



Flourish

PRACTICE GUIDE

2-3

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For more information about the Compassionate Schools Project, visit www.compassionschools.org

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Mindful Moments

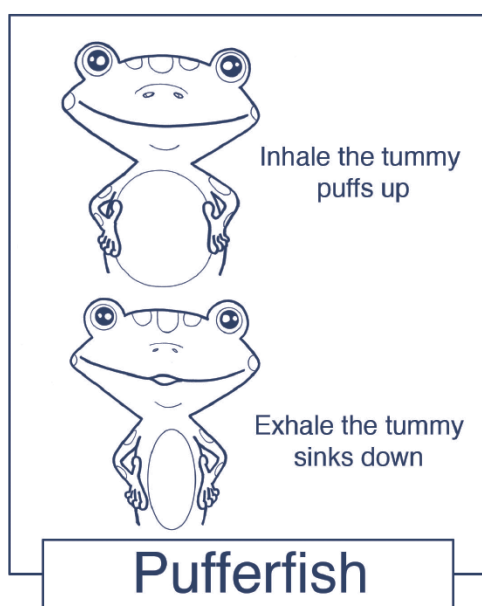
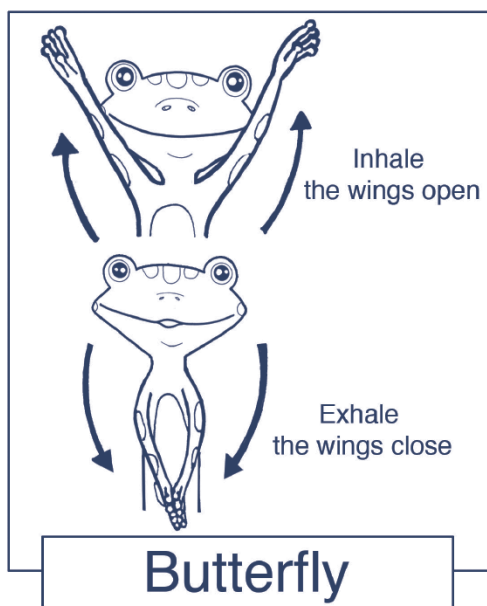
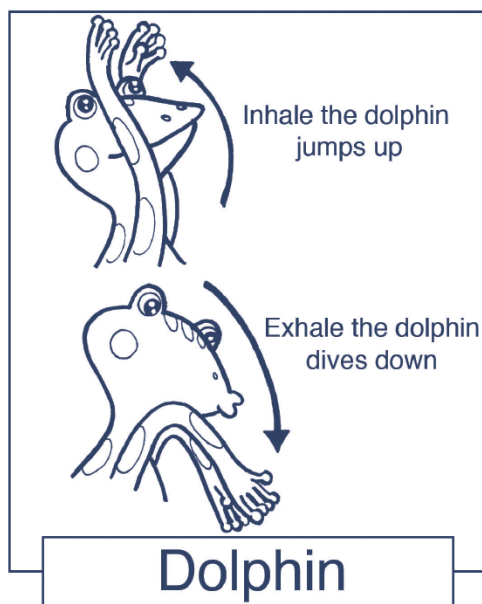
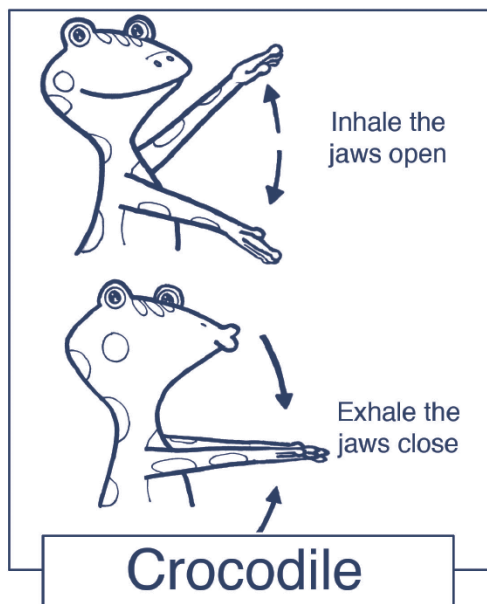
Mindfulness is our ability to use our minds to pay attention on purpose with curiosity and kindness to what is happening right here, right now. We can use mindfulness to really notice what we are experiencing inside us or around us.

It can be helpful to think of our minds like a muscle; they become stronger with exercise. The more we exercise our mindfulness muscles together, the easier it will be to use them when we want to.

An important element of mindfulness is that it is curious and kind: When we notice our mind wandering, we don't get upset or judge ourselves. We just bring our attention back to the exercise at hand. It's normal for our minds to wander away. We can say to ourselves, "Nice catch!" when we notice it happening. Each time we notice our minds wandering, that's the moment when our mindfulness muscle becomes stronger.



Animal Arms



Combine the exercises in a sequence, or just choose one or two to do at a time.

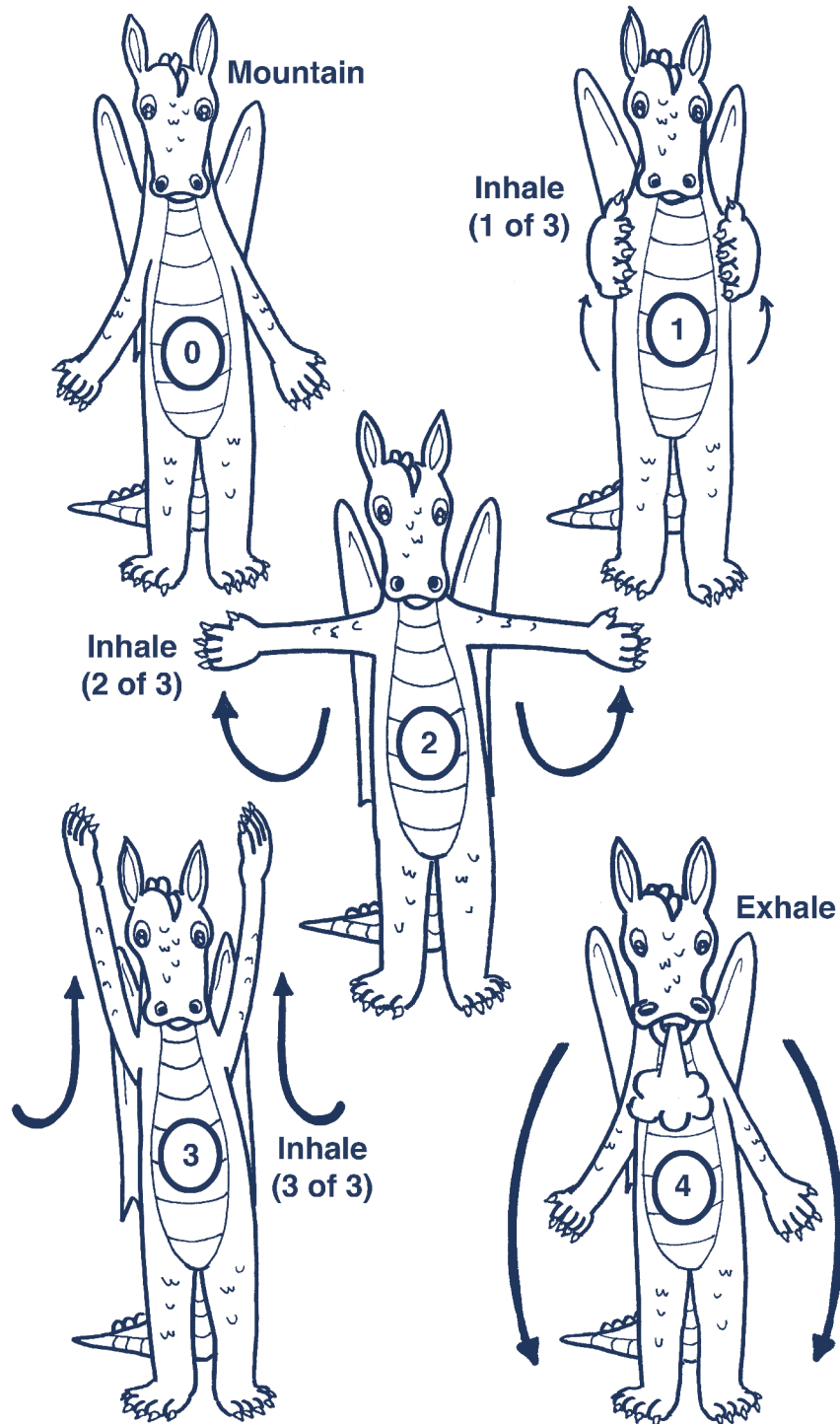


Breath Awareness/ Anchors



- Sit in a comfortable position, and place one hand on your belly and one hand on your heart. These are your Anchors. When your hands are on your Anchors, you can feel your breath move in your body.
- We are going to take a few breaths together. Let's start with a big breath in, and a big breath out.
- Let's take another breath in. What do you notice when we inhale? When we inhale, the belly and chest expand to create space for the breath. Can you feel your belly pressing into your hands? Now let the breath go out.
- Take another breath in, and let the breath go out. What do you notice when we exhale? Does your belly relax?
- Keep breathing in and out, and see what you notice. Can you hear your breath? Can you feel your heart beating in your chest?

Breath of Joy



Breath of Joy

- Begin by standing comfortably with arms at your sides in Mountain pose.
 - For Breath of Joy, first you'll take three short breaths in, and then you'll take one long breath out. Try breathing in through your nose and out through your mouth.
 - As you take a short breath in, extend your arms straight out in front of you so they're parallel to the floor.
 - Without exhaling, take another short breath in as you swing your arms down in front of you and then out to your sides.
 - Inhale for a third time as you swing your arms up over your head.
 - Now breathe out as you swing your arms down, relaxing your body. You may also try bending your knees and folding forward slightly as you breathe out.
 - Gently return to Mountain pose. Check in with your body to see if you notice any changes.
- Repeat three to five times.
- Place your hands on your Anchors for a Check-In. Notice how you feel in your body and mind after practicing Breath of Joy. Has it increased your heart rate, woken you up a little, or maybe even brought a smile to your face?

TEACHING TIP: Invite students to explore slowing down or speeding up the pace.

Calming & Focusing



For the Calming & Focusing exercise, remind students that we are going to follow the three steps of mindfulness:

- **Step 1.** Focus your attention on something (such as the breath or the sound of the bell).
- **Step 2.** Notice when your mind wanders away from the breath or sound.
- **Step 3.** Gently bring your attention back to the breath or the sound.

CALMING

If you have a Hoberman sphere, use the sphere to help cue inhalations and exhalations. Otherwise, you can use a hand signal, such as moving the hands apart as you breathe in and bringing them together as you breathe out.

- Let's begin by focusing our attention on our breath. Place one hand on your belly and one hand on your chest. These two spots are our Anchors because they help us feel our breath moving in the body. As you take three long, slow breaths, focus your attention on any part

of the breath you can feel. Notice the feeling of the air entering and leaving your nostrils. Feel your chest and belly expand with each breath. Remember the three steps: Pay attention to the way your breath feels in your body. Notice if your mind wanders. Then, bring your attention back to the sensation of your breath.

FOCUSING

- Next we'll focus our mind by listening to the bell. As you listen to the bell, focus your attention on the sound. Be curious about the sound, and see what you can notice about it. Remember the three steps: Pay attention to the sound. Notice if your mind wanders from the sound. Then, gently bring your attention back to the sound.

Ring the bell. Wait until the bell stops ringing.

- Now my mind is more focused and ready to begin the lesson. How does yours feel?

Invite several students to share what they notice after this exercise.

Remind learners that when we notice that our mind has wandered and bring our attention back to the breath or the bell, we are exercising our mindfulness muscle. An important element of mindfulness is that it is curious and kind: when we notice our mind wandering, we don't get upset or judge ourselves. We just bring our attention back to the bell or the breath. It's normal for our minds to wander away. Each time we notice our minds wandering, that's the moment when our mindfulness muscle becomes stronger.



Calming Breath

- Sit in a comfortable position.
- Place one hand on your belly and one hand on your chest. These are our Anchors. When your hands are on your Anchors, you can feel your breath move in your body.
- Let's take a slow breath in together, and now let's slowly breathe out together.
- Breathe in again. Feel your breath come in through your nose. Breathe out, feel your breath leave through your nose.
- Breathe in, feel your belly and chest get bigger. Breathe out, feel your chest sink and your belly relax.



Check-In

- Sit in a comfortable position. If you like, you can place one hand on your heart and one hand on your stomach.
- Take a look around the room and notice where you are. If it feels comfortable and safe for you, close your eyes. Or, if you prefer, you can choose to look down at one spot.
- Now, with curiosity and kindness, bring your attention to your body. Can you notice any feelings inside your body? Maybe your stomach is growling. Or perhaps you can feel your heartbeat.
- What else can you notice about how your body is feeling today? Is it energetic, tired, restless, calm, or something else? Be curious.
- Now bring your attention to your face. Does your face feel relaxed? Is it smiling or bored? Is your forehead wrinkled or smooth? Notice what expression is on your face. There's no need to change anything, simply notice what's there already.
- Now check in on your mind. Is it busy thinking? Is it telling a story? How is it feeling today? Notice and bring your focus back to your breath.
- Now take a deep breath in and out. Take a look around the room. How do you feel?

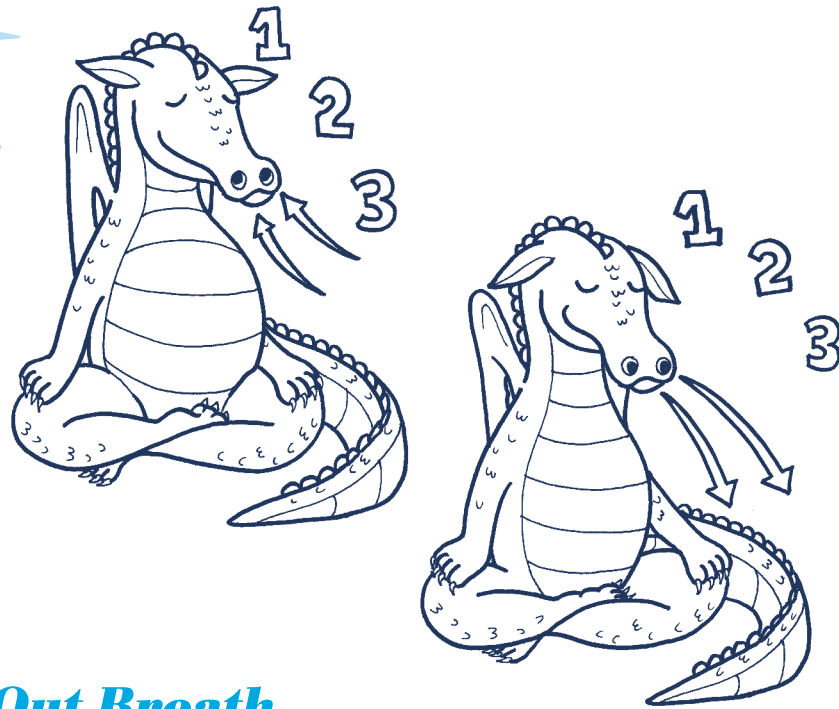


Cooling Breath

- Start in a comfortable position. I'm going to show you two different ways to do this breathing exercise, and you can choose the one that feels the most comfortable to you
- Choose the way you like the best.
- Now, inhale slowly.
- Gently exhale through your mouth.
- Notice the sound of your breath.
- Let's try this for a few more breaths.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
 - Breathe in, breathe out.

