boat*

Inhale sit up, Exhale
Inhale-Exhale 3-5x
Exhale come down
**Sequence Eight**

- **Knees into Chest**
  - Inhale-Exhale 3-5x

- **Seated Mountain**
  - Inhale-Exhale 3-5x

- **Guided Rest**
  - Rest
New postures are indicated in **bold text**.

**Sequence One**
- Mountain
- Mountain/Sunrise x 2-3
- Big Toe
- Star into Triangle
- Tree
- Cat/Cow 3-5x*
- Rock*
- Seated Mountain
- Guided Rest

**Sequence Two**
- Mountain
- Mountain/Sunrise x 2-3
- **Half Opening Sequence A x3**
- Big Toe
- Star into Triangle
- Tree
- Cat/Cow 3-5x*
- **Pointing Dog***
- Rock*
- Seated Mountain
- Guided Rest

**Sequence Three**
- Mountain
- Mountain/Sunrise x 2-3
- Half Opening Sequence A x3
- Big Toe
- Star into Triangle
- Tree
- Cat/Cow 3-5x*
- **Pointing Dog***
- Rock*
- **Butterfly***
- Seal 1 & Seal 2*
- **Sleeping Crocodile***
- Seated Mountain
- Guided Rest

**Sequence Four**
- Mountain
- Mountain/Sunrise x 2-3
- Half Opening Sequence A x3
- Big Toe
- Star into Triangle
- Tree OR **Forest***
- **Sandwich***
- Table*
- **Butterfly***
- Seal 1 & 2*
- **Sleeping Crocodile***
- Seated Mountain
- Guided Rest
List of Sequences

Sequence Five
Mountain
Mountain/Sunrise x 2-3
Half Opening Sequence A x3
Big Toe
Star into Triangle
Tree
Stork
Sandwich*
Table*
Butterfly*
Flower*
Seal 1 & 2*
Sleeping Crocodile*
Rock
Seated Mountain
Guided Rest

Sequence Six
Mountain
Half Opening Sequence A x3
Mountain/Chair x3
Big Toe
Star into Triangle
Surfer into Reverse Wave into Wave
Sandwich*
Table*
Slide*
Butterfly*
Flower*
Bridge*
Knees into Chest*
Seated Mountain
Guided Rest

Sequence Seven
Mountain
Half Opening Sequence A x3
Mountain/Chair x3
Big Toe
Star into Triangle
Surfer into Reverse Wave into Wave
Stork
Butterfly*
Flower*
Half Boat*
Seated Tree*
Bridge*
Knees into Chest*
Seated Mountain
Guided Rest

Sequence Eight
Mountain
Half Opening Sequence A x3
Mountain/Chair x3
Big Toe
Star into Triangle
Surfer into Reverse Wave into Wave
Figure Four
Sandwich*
Table*
Slide*
Seated Tree*
Half Boat* OR Boat*
Bridge*
Knees into Chest*
Seated Mountain
Guided Rest
Breathe

- For young students (K-2) start by breathing in the nose and exhaling out the mouth, and build up to using nasal breathing for both inhalation and exhalation. “Smell the rose, blow out the candle” is a good way to introduce this skill.

- For grades 3-5, introduce nasal breathing on inhalation and exhalation. Once comfort with nasal breathing is established throughout the sequence, Ocean Breath can be introduced but not over-emphasized.

Ocean Breath
1. Inhale through your nose.
2. As you exhale, whisper the sound ahhh through your mouth. Repeat two or three times.
3. On the next breath, close your mouth, exhale, and send the whisper sound through your nose.
4. See if you can find the same whisper sound in the nose on the inhalation and the exhalation.

Move
Here are some pointers for teaching movement.

- Always start with the breath.
- Emphasize the breath-movement connection.
- Build poses from the ground up.
- Start with most supported/accessible version of the pose, and then offer increasingly challenging options.
- Keep your own breath even and steady as a model for students.

Rest
Use this script to teach Guided Rest.

Guided Rest
1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling and close your eyes.
2. Put your attention on your forehead. Feel your forehead relax.
3. Put your attention on your eyes. Feel your eyes relax.
4. Put your attention on your cheeks and jaw. Feel your cheeks and jaw relax.
5. Put your attention on your neck. Feel your neck relax.
6. Put your attention on your shoulders. Feel your shoulders relax. (Repeat for arms, wrists, hands, fingers)
7. Put your attention on your chest, feel your chest relax.
8. Put your attention on your back. Feel where your back touches the floor (or the chair).
9. Put your attention on your belly. Notice how the breath moves the belly softly up and down.
10. Put your attention on your hips. Feel your hips relax. (Repeat for legs, knees, ankles, feet, toes).
11. Bring your awareness to your breathing, and notice where you feel the breath in your body. Maybe you notice it in your nostrils. Maybe you feel it in your chest. Maybe you feel it in your belly.
12. See if you can get really quiet, maybe you will even feel your heart beating inside your body.
13. Let students rest in silence for a few moments.
15. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
16. Open your eyes and slowly return to a seated position.
17. Notice how you are feeling.

- Rest should last 3-5 minutes (longer if time allows). If necessary, you can shorten the exercise by leaving out some body parts.
- Lying on back is the ideal position for helping the body to relax in this exercise. Students who do not feel comfortable lying on their back may lie on their bellies. Rest can also be practiced in a sitting position if lying down is not possible.
- Optional variation for K-2: using a soft stuffed animal or beanbag as a “breathing buddy” can help students relax. The breathing buddy can rest on the student’s belly and help the student to notice their breathing.
- Optional variation: start at the feet and end at the head.
The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

The physically literate individual exhibits responsible personal and social behavior that respects self and others.

The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Table 1: SHAPE National PE Standards

| Standard 1 | The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. |
| Standard 2 | The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance. |
| Standard 3 | The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. |
| Standard 4 | The physically literate individual exhibits responsible personal and social behavior that respects self and others. |
| Standard 5 | The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction. |

Table 2: Outcomes for Elementary School Students

| $1.E7 | Nonlocomotor (stability) Balance |
| $1.E8 | Nonlocomotor (stability) Weight Transfer |
| $1.E10 | Nonlocomotor (stability) Curling and stretching; twisting and bending |
| $1.E11 | Nonlocomotor (stability) Combinations |
| $2.E1 | Movement Concepts Space |
| $2.E4 | Movement Concepts Alignment and muscular tension |
| $3.E2 | Engages in Physical Activity |
| $3.E3 | Fitness knowledge |
| $3.E4 | Fitness knowledge (warm-up/cool-down) |
| $4.E1 | Personal responsibility |
| $4.E2 | Personal responsibility |
| $4.E3 | Accepting feedback |
| $4.E4 | Working with others |
| $4.E5 | Rules and etiquette |
| $4.E6 | Safety |
| $5.E2 | Challenge |