Demonstrate both methods for the students.

- **Method 1:** Roll your tongue (curl the right and left sides toward the center to make a roll or taco shape) and stick the tip of the tongue out of pursed lips, making a tube for your breath.
- **Method 2:** Purse your lips gently and make the shape of the letter O with them. Keep the tip of your tongue against the back of your bottom teeth, so that the air can go over your tongue.



Even-In, Even-Out Breath

- Today we're going to practice Even-In, Even-Out breath. This is a way we can actively participate in our breathing. As you breathe in, count to three. Then as you breathe out, count to three.
 - Breathe in for one, two, three.
 - Breathe out for one, two, three.
 - Are you ready?
 - Breathe in for one, two, three.
 - Breathe out for one, two, three.
 - If your mind forgets to count and starts to think about something else, silently say to yourself "Nice catch" and then bring their attention back to your breath and start counting again.
 - Breathe in for one, two, three.
 - Breathe out for one, two, three.
- Have students continue silently for about three more breaths. Model for students how to count on their fingers to keep track.
- Take a moment to check in with your body. What do you notice?

You can demonstrate using hand signals or a Hoberman sphere, modeling for students how to make the inhalation and exhalation last three counts each rather than breathing in and holding the breath for three counts.

Gratitude and Appreciation Practice



- Start in any comfortable position.
- We are going to practice gratitude and appreciation for another person. Bring to mind someone who is important to you—someone for whom you feel grateful or are thankful to have in your life.

Give students a few moments to bring someone to mind.

- Picture that person in your mind.
- Why are they important to you?
- Have they cared for you?
- Have they shown you kindness?
- Have they helped you learn and grow?

Give students a few moments to reflect.

- When you picture this person, how do you feel?

- Check in and notice any emotions that come up in your body and mind.
- Do you feel appreciation?
- Do you feel gratitude or thankfulness?
- Whatever you feel is okay, but if you do feel gratitude for this person, savor that feeling.
- Notice what it's like to feel thankful for this person.

Give students a few moments to reflect.

- Imagine telling this person you appreciate them. How do you think they would feel?
- Now take a deep breath in and out. Let go of those images from your mind, and just watch your breath.

Allow a few moments of silent practice.

TEACHING TIP: This practice may also be used to practice gratitude and appreciation for a group or community (Unit 6 Lesson 3).

Kind Mind (for Self)



- Begin in a comfortable position. You may place your hands on your heart, your Anchors, or anywhere that feels right. Close your eyes if that feels comfortable for you.
- Imagine for a moment what it feels like to be cared for. What does it feel like when someone shows you compassion or kindness? Imagine that feeling growing inside you.
- Now we will practice giving ourselves caring and kindness. I will say a kind thought, and then you repeat it silently to yourself several times.

Between offering each thought, allow a few moments for students to repeat the phrase silently to themselves.

May I feel healthy and strong.

May I feel safe and loved.

I hope I feel peace of mind.

I hope I show myself kindness today.

- Take a few moments to sit quietly and notice what it feels like to practice kind thoughts for yourself.

Allow a few moments of silent practice.

- Take a deep breath in and out, and when you're ready, look up.

Teacher and learners can customize the "Kind Mind" phrases to better resonate with the student population.

Kind Mind (for Others)



- Begin in a comfortable sitting position with your eyes open or closed. Take a few gentle breaths here, checking in with yourself and noticing how you are feeling in this moment.
- Now open your eyes if you'd like to and take a look around at all of the members of this class. Just like you, they want to be safe, healthy, and happy.
- Close your eyes if it's comfortable or rest them on one spot. Picture all of your classmates in your mind and let's practice kind thoughts for them to build our kindness muscles. After I say the words out loud, take a deep breath and repeat after me in a whisper or silently.

May you feel happiness and joy.

May you be safe and healthy.

I hope you feel peace of mind.

I hope you feel cared for.

- Notice what it feels like to practice kind thoughts for your classmates.
- Allow this feeling to sink into your body as you take a few moments sit quietly.
- Take a few moments to sit quietly and notice what it feels like to practice kind thoughts for others.

Allow about thirty seconds of silence.

- Take a deep breath in and out, and when you're ready, look up.

Teacher and learners can customize the "Kind Mind" phrases to better resonate with the student population.

Kind Mind (for Others) can also be done with partners.

Kind Mind (for Others) can also be done individually, where individual students can choose a person themselves to direct kind thoughts toward.

Kind Mind (for Others) can be done on its own, or you can do it right after completing Kind Mind (for Self).

Kind Mind (for Community)



- In this room, we are all part of this classroom community and this [school name] community, and even the bigger community of [city or town name]. As members of this community, we have many ways to contribute. We can all come together to make this community strong and healthy. Let's practice saying kind words and thinking kind thoughts for our community.
 - Imagine everyone in this school community doing something fun together. Picture in your mind what they are doing. Maybe having a giant picnic or a field day. Imagine that everyone is included. Whisper to repeat after me:
May our whole school community feel included.
 - Now repeat the kind thoughts silently:
May our whole school community feel included.
 - Now imagine that our whole school community is being kind to each other and taking care of each other. Whisper to repeat after me:
May our whole school community receive care and compassion.
 - Now repeat the kind thoughts silently:
May our whole school community receive care and compassion.
 - Now imagine that you could see the faces of the whole community of people. They feel safe. They know that they are important. Whisper to repeat after me:
May our whole school community feel safe and know that they are important.
 - Now repeat the kind thoughts silently:
May our whole school community feel safe and know that they are important.
 - Now if you have any kind words of your own that you would want to say to our community, whisper those words. Now repeat the kind thoughts silently.
 - Take a few moments to sit quietly and notice what it feels like to practice kind thoughts for our community.
- Allow a few moments of silent practice.
- Take a deep breath in and out, and when you're ready, look up.

NOTE: Variations on this practice appear in the curriculum in various lessons. Feel free to replace "school community" with the name of your city, classroom, or another community to which your students belong. You may also substitute kind words from other examples in the curriculum or by generating phrases with your learners (e.g., "I hope each member of our community knows that they are loved").



Letting-Go Breath

- Begin by sitting comfortably.
 - Sit up tall, lengthening your spine.
 - During this practice, we're going to breathe in while we count to three. Then we'll breathe out while we count to five.
 - Are you ready?
 - Breathe in for one, two, three.
 - Breathe out for one, two, three, four, five.
 - As you breathe out, imagine letting go of anything that's bothering you.
- Repeat this as many times as you'd like.
- Silently check in with your body and your mind. Do you notice any changes?

TEACHING TIPS: Encourage students to breathe into their bellies for this exercise. You can do this by having them place one or both hands on their bellies and feel the belly expand as they breathe in, and feel the belly go back down as they breathe out.

You can also use hand movements (counting the breath with fingers) or the Hoberman sphere to guide the breath.



Lion's Breath



- Begin by sitting on your heels with your hands on your knees.
 - We are going to practice Lion's Breath, which is a good way to let go of anger and worry. While you send out your powerful exhalation, imagine you are sending all the anger and worry out of your body with the power of a lion's roar. Are you ready?
 - Inhale: Lift your head and chest and roll your shoulders back. Tense the muscles in your face.
 - Exhale forcefully through your mouth. As you do this, lean forward and stretch the whole face, opening your mouth as wide as you can and sticking out your tongue. Imagine opening your mouth to roar like a lion, but letting the breath be your only sound.
- Repeat as many times as desired.
- Check in with how you are feeling in body and mind after practicing Lion's Breath.

TEACHING TIPS: Students can imagine gathering up all the tension in their bodies and minds and releasing it with their powerful Lion's Breath.

Have students repeat this practice several times. To encourage them to let go and not be self-conscious, tell them to let their movement and breath be loose, exaggerated, and funny. Explain that if it looks and feels silly, they are doing it right.



Mindful Drinking

- Begin by placing one hand on your stomach and one hand on your heart.
- Let's take two deep breaths together.
- As you breathe in, notice how your hands rise as the air fills your lungs.
- As you breathe out, notice how your hands fall as the air leaves your body.
- Today we're going to practice mindful drinking using all five of our senses (sight, smell, hearing, touch, and taste) to experience the [drink].
- Remember not to drink the [drink] until I tell you to.
- First take a moment to examine the [drink] with your eyes. Look at it up close. Now, look at it from another angle. Try looking at just a part of the [drink]. Then look at the whole thing. Does your experience with the [drink] shift as you examine it from different perspectives?
- Now explore the [drink] with your nose. Bring it toward your nose and take a small sniff. Now breathe it in deeply. Move it farther from your nose and then bring it back closer.
- Now take a moment to listen to the [drink]. Does it make any noises? Place your ear up close. Do you hear anything?
- Now begin to taste the [drink] very slowly. Let the liquid sit on your tongue for a while. Does the taste change as you hold it in your mouth? How does it feel when it travels down your throat?
- Pause for a moment before you take the next sip. Notice how your tongue feels. Notice the [drink] going down your throat toward your belly. Feel the sensations that arise throughout your body as you drink.
- Now take a deep breath in, and then let it out. Notice how you feel after that experience.



Mindful Eating

- Begin by placing your hands on your Anchors and noticing your breath.
- Let's take a moment to think about all five of our senses. We have the ability to see, smell, hear, touch, and taste.
- Today we're going to practice eating using all five of our senses to experience the food.
- Remember not to eat the [food item] until I tell you.
- First, take a moment to examine the [food item] with your eyes. Look at it up close.
- Now, look at it from another angle.
- Try looking at just a part of the [food item]. Then look at the whole thing. Does your experience with the [food item] shift as you examine it from different perspectives?
- Now explore the [food item] with your nose. Bring it toward your nose and take a small sniff. Now breathe it in deeply.
- Move it farther from your nose and then bring it back closer. Notice whether the smell changes at all when you do so.
- Notice whether you find the smell pleasant or unpleasant.
- Now take a moment to listen to the [food item]. Does it make any noise? Place your ear up close. Do you hear anything?
- Now lightly touch the [food item]. Push on it. Gently squeeze it. Does it change its form when you push on it?
- Slowly bring the [food item] to your lips. Before putting it in your mouth, notice what happens inside your mouth. What does your mouth want to do?



Mindful Eating [CONTINUED]

- Now begin to taste the [food item] very slowly. First simply lick the [food item].
- Then, place a small amount in your mouth and let it slowly dissolve.
- Does the taste change as you hold it in your mouth? Pause for a moment before you take the next bite.
- Then practice chewing slowly and deliberately. Notice how your tongue feels.
- Notice the [food item] going down your throat toward your stomach. Feel the sensations that arise throughout your body as you eat the [food item].
- Now take a deep breath in, and then let it out. Notice how you feel after that experience.

TEACHING TIPS: Prompt students to notice what they can appreciate about the [food item] while they eat.

Once students have completed the exercise, ask them questions such as the following:

- How did it feel to focus on eating the [food item] so deliberately and slowly?
- Were you present with your senses? Was one of your senses harder to pay attention to than the others?
- What did you discover by using your senses to eat mindfully? What did you notice? What did you appreciate?
- How is this the same or different from the way you usually eat?



Mindful Listening

- *Let's practice our mindful listening skills. Beginning a comfortable sitting position, with eyes closed or gently looking down. We'll start by listening to our focusing bell, focusing our attention on the sound, noticing if our minds wander, and bringing our attention back to the sound.*
- *When you no longer hear the sound of the bell, let your attention open up and be curious to notice any sounds you hear in the room.*

Ring the bell, and allow several moments of silence.

- Listen carefully like you are listening to a good friend tell a story. Notice any sounds that grab your attention.

Allow 30 seconds or so of silence.

- Notice sounds that are soft and gentle, that you might not normally notice. What can you hear and observe when you really pay attention?

Allow a few moments of unguided listening.

- *Now focus your attention on the quiet sound of your breath. Can you hear it?*

Allow a few moments of unguided listening.

- *Take a moment to notice how you feel in body and in mind after practicing mindful listening. When you feel ready, open your eyes if they are closed and look up.*

TEACHING TIP: Especially if your room is very quiet, consider making some subtle or novel noises during this listening activity to capture students' attention.

Variation: Direct students' attention first to sounds coming from outside of the classroom; then to sounds coming from inside the classroom; and finally to the sound of their own breath.



Mini-Body Scan



- First, take a look around the room, then lie down or rest your body in a way that feels safe and comfortable for you. Close your eyes if it's comfortable. If you would rather not close your eyes, you can find one place to rest your eyes.
- While we rest our bodies, let's check in with them to notice how they feel. Let's imagine that our attention is like a flashlight inside our minds.
- First, let's see if we can shine that light on our feet and our legs. Without looking at them, notice where your legs and feet are touching the ground. Notice if they are heavy, still, or restless. Can you feel your knees? What about your toes? Do you notice any comfortable or uncomfortable sensations in the muscles of your feet or legs?
- Now we'll move the flashlight all the way up to our bellies and chests. Can you notice your breath moving your belly or your chest?
- Moving on, imagine shining that light down one arm and then the other.
- Where are they and how do they feel? Which parts of your arms and your hands are touching the floor? Are they warm or cool? Do you notice any comfortable or uncomfortable sensations in the muscles of your arms? Simply notice and breathe.
- Shine the light of your attention over your neck and shoulders. What do you notice there? Do you notice any comfortable or uncomfortable sensations in the muscles of your neck and shoulders?
- Finally, let's move the flashlight up to the head and face. What does your head feel like, resting where you are? Does your face feel relaxed or is there some other expression there?
- Now that you've paid some attention to your body, turn off the imaginary flashlight and let your attention rest. Take a few moments to breathe and notice how you feel.
- As we finish this practice, take a deep breath in and a long slow breath out. Wiggle your fingers and your toes, and when you are ready, gently open your eyes if they are closed and return to Easy pose. Take a moment to check in and notice how your mind and body feel.

See notes for the Rest exercise regarding students' safety and comfort levels with lying down.



Rest

- We're going to lie down still and quiet on our mats for a moment of Rest. First, take a look around the room, then lie down in a way that feels safe and comfortable for you. Close your eyes if it's comfortable. If you would rather not close your eyes, you can find one place to rest your eyes.
- As you settle down on your mat, if it feels comfortable you can lie on your back with your hands resting on your belly.
- Sometimes it's hard to be still and quiet. If you feel like your body wants to move and it's hard to stay still, that's okay. Just try not to disturb the classmates around you.
- If you pay attention to your body, you will notice that even when you are lying in Rest pose, your

body is still moving. Your breath makes your belly and chest move in and out. Take a few moments to notice these small movements in and out. Feel your belly rise while you inhale and sink while you exhale.

Allow for one or two minutes of Rest.

- As we finish the relaxation, take a deep inhale and a long exhale. Wiggle your fingers and your toes. Take a few breaths here. When you are ready, quietly return to sitting in Easy pose on your mat.
- Take a moment to check in with yourself. Do you feel relaxed? Calm? Sleepy? Energized? Be curious and notice how you feel in body and mind.

TEACHING TIPS: Some students may feel vulnerable lying on their backs having their eyes closed or having the lights dimmed. It is important to encourage students to find a Rest position in which they feel comfortable, safe, and able to be calm and quiet. Especially for students who have experienced trauma, this may look like a different way of lying down or even sitting with their back against the wall.

It is completely normal for young students to be wiggly and distracted during Rest while they first explore this practice. They will grow their abilities to be calm, still, and quiet over time with practice.

You can use a bell to indicate that it is time to sit up from rest.



Senses Check-In

- *Begin by finding a comfortable position. We are going to take a moment to check in, using our senses.*
- *First, practice being present with your eyes, your sight.*
- *Take a look around and notice three things that you can see. Take a breath, and then let your eyes close or rest on one spot.*
- *Next, practice being present with your ears, your hearing.*
- *Listen carefully and notice two sounds you can hear around you right now.*
- *Now, practice being present with your sense of touch.*
- *Notice one sensation you can feel with your body right now.*
- *And now relax your senses, and let your body and mind rest for a few moments.*

Take 5 Breath



- *Begin by sitting comfortably.*
- *Spread the fingers wide on one hand. You can have the palm of your hand pointing toward or away from your body. Use your other hand's pointer finger as an imaginary pencil and touch your open hand at the wrist, near the outside of your thumb.*
- *Inhale: Outline the thumb by drawing a line around the outside edge of the thumb, stopping at the top of the fingernail.*
- *Exhale: Trace a line down into the valley between the thumb and pointer finger. Notice the feeling of your drawing finger as it moves against your skin.*
- *Inhale: As you breathe in slowly, trace up the side of the pointer finger to the top of the fingernail.*
- *Exhale: As you gently blow the breath out, trace a line downward, into the valley between your pointer finger and middle finger.*
- *Inhale: As you breathe in slowly, trace up the side of the middle finger to the top of the fingernail.*
- *Exhale: As you breathe out, trace down the other side of the middle finger, into the valley between the middle finger and ring finger.*
- *Inhale: As you breathe in, trace up to the top of your ring finger.*
- *Exhale: Gently blowing your breath out, trace down the other side of your ring finger. Notice the feeling of your tracing finger moving on your skin.*
- *Inhale: Breathing in slowly, trace slowly up to the top of your pinky finger.*
- *Exhale: Draw a line down the outside of the pinky finger, stopping at the outside of the wrist.*
- *Rest your hands in your lap or on your Anchors, and take a couple of relaxed breaths here.*

TEACHING TIPS:

- For Take 5 Breath, students can watch the finger tip as it traces up and down the outline of the opposite hand. In this way, the sense of touch and the sense of sight combine with the breath to help students develop their mindfulness muscles.
- Instead of stopping the exercise after tracing the pinky, you can also have learners follow their own breath as they do Take 5 in the opposite order, from pinky back to thumb.
- Once learners are more proficient with the exercise, have learners practice Take 5 using their non-preferred hand.
- The tactile component of feeling the drawing finger move on the skin can be a useful grounding tool, but it may be uncomfortable for some learners. Learners may also do this practice without touching the hand they are tracing, keeping some space between the drawing finger and the finger they are tracing.

Tension Release

- First, take a look around the room, then lie down in a way that feels safe and comfortable for you. Close your eyes if it's comfortable. If you would rather not close your eyes, you can find one place to rest your eyes.
- Place your attention on your feet. Notice the soles of your feet, your toes, your heels, and the tops of the feet. Notice where your feet are touching the mat.
- Now take a deep breath in, and as you do so, squeeze all the muscles in your feet. Point your foot, curl your toes, squeeze!
- And now breathe out slowly, and as you do, let all of that tension go. Relax your feet. Notice how your feet feel after you allow them to relax.
- Place your attention on your legs. Notice your calves, knees, and thighs; notice the weight of your legs on the mat.
- Take a deep breath in, and as you do so, lift your legs off the mat just a little bit and squeeze all the muscles in your legs. Allow your legs to hover over the mat for a moment.
- And now breathe out and let all of that tension go. Relax your legs. Notice how your legs feel after you release all that tension.
- Place your attention on your stomach. Notice how it moves up and down with your breath.
- Take a deep breath in and squeeze all the muscles in your stomach. Pull in your belly button and squeeze!
- Breathe out, and let all of that tension go. Relax all the muscles around your stomach. Notice how your stomach feels now.
- Now place your attention on your arms and shoulders. Notice your fingers, your hands, your elbows, and your shoulders; notice the weight of your arms on the mat.
- Take a deep breath in, and squeeze all the muscles in your arms. Squeeze your hands into fists and pull your shoulders up toward your ears!
- Breathe out and let all of that tension go. Relax your arms, loosen your hands and fingers, and sink your shoulders down to the floor. Notice how your arms and shoulders feel after you allow them to relax.
- Now place your attention on your face and head. Notice your mouth, your eyes, and your forehead; notice the weight of your head on the mat.
- Breathe in and squeeze all the muscles in your face. Squeeze your eyes shut, clench your jaw tight, and scrunch up your eyebrows!
- Breathe out and let all of that tension go. Relax your face. Open your mouth just a little bit so that there's some space between your teeth. Notice the difference in how your face and head feel.
- And now place your attention on your whole body. Notice the weight of your entire body on the mat.
- Breathe in, and as you do so, squeeze all the muscles in your body. Squeeze your feet, legs, belly, arms, shoulders, and face! You can even lift your head and arms and legs off the mat. Feel all that tension!
- Now take a deep breath out and let all of the tension go. Relax your whole body. Notice how your body feels after you allow it to relax.
- And now take several breaths in and out, allowing yourself to rest. Notice what your body feels like after this practice.

After a few silent breaths in Rest pose, guide students to turn to one side and then find their way back to seated.



Visualizing My Best Self



- *Begin in a comfortable position. Close your eyes if you're comfortable, or let them rest on one spot.*
- *Now, take a moment to remember a time in school when you really felt like your best self. Maybe you made a new friend, or did well in a sports game or performance. Maybe you really loved a game you played in class, or you had a really fun time at lunch. Try to remember one time when you felt your best.*
- *Pick one memory and focus your attention on it. What happened in your memory? What were you doing that led you to feel like your best self?*
- *Picture the memory in your mind. Where were you and who were you with?*
- *Imagine yourself in that moment again. What emotions did you feel? Were you happy? Calm? Proud? Excited? Thankful?*
- *Focus for a moment on that feeling of being your best self.*
- *Invite those feelings of pride or happiness to visit you now.*
- *And then let your mind rest for a few moments.*

Wiggle and Relax

- Today we're going to try a practice called Wiggle and Relax.
- First, find a comfortable way to sit or lie on your mat. If you'd like, you may close your eyes. If you prefer not to close your eyes, simply choose a spot in the classroom to focus on.
- First bring your attention to your toes. Notice what they feel like. Maybe they feel warm. Or perhaps they feel cool. Take a moment to wiggle your toes. Feel them moving against one another. Now pause, and allow them to relax. Notice whether your toes feel different when they are relaxed.
- Now bring your attention to your feet. Notice what they feel like. Do they feel like moving? Gently rock your feet from side to side. Notice what it feels like to move them. Now pause and allow them to relax. Notice what it feels like for your feet to be still.
- Now bring your attention to your legs. Notice what they feel like as they lie still on the floor. Now begin to wiggle and bounce them. Do they like to wiggle? Now pause and allow your legs to relax. Notice whether your legs feel heavy as they sink into the floor.
- Now bring your attention to your belly. Notice what your belly feels like. Maybe it feels full and at rest. Maybe it's busy digesting. Or perhaps it's hungry and wanting some food. Place your hands on your belly, and notice how your hands go up and down as you breathe in and out. Take two deep breaths, feeling your hands move with each breath. Now pause, placing your arms back where they were. Allow your belly to relax.
- Now bring your attention to your hands and arms. Notice what they feel like. Wiggle your arms and hands and all of your fingers, noticing what they feel like as they move. Now pause, allowing your arms and your hands to relax. Notice what it feels like for them to be still.
- Now bring your attention to your head. Notice what it feels like. Maybe it feels heavy as it lies on the floor. Or perhaps it's busy thinking lots of thoughts. Gently nod your head yes. Now gently shake your head no. Wiggle the muscles in your face—your eyebrows, cheeks, nose, ears, and mouth. Now pause and relax your face and head. Notice how your head sinks into the floor when you allow it to relax.
- Now bring your attention to your whole body. Notice the places where there is movement. Our bodies are never completely still. Notice the places in your body where you do find stillness.
- Now take a moment to simply lie quietly, noticing how you feel. We are going to rest here for [one or two] minutes. I will let you know when it is time to stop resting.

Allow one to two minutes of Rest.

- Take a deep breath in, and now let it out. When you feel ready, open your eyes.
- Come up to sitting in Easy pose.
- Gently place your hands on your Anchors.
- Take a moment to scan your body and notice how you feel. Have any feelings come to visit? There's no need to change anything, simply notice what you're experiencing.

Acknowledge that sometimes it's hard to be still and quiet. "If you feel like your body wants to move and it's hard to stay still, that's okay. Try to find a way to rest and relax that works for you."

Poses

Remind learners that Mindful Movement is a great way for us to show compassion to ourselves by taking care of our bodies. Another way we can care for ourselves is to ask for help when we need it. Emphasize the importance of listening to your body. Tell learners, “If your body is telling you that something doesn’t feel right, ask for my help!”

The goal in mindful movement is for each learner to find an expression of the posture that is comfortably challenging, and where they can focus on their breathing and notice how their body feels. Instructions are carefully worded to scaffold opportunities for practice appropriate for learners’ diverse

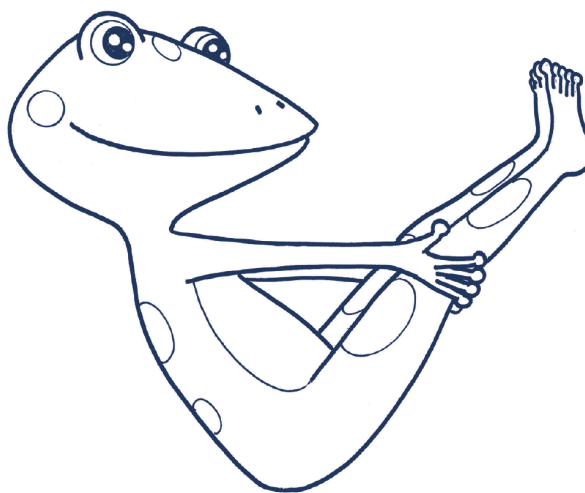
abilities. Once a foundation is reached, learners are given the choice to add challenge.

Be aware of who you are focusing on in the classroom—your attention can direct all learners to the goal of finding safe and comfortably challenging postures. Praise is not reserved for the student with the ability to most fully express the pose. Bring your attention to the efforts and achievements of all learners, using phrases such as:

- *I notice Juan is really focused on his breathing.*
- *Anna kept her foot on the ground until she felt stable.*
- *I can hear the whole class breathing.*



Boat

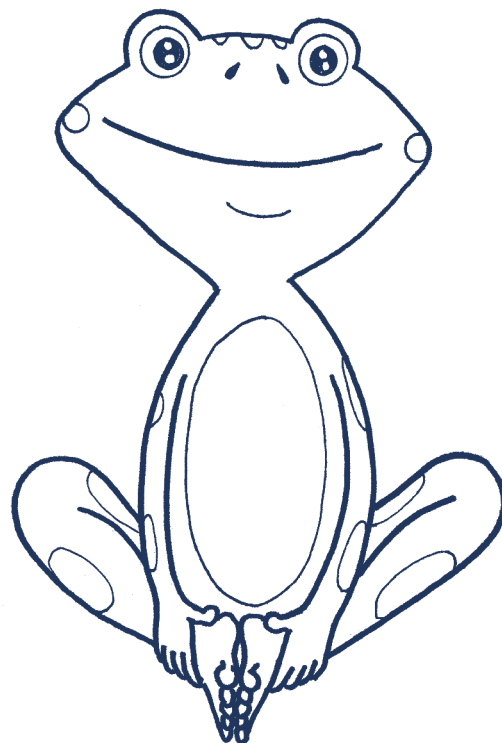


- Start by sitting comfortably on your mat.
- Bend your knees and put the bottoms of your feet onto the mat.
- Now lift the top of your head toward the sky so you're sitting up tall. Wiggle on the mat and feel your two sit bones pressing into the mat.
- Let's build the sides of our boats. Inhale, and bring your hands to the sides of your knees.
- Are you ready to go sailing?
- Exhale, engage your tummy muscles by pulling your belly button closer to your spine.
- See if you can lift your right foot off the mat just a little bit.
- Now lift your left foot off the mat too. Point your toes toward the floor.
- Balance your Boat pose on your sit bones.
- On your next inhale, stretch your arms forward along the outside of your knees with your palms facing each other.
- Let's see if we can keep our balance. It's okay if you need to put one foot back on the mat for support. If you want a challenge, see whether you can lift your feet until your shins are parallel to the floor.
- We're going to try to hold this pose for three to five breaths.
 - Breathing in, lengthen your spine, lifting your head and heart.
 - Breathing out, engage your belly muscles to support your spine.
 - Breathing in, stay right here, or, if you feel steady start to straighten your legs.
 - Breathing out, relax your shoulders down away from your ears.
- Gently lower your left foot down to the floor. Now lower your right foot, and move back into a seated position.

Remind students they can stay in any version of the pose where they feel steady and can keep their chest lifting up.

As students feel balanced and strong, guide them to raise their shins so that they are parallel with the floor, keeping their spines and heads straight.

If students would like a challenge, suggest starting to straighten the legs while keeping the heart lifted and arms extended forward.



Butterfly

- Begin by sitting comfortably on your mat.
- Gently bend your knees, pull your feet toward you, and bring the soles of your feet together. Let your knees open out to the sides.
- As you inhale, sit up a little straighter. Let your knees relax down toward the mat.
- As you exhale, slightly fold forward over your legs.
- Let's pause here for three breaths.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
 - Breathe in, breathe out.



Cat

- *Begin on your hands and knees on the mat. Spread your fingers out wide.*
- *Take a deep breath in, feeling your stomach fill up with air.*
- *Now slowly breathe out, and as the air leaves your body, lift your belly and round your back up toward the sky as you lower your head and tuck your chin.*
- *Let's hold this pose for two breaths.*
 - *Breathe in, breathe out.*
 - *Breathe in, breathe out.*
- *Now gently straighten your back and return to where we started on hands and knees.*

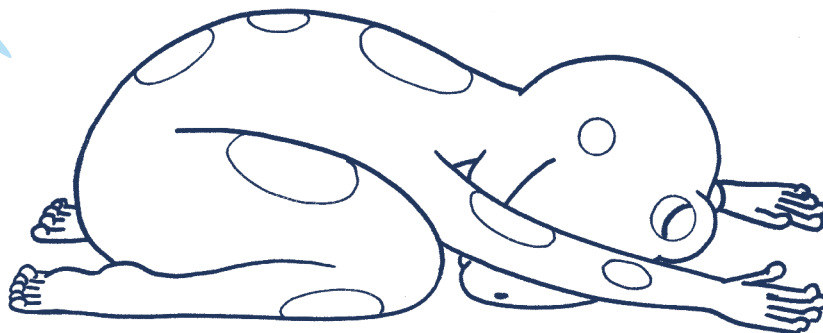
Variations:

Consider inviting younger students to make cat sounds while they are in this pose.



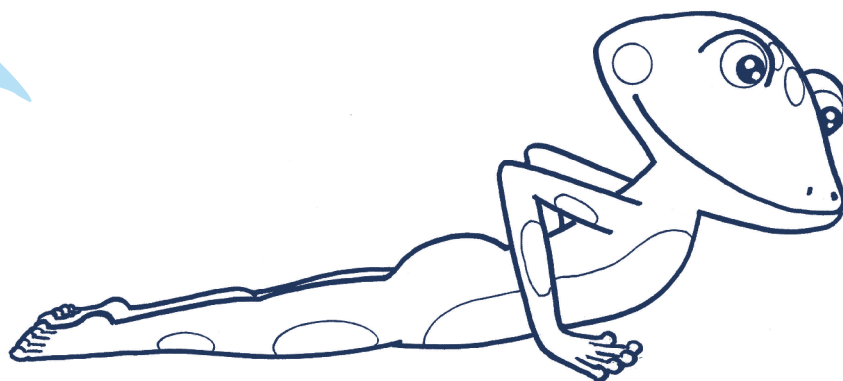
Chair

- *Begin in Mountain pose.*
- *Inhale and lift your arms up for Sunrise.*
- *As you exhale, bend your knees, and sink your hips down as if you are sitting in an invisible chair.*
- *Let's stay here for two big breaths.*
 - *Breathe in, breathe out.*
 - *Breathe in, breathe out.*
- *As you inhale, gently stand up straight.*



Child's Pose

- Start on your hands and knees.
- Keep your knees where they are, and bring your feet toward one another until your big toes touch.
- Now move your hips back toward your heels. Maybe your hips will touch your heels.
- Gently stretch your arms out in front of you.
- Let your chest and head slowly sink down to the mat.
- Let's take a few quiet breaths on your own while you are in this pose, letting yourself relax.
- Check in to see how your body is feeling.
- Take one more big breath in this pose.
- Now walk your hands back in toward your body, lift your hips up, and move back to hands and knees.



Cobra

- *Begin by lying on your stomach with your forehead on the mat.*
- *Bend your elbows and put your palms on the mat near your shoulders. You are going to keep your elbows bent.*
- *Gently press down through your hands.*
 - *As you breathe in, lift your head and chest off the mat just a little bit. Use the strength in your back to lift up, rather than your arms. Keep your elbows bent.*
 - *As you breathe out, look straight ahead and squeeze your elbows toward your body.*
 - *Take one small breath in.*
 - *As you breathe out, gently lower your chest and head back down to the mat.*

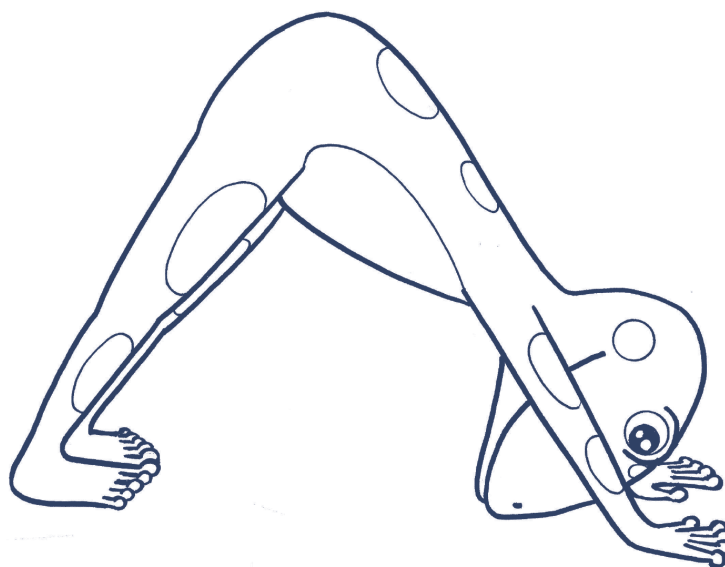
TEACHING TIP: Demonstrate for students by holding the pose while lifting your hands off the floor to show that your arms are not holding you up.



Cow



- *Begin on your hands and knees.*
- *Take a deep breath in. Allow your stomach to sink down toward the floor. Lift your chin and chest as you look forward.*
- *Let's hold this pose for two breaths.*
 - *Breathe in, breathe out.*
 - *Breathe in, breathe out.*
- *As you breathe out, gently straighten your back and return to hands and knees.*



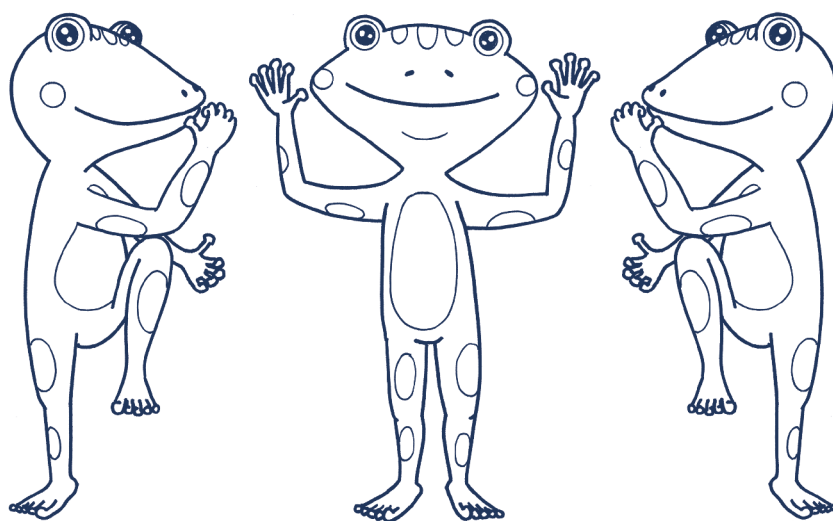
Dog

- Start on hands and knees, with your fingers spread out nice and wide.
- Tuck your toes under and take a breath in.
- As you breathe out, press your hands into the floor, reach your hips back toward the wall behind you and let your legs straighten until you are making an upside-down V shape with your body.
- Keep pressing down with your hands and feet. Let your head relax down and keep a tiny bend in your knees.
- We're going to stay in this pose for two breaths.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- Now gently bend your knees and lower your hips to return to your hands and knees.



Easy Pose

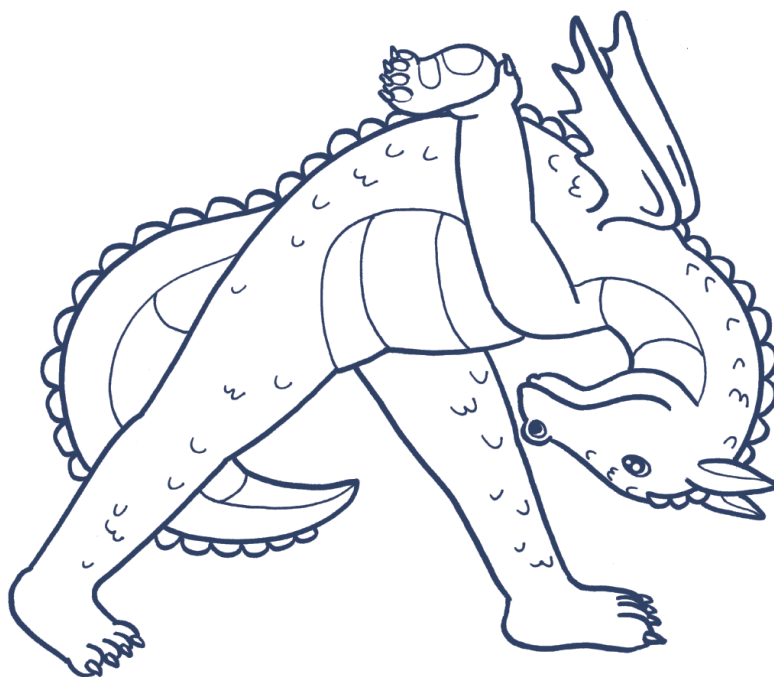
- Start by sitting on the ground with your legs crossed.
- Gently place your hands on your knees or on your Anchors.
- Sit up a little straighter, imagining stretching the top of your head toward the sky.
- Let's take three breaths here.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
 - Breathe in, breathe out.



Elbow-to-Knee

- Begin in Trident: From Mountain, bring arms up to a position where upper arms are parallel to the ground, elbows are bent 90 degrees, and forearms are vertical with palms facing each other. Take a deep breath in and stand up a little straighter.
- As you exhale, bring your weight onto one leg. At the same time, bend the other knee and lift that leg up. Reach the opposite elbow towards the knee. It is okay if they don't touch, and it is okay if they do.
- As you breathe in, lower your leg back to the mat and gently raise your upper body, returning to standing.
- Pause here in Trident as you exhale.
- Take another breath in, standing up tall, and as you exhale repeat the pose on the opposite side.
- Repeat two more times, alternating sides.
- Finish in Mountain.

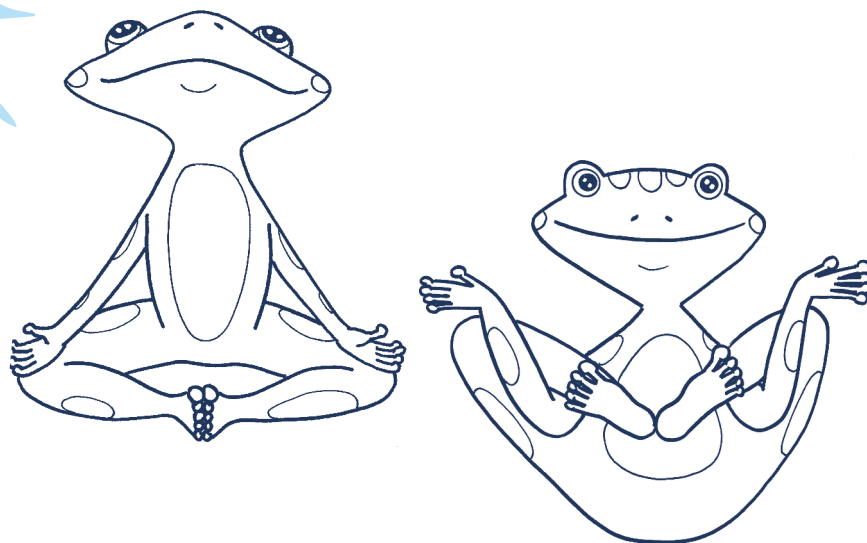
TEACHING TIP: The goal is to stay balanced while moving the knee and elbow toward each other. They do not need to make contact.



Elephant

- Begin in Mountain pose.
- Take a big step back with one foot. Turn your back toes to point a little out to the side. Your front toes point to the front of the mat.
- Bring your arms behind your back and place your hands on your opposite elbows. Breathe out here.
- Take a big breath in and puff up your chest.
- As you breathe out, press down through both feet and gently fold down over your front leg.
- Pause here for two breaths.
 - Breathing in, imagine that your torso gets a little longer.
 - Breathing out, imagine you have the weight of an elephant—your head and chest are broad and heavy.
 - Breathing in, imagine strong elephant legs, and press deeply into the ground.
- Breathing out, feel the stretch in the legs.
- On your next inhale, lift all the way back up to standing while keeping your legs still.
- As you exhale, turn your whole body until you are facing the other direction. Again, your front toes point straight ahead and your back toes point a little bit out to the side. Notice whether you need to adjust your stance at all. Keep holding your elbows behind your back.
 - As you breathe in, puff up your chest and make sure you are still holding opposite elbows.
 - As you breathe out, repeat the pose on the second side.
- When you finish the second side, inhale to come back to standing, and exhale return to Mountain.

The back foot is angled out at about 45 degrees.



Flower

Version 1

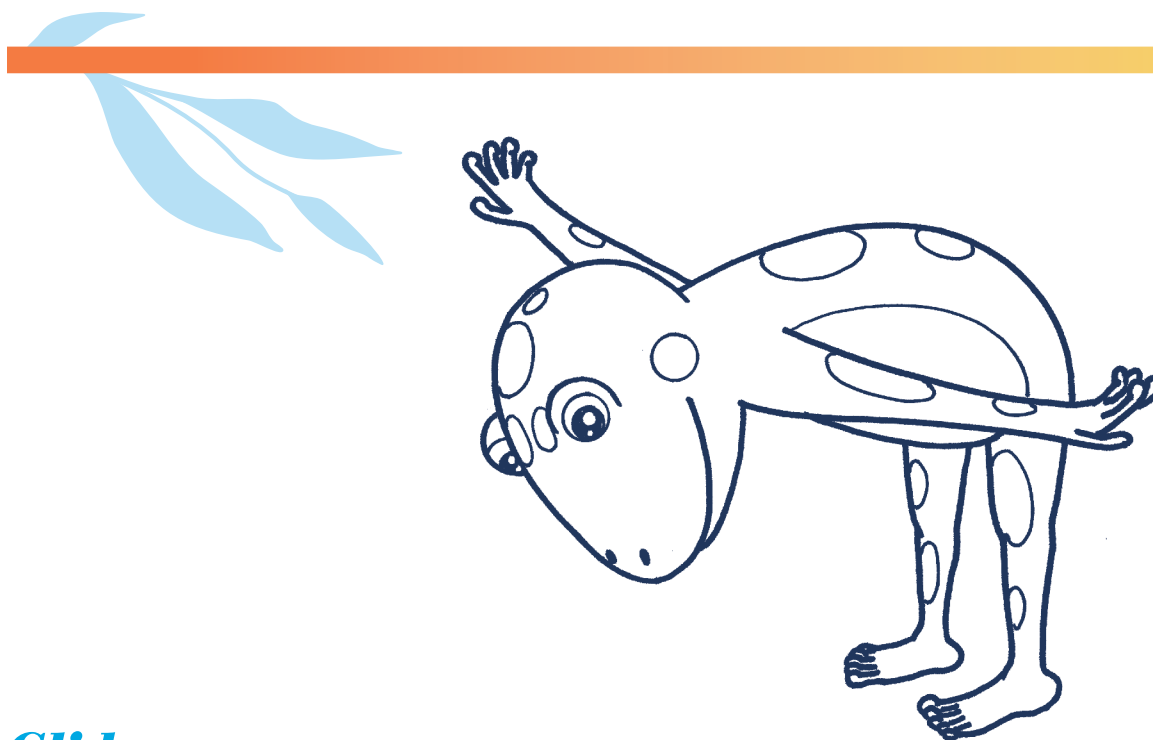
- Begin seated in Butterfly pose or another comfortable seated position.
- Reach your arms out to the sides, turning palms up and lifting the pinkies.
- Inhale: Lift your chest and look upward.
- Exhale: Drop your shoulders downward.
- Let's stay here for three breaths.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- Slide your hands underneath your calves, placing your palms on the mat to the outside of each leg.
- Take a deep breath in, lean back slightly and lift one leg and hand off of the floor. Find your balance. If you feel steady, see if you can lift the other leg and hand up so that your heels are touching. Keep your arms under your shins, with the palms facing up.
- Let's hold this pose for two breaths.
 - Breathe in, breathe out.
 - Breathe in, breathe out.

Version 2 (with balance)

- Start in Butterfly pose, with heels slightly farther away from the body.
- Now bring your arms out from under your legs and return to Butterfly pose.

It is okay to keep one foot on the ground while the learner is practicing their balance.

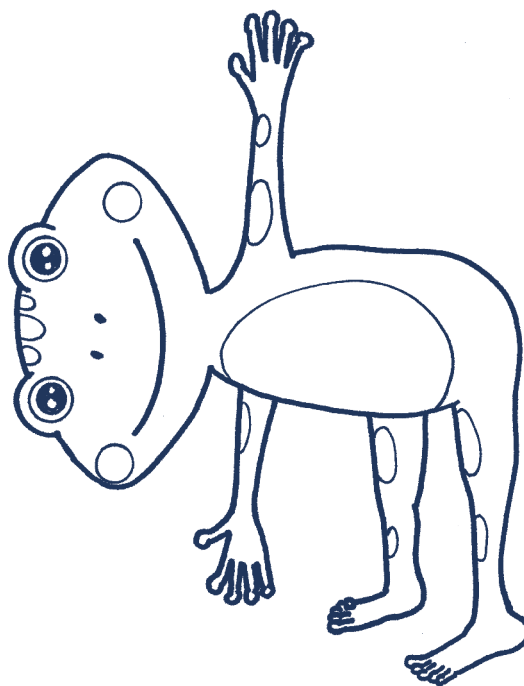
Lifting up through the chest will help with balance.



Glider

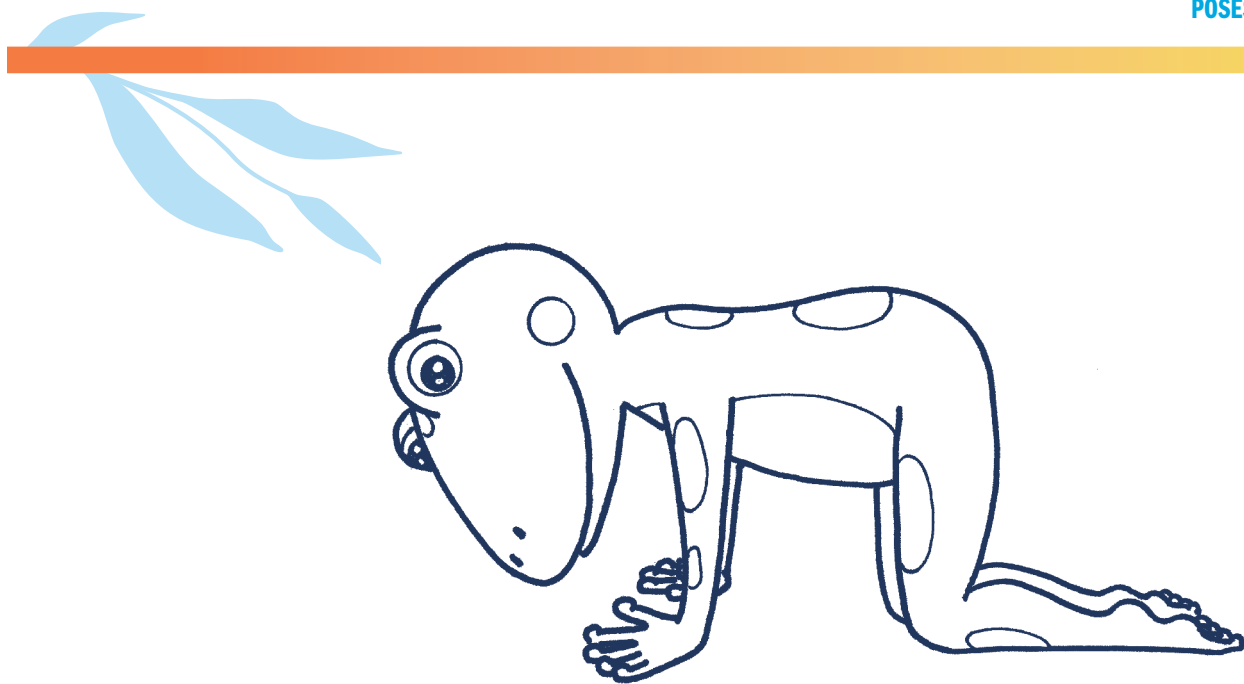
- Start in Mountain Pose with feet hips-width apart.
- As you inhale, reach your arms out in a T position* with palms facing down toward the ground.
- Pause here as you exhale.
- Take another breath in, and bend forward at your hips until your chest is even with your mat. Keep your arms reaching out.
- Pause here as you breathe out.
- On your next breath in, gently lift your torso and return to standing.
- As you breathe out, gently lower your arms to your sides.

*T position is arms reaching out to the sides at shoulder height, and parallel to the floor.



Glider Twist

- Start in Glider, with your arms reaching out to the sides and your chest even with the mat.
- Exhale, twist to the right. Keep your arms in the same line as you touch your left hand to your right knee, and your right hand reaches toward the sky (similar to Windmill).
- Inhale, come back to center.
- Following the same movement pattern, exhale, and twist to the left, bringing your right hand to the left knee and reaching your left arm toward the sky.
- Inhale, come back to center (Glider).
- Exhale, twist to the right.
- Inhale, come back to center.
- Exhale, twist to the left.
- Inhale, come back to center.
- Exhale here.
- Inhale, gently return to standing.
- As you breathe out, gently lower your arms to your sides.



Hands and Knees

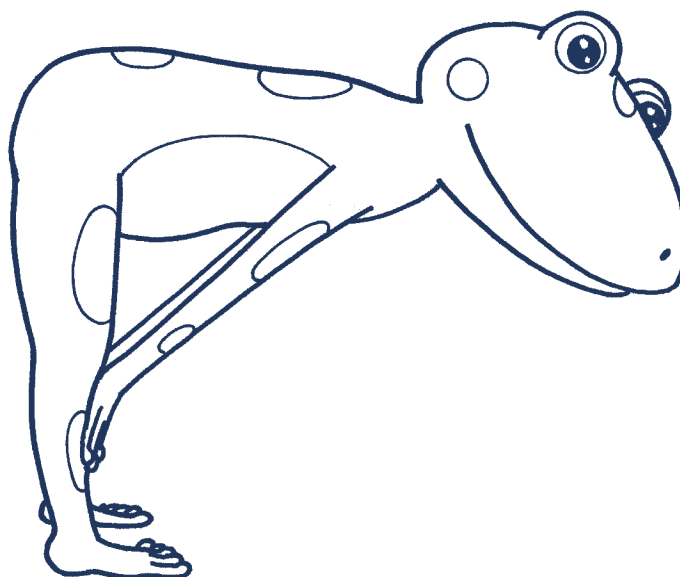
- *Come to hands and knees. Make sure your hands are shoulder-width apart, fingers spread wide apart. Now check that your knees are directly below your hips, hip-width apart.*
- *Inhale and exhale with a straight back.*
- *Keep your chin slightly tucked so you are looking down at the floor between your hands.*

Lever



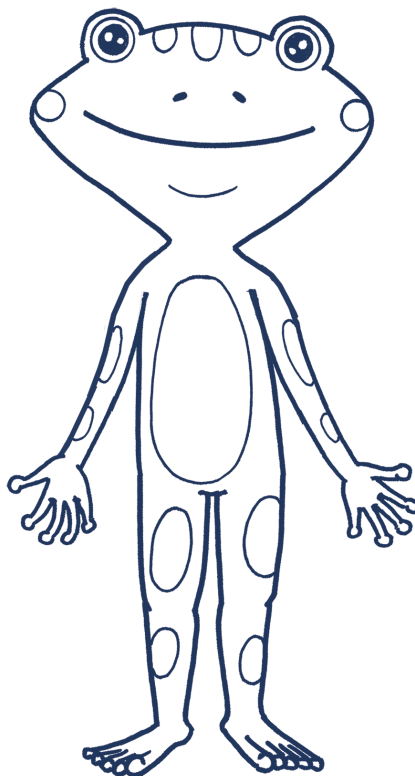
- Begin in Mountain pose. Shift your weight to center over your right leg.
- Inhale: Lift your arms overhead alongside your ears, reaching up with your palms facing toward each other.
- Exhale: Imagine one straight line from the heel of the left foot to the crown of the head.
- Inhale: Extend your left leg back behind you, just keeping your toes on the floor. Reach up through the fingertips and begin to fold forward slightly. Keep imagining that straight line from your back heel to the crown of your head.
- Exhale: If you feel steady, continue to hinge forward, lifting your left leg in order to keep a long line from the crown of your head to your heel. Only hinge forward as much as is comfortable and safe—make sure you don't lose your long straight line!
- Imagine your body is like a lever/seesaw. When your leg lifts, the upper body shifts forward the same amount. Everyone's seesaw might be in a different place, and that's okay. Some might have the leg low and the arms and spine high, and some might have the leg, spine, and arms parallel with the floor.
- Hold the pose for three to five breaths.
 - Breathing in, lengthen your spine, sending your arms forward and heel back.
 - Breathing out, press down into the mat through your supporting foot, feeling how strong your supporting leg is.
- Go as far as you feel comfortable; remember that touching down and going back into the pose is not failing but is part of the practice.
- Inhale to lift the torso and bring the back foot down to return to standing.
- Exhale and bring your hands back by your sides for Mountain.
- Repeat on the opposite side.

TEACHING TIPS: For an extra challenge, start Lever pose from Victory pose. From Victory pose, shift weight carefully onto the front foot. First lift the heel of the back foot so that only the toes are touching the ground and weight is centered over the front foot. Then, as you find your balance, begin to lift the back leg more while leaning the torso forward, maintaining a straight line from the head to the extended heel. See Unit 3, Lesson 3 for full instructions.



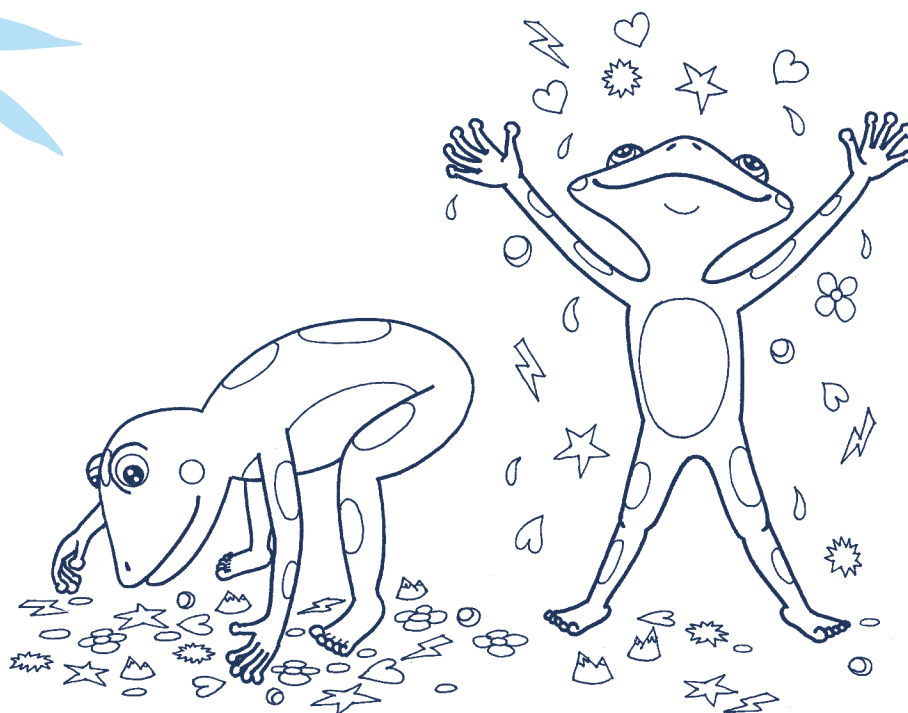
Monkey

- *Begin in Sunset pose, with your head hanging down and your hands on your shins, your ankles, or the floor.*
- *As you breathe in, lift your chest and look forward, sliding your hands up along your shins. Stop when your chest is even with the floor.*
- *This is Monkey pose.*
- *Let's pause for one full breath here.*
 - *Breathe in, breathe out.*
- *Take one more breath in, and as you breathe out, fold forward again to return to Sunset.*



Mountain

- *Begin by standing with feet parallel, no more than hip-width apart.*
- *Inhale: Imagine the top of your head lifting and your body growing taller.*
- *Exhale: Press both feet into the floor and relax shoulders away from the ears.*
- *Now imagine a mountain. Notice how tall and strong it is. Imagine you are as tall and strong as a mountain.*

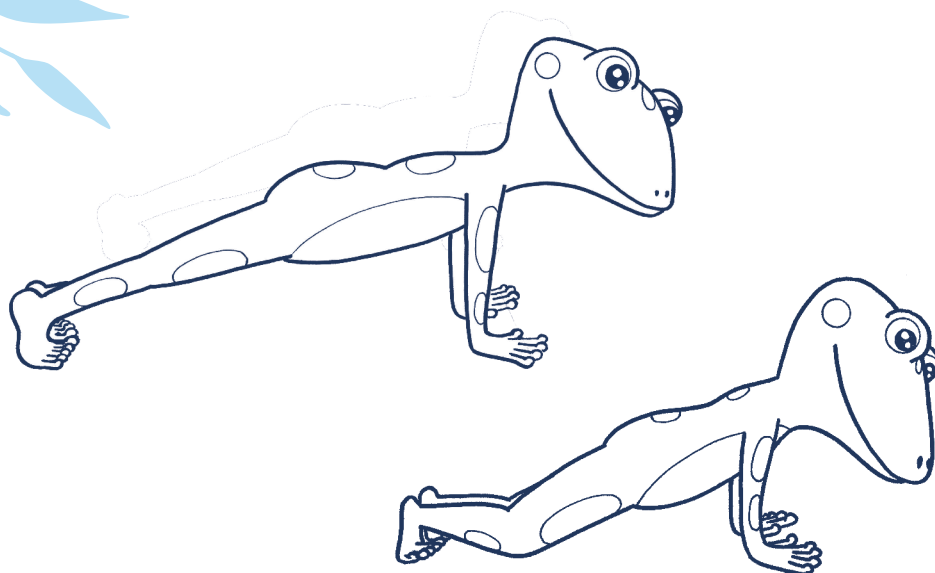


Pick It Up

- Start in Standing Starfish.
 - Imagine you are standing in a pool, and the pool is full of whatever attitude, feeling, or mindset you need today. Is it kindness, patience, bravery, calmness or something else?
 - Have the students pause in Glider or Mountain pose and think about seeing things from a new perspective/point of view. Then have students close their eyes and ask: Is there a challenge in your day or week you can try to see from a new perspective? Maybe this challenge is a conflict or misunderstanding, or maybe there's a situation you're frustrated with or finding difficult. Your new perspective might be coming to the challenge with fresh eyes, as if you are seeing it for the first time.
- Or your new perspective might be placing yourself in someone else's shoes to see things from their point of view.
- As you breathe out, bend your knees, fold forward, and swoop your arms down in a gathering motion. Imagine you are "picking up" whatever it is you need today.
 - As you breathe in, slowly return to standing, bringing that feeling or attitude up over your head.
 - As you breathe out, imagine you are allowing what you picked up to wash over your whole body and into your mind, as you lower your arms down along your sides.

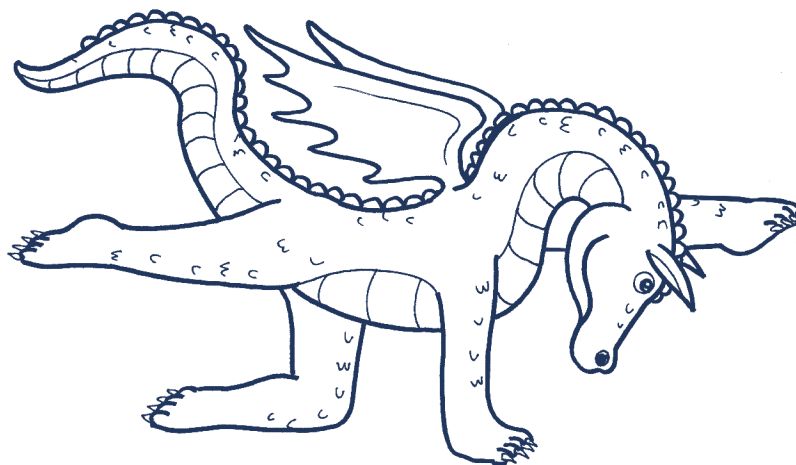
TEACHING TIPS: This movement can be repeated several times, with or without the imagery.

Invite students to share what it was they needed and picked up. Notice out loud that everyone picked up something that was right for them based on their point of view.



Plank/Kneeling Plank

- Start on hands and knees. Make sure your hands are shoulder width apart and your fingers are spread out wide.
- Step your feet back and lift up on your toes in a push-up position. Press down through your hands and back through your heels. You can imagine a straight line from your heels to your head. Your knees can stay up or you can bring them down to the ground for support.
- Let's hold this pose for two breaths.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- Now slowly return to hands and knees.



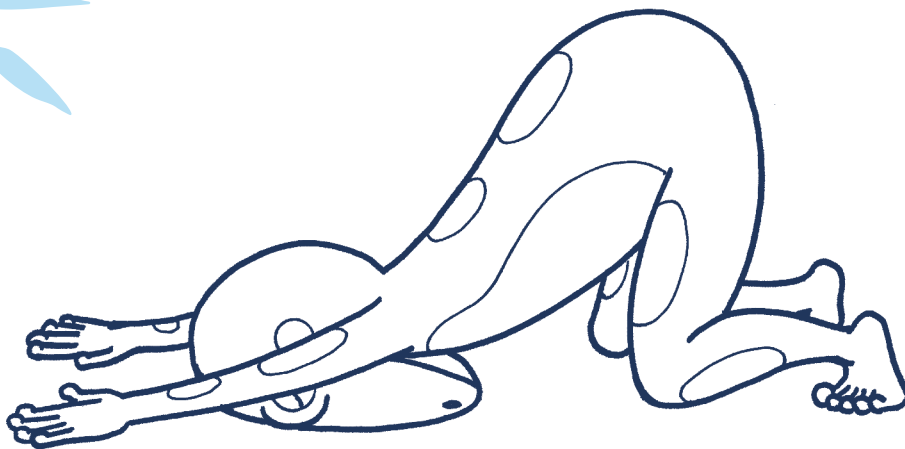
Pointing Dog

- Begin in Hands and Knees pose, with your shoulders stacked above your palms and your hips stacked above your knees. Keep your spine long and neutral and your head looking down.
- Breathing in, lift your left arm and then your right leg, stretching them out from the body, level with your spine. Pause here.
- Breathing out, lower your arm and your leg slowly and return to neutral on your Hands and Knees.
- Breathing in, lift your right arm and your left leg, stretching them out from your body, level with your spine.
- Breathing out, lower your arm and leg slowly and return to neutral on your Hands and Knees.
- Repeat for three to five breaths, alternating sides with each inhalation.
- Breathing in, imagine a long line extending from the heel of your raised foot to the fingertips of your raised arm.
- Breathing out, engage your belly to support your spine.
- Breathing in, feel all your muscles working to keep your body balanced.
- Breathing out, find stability around your center of gravity before lifting and balancing again.

Variation:

- For an added balance challenge, hold the pose for several breaths on each side instead of alternating sides with each inhalation.

TEACHING TIPS: Explain that Pointing Dog is a balancing pose that they do on the ground. Demonstrate the movement once, and then model as students follow along. Encourage students to focus on finding steady, even breath to guide the movement.



Puppy

- Start on your hands and knees.
- Walk your hands out in front of you and gently stretch your arms.
- Press into your hands and reach your hips back toward the wall behind you.
- Let your chest slowly sink down to the floor.
- Pause here for one full breath in and out.
- Now bring your hips forward over your knees,, walk your hands back under your shoulders, and return to hands and knees.



Seated Forward Fold

- *Begin by sitting comfortably.*
- *Stretch your legs out in front of your body. If it's uncomfortable to straighten your legs completely, leave them slightly bent. Place your hands on the outside of your legs.*
- *As you breathe in, sit up tall.*
- *As you breathe out, fold forward and walk your hands towards your feet.*
- *Allow your hands to rest on your thighs, your shins, or your toes. Pick the spot that feels most comfortable.*
- *Let your head, neck, and shoulders relax.*
- *This is seated forward fold. Let's hold this pose for two more breaths.*
 - *Breathe in, Breathe out.*
 - *Breathe in, breathe out.*
- *As you take your next breath in, slowly return to a seated position.*

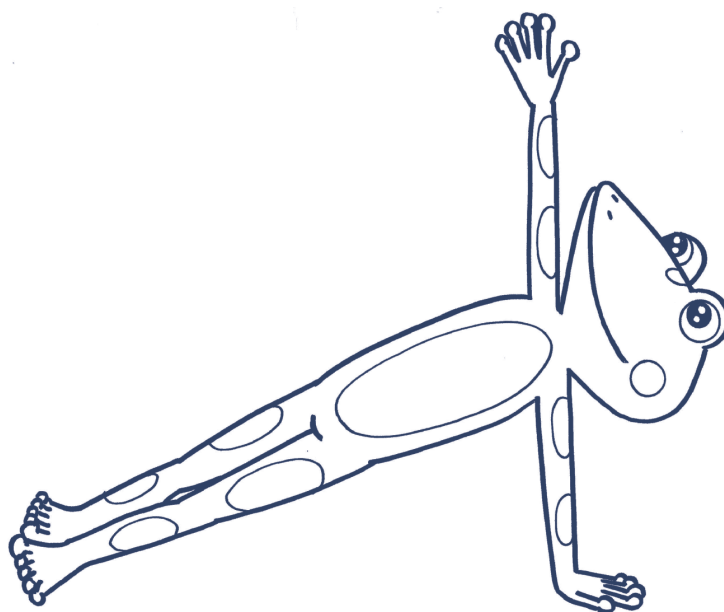


Seated Twist

- *Begin by sitting in Easy pose.*
- *As you inhale, press down your sit bones to sit up tall and reach your left hand across to your right knee.*
- *As you exhale, very gently twist a little to the right. Bring your right hand to the floor by your right hip, and turn your gaze to your right. Hold the twist for three breaths.*
 - *Breathe in, breathe out*
 - *Breathe in, breathe out*
 - *Breathe in, breathe out.*
- *On the next inhale, come back to center.*
- *As you exhale, repeat the twist to the other side.*

You can remind students NOT to press hard against their knees to experience a deeper twist.

The head should be aligned directly over the tailbone—students should be sitting up very straight and tall. They should not be leaning in any direction to get a deeper twist.



Side Plank

- Begin in kneeling variation of Plank pose. Check that your shoulders are over your wrists.
- Now stretch the fingers on one hand out like a starfish. Extend your opposite leg and reach the heel back.
- Shift your weight onto the starfish hand and gently roll your body over to that side. Keep your lower knee and shin on the ground for support, with the foot pointing back behind you.
- The inner edge of the extended leg touches the ground.
- Balance here with one knee bent and one leg straight. Press down through the hand that is on the ground. Your other hand can rest on your hip.
- Now you have a choice about what to do next. You can:*
- Stay right here with one knee down for support.
- Extend the bottom leg and balance on the outer edge of the bottom foot and the inner edge of the top foot. The feet are both on the ground, one behind the other.
- Stack your feet on top of each other, and balance on the outer edge of the bottom foot.
- You can either keep your top hand at your hip or reach it up to the sky. This is Side Plank.
- Let's hold this pose for one breath.
 - Breathe in, breathe out.
- Now slowly bring your top hand down to the mat and shift your body to the center, returning to kneeling variation of Plank pose.
- Take a breath or two here, and repeat Side Plank on the other side.

*The variations are offered in increasing difficulty.

You can always offer only the most supported version of the pose until students are more familiar and comfortable.

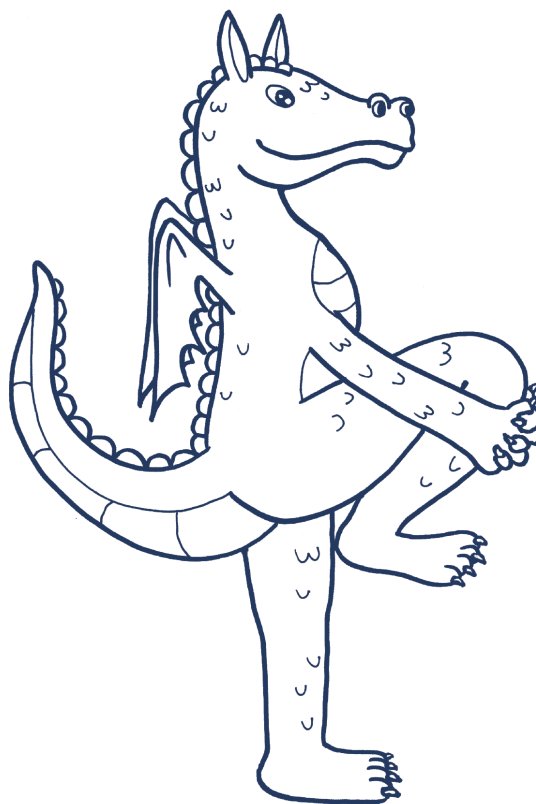
You may also use the elbow and forearm to prop up the body instead of the hand.



Standing Starfish

- Begin in Mountain pose, facing the long edge of the mat.
- As you breathe in, extend your arms out to your sides in a T shape as you jump or step your feet apart like you're doing a jumping jack.
- Your toes point to the long edge of your mat.
- This is starfish pose.
- Let's hold this pose for three breaths.
 - Breathing in, reach the fingertips away from you, palms facing down, as if someone is pulling gently on the hands in opposite directions.
 - Breathing out press your feet equally into the ground to help you find balance.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- On your next inhale, jump or step back to standing.
- Exhale, relax in Mountain pose.

Encourage students to notice whether their stance feels stable and invite them to move their feet into a wider or narrower stance as appropriate.



Stork

- Begin in a strong Mountain pose in the middle or back of the mat. Focus your eyes on the front edge of your mat. Keep your eyes fixed on one spot the whole time.
- Inhale: Place your hands on your hips and begin to shift your weight onto one foot.
- Exhale: Imagine sending roots down through that foot anchoring yourself to the ground.
- Inhale: Lift your other foot, bend your knee, and place your same side hand on the knee.
- Exhale: Open your bent knee out to the side.
- Let's hold the pose for three to five breaths.
- Breathe in, breathe out.
- Breathe in, breathe out,
- Breathe in, breathe out.
- If you start to lose your balance, place your foot down to stay safe. You can always build the Stork again, starting with the first step.
- Inhale, bring the knee back to center.
- Exhale: Lower hands to the sides and your foot to the floor.
- Repeat on the other side.



Sunrise

- *Begin in Mountain Pose.*
- *As you take a big breath in, turn your palms out and reach your arms out to the sides and up overhead for Sunrise.*
- *As you breathe out, bring your arms back by your sides for Mountain.*
- *Let's do that one more time.*
- *As you breathe in, sweep your arms up, imagining the sun rising in the sky.*
- *As you breathe out, bring your arms back by your sides and return to Mountain.*



Sunset

- *Begin in standing. Take a deep breath in.*
- *As you breathe out, fold forward. Rest your hands on your shins, your ankles, or maybe the floor.*
- *Bend your knees a little bit and see if this helps you fold a little further. Let your whole upper body relax over your legs, and let your head hang down.*
- *Pause here for one full breath.*
 - *As you breathe in, press down into the mat through your feet.*
 - *As you breathe out, allow your upper body to relax a little bit more.*
 - *As you breathe in, slowly come back to standing.*

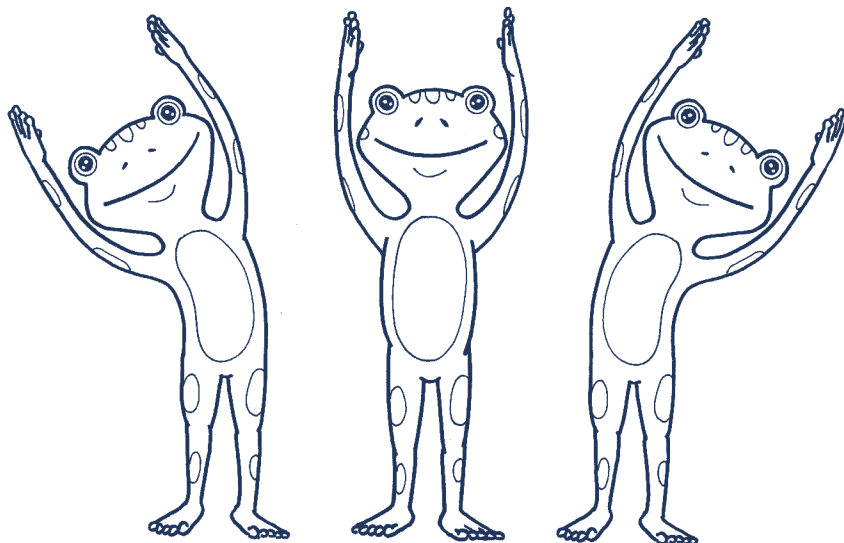


Surfer

- Begin in Standing Starfish, and step your feet a little bit wider apart.
- Notice if your feet are so wide apart that it is uncomfortable to stand and keep upright—then you know to bring your feet in a bit. Notice if your feet are too close—are you able to move them out without losing your ability to press firmly down evenly through both your feet?
- Take a breath in, and turn your right foot so your right toes are pointing toward the short edge of the mat.
- As you breathe out, bend your right knee over your right ankle. Turn your head to look out over your right fingertips.
- This is a Surfer pose. Let's hold this pose for three breaths.
 - Breathing in, fix your attention forward, like a surfer watching where the wave will take you.
 - Breathing out, squeeze the belly gently and press your feet down firmly, holding your body strong on your surfboard.
 - Breathing in, reach the arms out even wider—imagine stretching them the length of your surfboard!
 - Breathing out, sink the shoulders down away from the ears and see if you can sink the hips down, deepening the lunge.
- Take one more breath here, looking out over the ocean.
- As you breathe in, straighten your front knee. As you breathe out, turn both of your feet to face the long edge of your mat and then jump or step back to standing.
- Let's repeat this pose on the other side.

When they bend their knees in this pose, ensure that students' knees stay right above the ankle, and do not move out over the toes or collapse in.

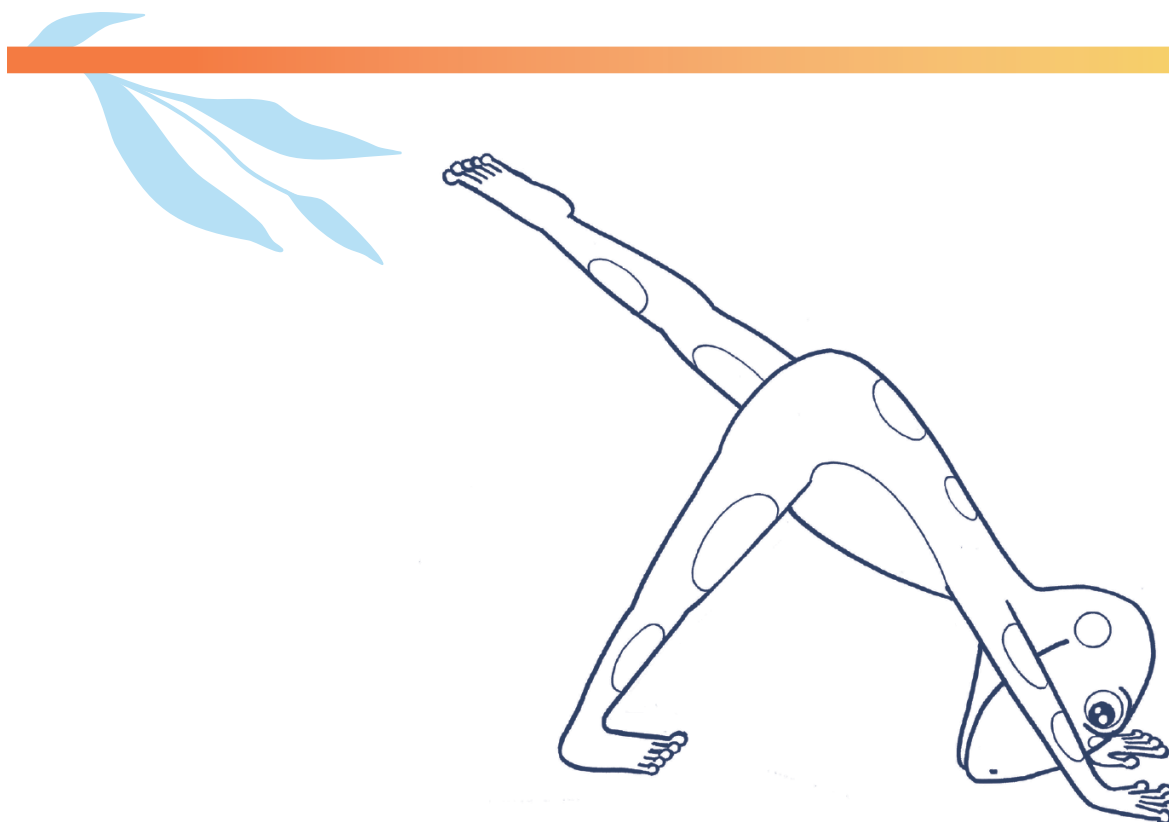
Swaying Palm



- Begin by standing tall in Mountain pose with feet planted in the earth, toes spread wide, and body strong but soft.
- Inhale and stretch your arms up overhead with palms facing toward each other.
- Exhale and keep your feet where they are as you gently lean your upper body, head, neck and arms to one side.
- Inhale and come back to standing, reaching your arms overhead.
- Exhale and keep your feet where they are as you gently lean your upper body, head, neck and arms to the other side.
- Inhale and come back to standing, reaching your arms overhead.

Repeat the movement a few times, alternating sides.

- Exhale and bring your arms back to your sides for Mountain Pose.



Three-Legged Dog

- Start in Dog pose. Make sure your fingers are spreading wide and pointing forward.
- As you take a relaxed breath in, step your feet together. Breathe out here.
- On your next inhale, lift your right leg into the air, pointing your toes and reaching them toward the wall behind you. You want to keep your hips facing the floor.
- This is Three-Legged Dog pose.
- We're going to stay in this pose for two breaths.
- Breathe in, breathe out.
- Breathe in, breathe out.
- Take one more breath in, and as you exhale bring your foot back down to your mat. Your feet are touching again.
- Pause here for one breath and press down into your mat through your hands and feet.
- Now get ready to repeat the pose on the second side.

Tree



- Begin in a strong Mountain pose in the middle or back of the mat. Focus your eyes on the front edge of your mat. Keep your eyes fixed on one spot the whole time.
- Place your hands on your hips. Press into one foot, shifting your weight onto that leg. As you bend your other knee a little, come up on to the toes of that foot. Point the knee out to the side, with the heel resting against the other ankle.
- Take a relaxed breath in, and imagine sending roots down through the foot anchoring you to the ground. Keep looking at your focus spot to help keep your balance.
- You can stay right here, or, as you exhale lift the foot of the bent leg, and press the sole of the foot against the other calf or thigh.
- Let's hold the pose for three to five breaths.
 - Breathing in, imagine growing taller.
 - Breathing out, press your standing foot into the ground, keeping that leg active and strong.
 - Breathing in, bring your arms up over your head, and reach your fingers toward the sky like branches.
 - Breathing out, keep your arms up as you lower your shoulders away from your ears.
- If you start to lose your balance, place your foot down to stay safe; you can always build your Tree again, starting with the first step.
- As you exhale, lower hands to the sides and your foot to the floor.
- Repeat on the second side.

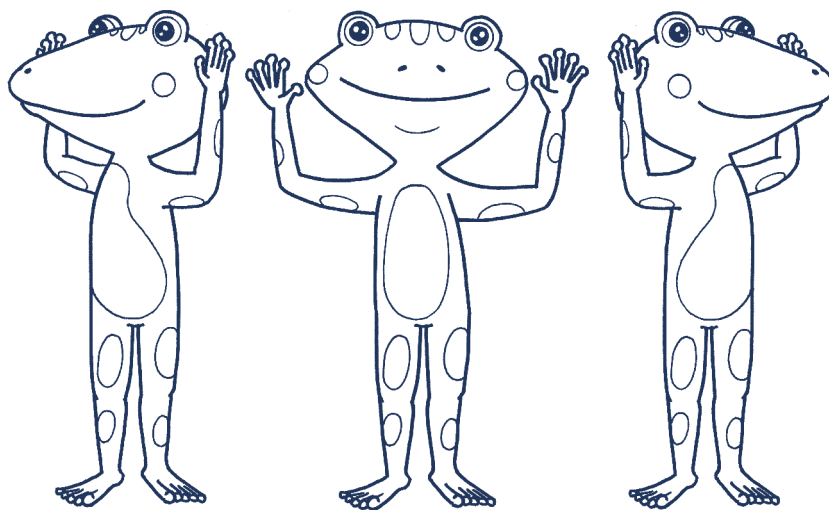
It is important that students understand not to press their foot into their knee when they balance in the pose.

Triangle

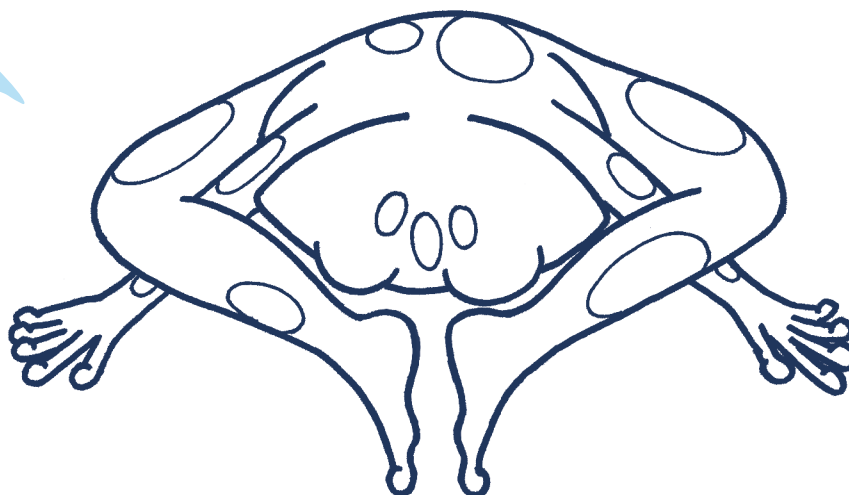


- Begin in Standing Starfish pose, facing the long edge of the mat.
- Inhale and turn the right foot to face the short edge of the mat. The left heel can angle toward the back of the mat (about 45 degrees).
- Keep the chest and torso facing the long edge of the mat. As you exhale, reach your right arm out over your right foot, stretching your upper body to the right without bending the back. Let your right hand touch your right thigh, shin, ankle or foot. Don't rest the hand on your knee.
- As you inhale, reach your left arm up towards the ceiling with the palm facing forwards. You may look up at the left hand or look straight ahead without twisting the neck. Keep pressing into the floor with your feet.
- Hold the pose for three to five breaths:
 - Breathing in, press your feet firmly into the mat.
 - Breathing out, check that if you lift your right hand slightly away from your leg, your legs are engaged enough to hold you up.
 - Breathing in, can you lengthen your spine in one long line from tailbone to head? Can your chest expand, arms open wide?
 - Breathing out, notice what happens if you gently pull your belly button in toward your spine. Does your back feel strong and stable?
- Let's take one more breath here. Breathe in, breathe out.
- On your next inhale, let your left arm pull you back up to standing, with arms in a T-shape.
- As you exhale, turn both feet to face the long edge of the mat. Take a breath here, breathing in and out.
- On your next inhale, turn your left foot to face the short edge of the mat, and let your right heel angle toward the back of the mat. Now you are ready to repeat triangle on the left side.

Trident/ Trident Twist

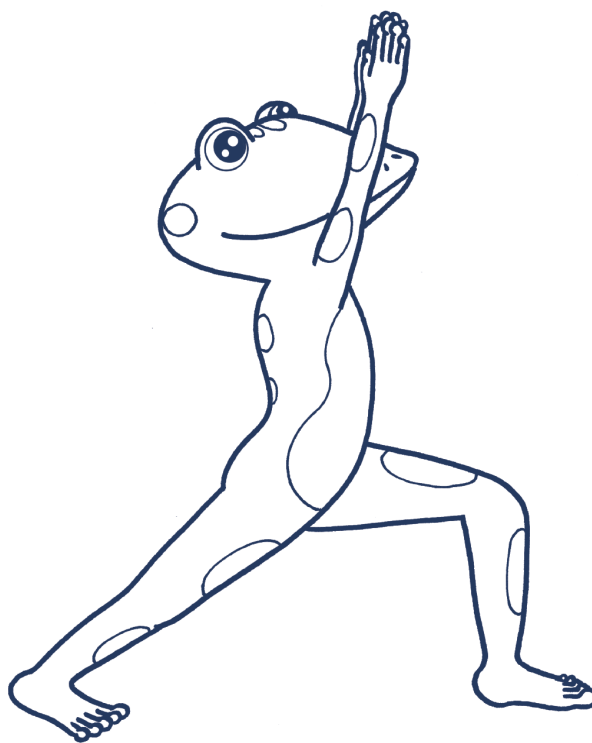


- Begin in Mountain pose with your feet hip-distance apart.
- Inhale, reach your arms up overhead with palms facing each other.
- As you exhale, bend your arms at your elbows and slowly lower them so that your upper arms are parallel to your mat. Keep your palms facing in toward one another.
- Take a deep breath in and stand up a little straighter, making sure to keep a small bend in your knees. This is Trident.
- As you exhale, gently twist the torso to the right side, keeping the feet stable and being careful not to lock the knees. Let your gaze also turn to the right.
- As you inhale, gently twist back to center. Feel the front of your body open and feel your spine grow tall.
- As you exhale, twist to the opposite side, keeping the feet stable and keeping a tiny bend in the knees. Turn your gaze to the left.
- Inhale and gently twist back to center.
- Repeat the movement a few times, alternating sides.
- When you come back to center on the last inhale, exhale and bring your hands back to your sides for Mountain.



Turtle

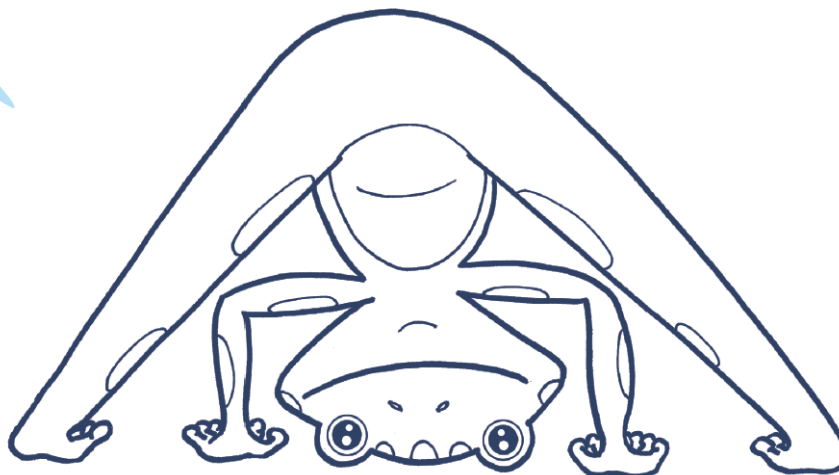
- Begin in Butterfly pose.
- Take a deep breath in, and as you breathe in, sit up tall.
- As you breathe out, slowly relax your knees down toward the mat.
- Now slide your left hand under your left leg, and slide your right hand under your right leg. Place your palms on the mat or, if you prefer, hold your feet.
- Take a deep breath in.
- As you breathe out, slowly fold your upper body toward the mat. Relax your head down and allow your back to curve.
- This is Turtle pose.
- Let's hold this for two breaths.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- Now slowly sit up straight.
- Bring your arms out from underneath your legs.
- Return to a comfortable seated position.



Victory

- Begin in Mountain pose.
- Holding your hands on your hips, take a big step back with the left foot. Your right toes point to the front of the mat, and your left toes turn out to the side at a 45 degree angle.
- Inhale: Reach your arms up alongside your ears and stretch your fingers toward the ceiling.
- Exhale: Press down through both feet and bend into your front knee. Make sure your knee stays above your ankle and doesn't go over the front toes.
- Hold the pose for three to five breaths.
- As you breathe in, imagine your breath lengthening your torso as you reach up.
- As you breathe out, press your back foot deeply into the ground, finding your balance in your legs.
- Inhale: Straighten your front knee to slightly lift up from the pose.
- Exhale: Step back to Mountain.
- Repeat the pose on the second side, stepping back with the right foot.

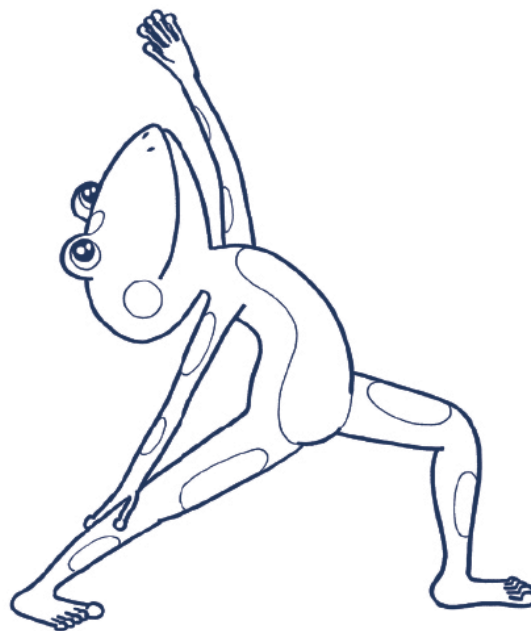
Have learners check their stance after they step back. If they feel unsteady, they can step their feet in a little closer. If they have some room to widen their stance without losing balance, they can do that too.



Volcano

- *Begin in Standing Starfish.*
- *Exhale and put your hands on your hips.*
- *Inhale, stand up tall.*
- *As you exhale, fold forward and gently slide your hands down your legs. Maybe they will rest on your shins, your ankles, or the floor. Let your head hang down.*
- *Inhale, Keep your hands where they are and lift just the head and chest, looking forward.*
- *Exhale, fold forward again. This is Volcano pose. Let's pause here for two breaths.*
 - *Breathing in, notice whether you can feel your back stretching with your breath.*
 - *Breathing out, can your muscles relax into the pose?*
 - *Breathing in, press your feet into the mat to engage the legs.*
 - *Breathing out, allow the muscles in the legs to relax.*
- *On your next breath in, put your hands on your hips and slowly lift up to standing.*
- *As you breathe out, hop or step your feet back together and lower your hands to your sides for Mountain.*

Wave A

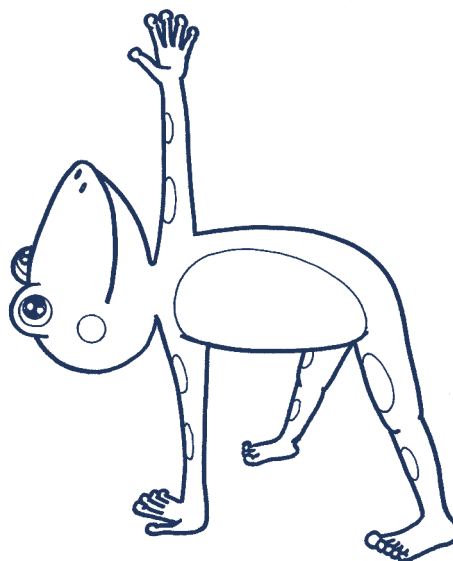


- Begin in Surfer pose and take a breath here.
- Now, without moving your legs, turn your front palm up to face the sky, and with the inhale reach that hand up above the head. See how it feels to tilt your head slightly to look up at your palm.
- As you exhale, bring your other hand to the hip. Take a breath here, and if you feel steady reach that hand toward your back calf. Notice whether you feel a stretch in your side.
- Let's pause here for three breaths.
 - Breathing in, keep the front fingertips reaching toward the ceiling.
 - Breathing out, keep the front knee bent, both feet pressing down into the mat.
- Breathing in, let your breath expand your ribs.
- Breathing out, gently pull the belly button toward the spine to support the back.
- Take one more breath here.
- On your next breath in, keep your legs still and let your top arm pull you back up into Surfer pose. Exhale here.
- Inhale, straighten your front knee, and as you exhale, turn both of your feet until you are in Surfer pose on the second side, with the back foot pointing to the back of the mat. Now let's repeat Wave A on this side.



Wave B

- Begin in Surfer pose and take a breath here.
- Now, without moving your legs, turn your back palm up to face the sky.
- On your next breath out, bend your front elbow and rest your forearm on your front thigh.
- At the same time, reach your back arm up and over until the fingertips reach toward the wall in front of you. Imagine there is a straight line from your back foot to your top fingers. This is Wave B.
- Let's pause here for one breath.
 - Breathe in, breathe out.
- On your next breath in, keep your legs still and let your top arm pull you back up into Surfer pose.
- As you breathe out, turn both of your feet to face forward and let your arms relax at your sides.
- Let's pause here for one breath. Then we'll repeat this on the other side.
 - Breathe in, breathe out.
- Now let's come into Surfer pose on the second side, and get ready to repeat Wave B on this side.



Windmill

- Begin in Mountain pose. Then step or hop feet wide.
- As you breathe in, stand up a little straighter and feel the space in the front of your body.
- As you breathe out, fold forward. Bend your knees enough so that you can place your hands on the ground. Once your hands are down, if it feels comfortable, straighten out your legs a little.
- Pause here for one breath.
 - Breathe in, breathe out.
- Take another breath in, and press your left hand into the mat. Then bring your right hand to your right hip and twist your upper body toward the right. If you feel steady, you can raise your right hand up toward the ceiling, with the palm facing to the right. As you breathe out, if you feel steady, look up toward your right hand.
- Let's pause here for three breaths.
 - Breathing in, expand across the chest.
 - Breathing out, relax the upper body into the twist.
- Take another breath in, and come back to the center, placing both hands on the mat.
- Let's repeat this on the other side.
- Take a slow breath in, allowing your body to relax.
- As you breathe out, press your right hand into the mat.
- Take another breath in, and then twist to the left, bringing your left hand to your hip. If you feel steady, raise your left hand to the sky with the palm facing to the left.
- As you breathe out, if you feel steady, look up toward your left hand.
- Let's pause here for three breaths.
 - Breathing in, expand across the chest.
 - Breathing out, relax the upper body into the twist.
- Take another breath in, and come back toward the center, placing both hands on the mat.
- As you breathe out, bend your knees a little and gently squeeze your belly muscles. On your next breath in, walk your hands up your legs to your hips and return to standing.
- As you breathe out, step your legs back together and lower your hands to your sides for Mountain.

Partner Poses

Partner poses offer learners the opportunity to practice compassion, caring and communication both with themselves and with their partners. Ask students questions such as the following to guide the practice of partner poses:

- *When we do partner work today, how will you show your partner that you care for their safety and well-being?*
- *When you do a partner pose, what behaviors can your partner demonstrate that will help you to feel supported?*

Guide the students in coming up with partner agreements/guidelines such as:

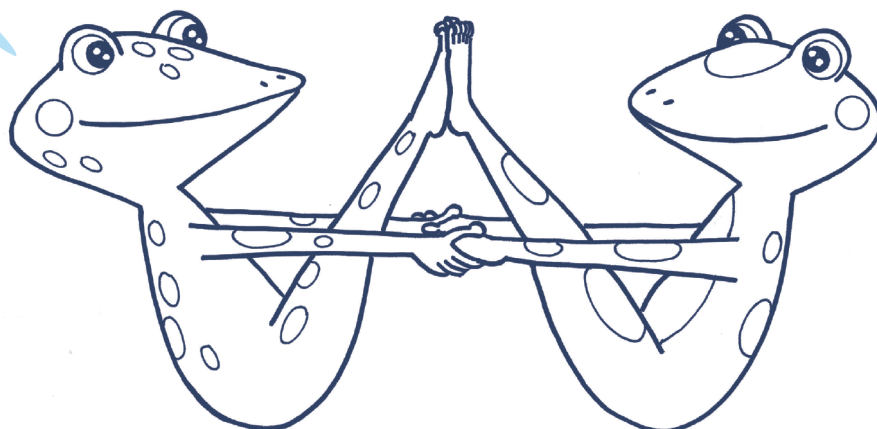
- **GREET** your partner. At the beginning of each partner pose, practice eye

contact, say hello, and shake hands, fist-bump, or high-five.

- **CHECK IN** with your partner to make sure they are ready to begin and that they feel safe in the pose.
- **SPEAK UP:** Tell your partner what you need.
- **BE KIND.**
- **LISTEN** to what your partner is telling you: **STOP** means **STOP**.
- **PRACTICE** supporting each other in the pose.
- **Have fun together!**

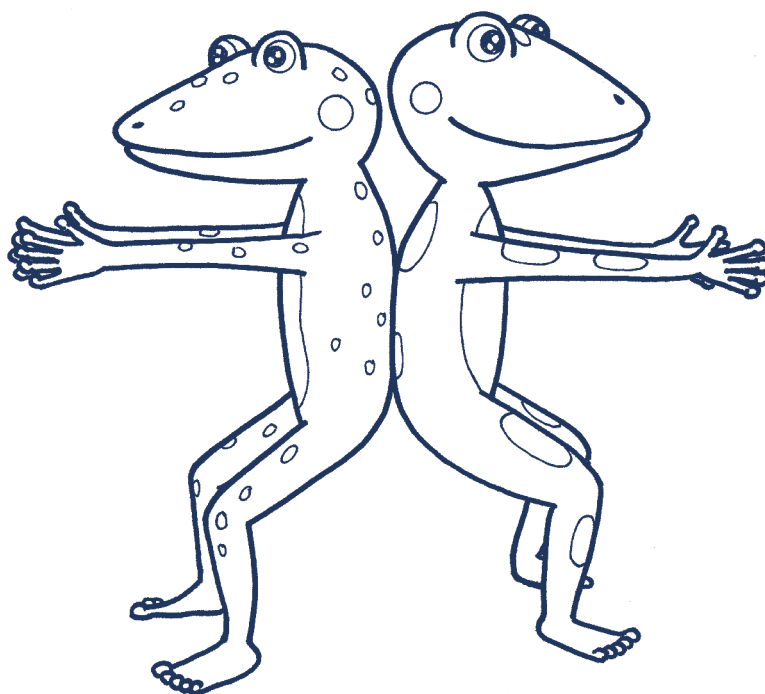
Remember that physical contact with another person is always optional, and give learners the choice about how and whether to participate in partner poses.





Partner Boat

- Sit facing your partner with your knees bent and your feet on the ground, toe to toe with your partner.
 - Reach around the outside of your legs to hold your partner's hands.
 - Take a moment to feel your back. Are you bending forward? If so, you might need to move a little closer to your partner so that you can sit up taller. See if you can keep your front body open and your spine straight throughout this activity. Let your shoulders stay down.
 - Now raise one leg at the same time as your partner raises the leg directly across and press the soles of the feet together.
 - Take a moment to find your balance. Check in with your partner.
 - Now if you feel steady, each of you raise your other leg and place the soles of those feet together.
 - As you breathe in, find your balance.
 - As you breathe out, focus on your partner.
 - If you have found your balance, you can try straightening your legs without losing that openness in the front part of your body.
 - If your legs feel tight or uncomfortable in the stretch you may want to get out of the pose and move a little farther from each other.
 - Let's stay here for a few breaths.
- Pause and allow students to take three to five breaths in the pose.
- When you are ready, gently put one foot on the floor, and then gently lower the other foot.
 - Now let go of your partner's hands.



Partner Challenges: Back-to-Back Chair

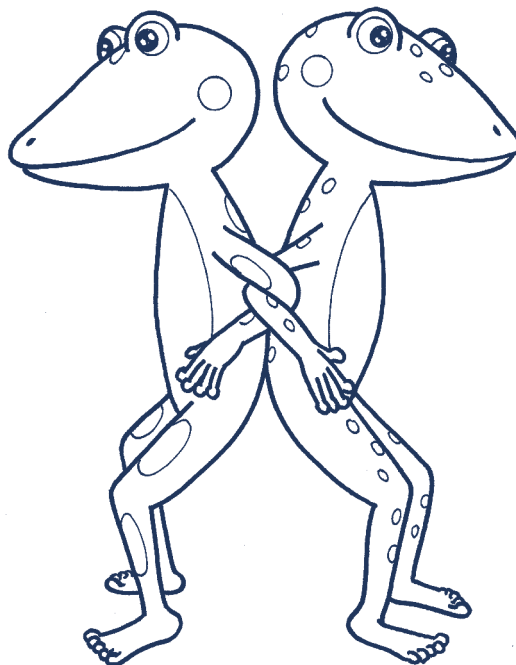
- Stand back to back with your partner. Take in a deep breath and notice whether you can also feel or hear your partner's breath.
- Press evenly and gently into each other's backs.
- Keep your backs pressing into each other as you take a small step forward (away from your partner). Bend at the knee as though you were sitting in a chair.
- Check in with your partner. Are they okay? Do they need to pause? Can you safely move further into the pose?
- If you both want to move further into the pose, take another small step away from each other, and bend into your knees a little more. Do not bend the knees past 90 degrees.
- Anytime you feel unstable or you are ready to end the pose, communicate with your partner.
- When you are ready to come out of the pose, make sure you move at the same time as your partner. Take a small step backwards (towards your partner) to bring your feet closer to your partner's. When you do this your knees will start to straighten. Keep moving toward each other, one step at a time, until you are again back-to-back with your partner and your legs are straight in a standing position.



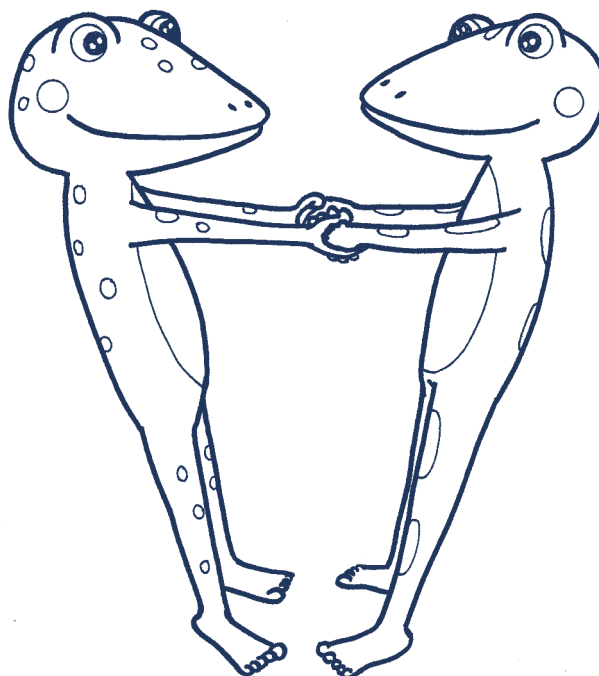
Partner Challenges: Drawbridge

- Stand facing your partner, about an arm's length away from each other.
- Inhale, reach your arms up overhead and press your palms against your partner's palms. Do not interlace your fingers! You may have to adjust your foot position so you can reach each other.
- Keep pressing gently but firmly against each other's palms.
- Take one step back (away from each other).
- If you both feel steady, cooperate with your partner to continue moving your feet as far away from each other as possible, while pressing steadily into the hands.
- Check in with your partner. Does the pose feel safe? Do you need a pause? Can you move further apart while staying safe? How can you act in a way that your partner will trust you?
- Hold the pose for a few breaths if you can. When you are both ready, or if either of you feels like you might fall, end the challenge by walking one step at a time toward each other.
- After you have walked your feet together, breathe in once while you are still touching palms with your partner. As you exhale, carefully release contact with your partner's hands and bring your hands back to your side for Mountain.

Partner Challenges: Interlocking Arms/Elevator



- Stand back to back with your partner and gently hook elbows. Keep your partner's shoulders safe and comfortable by staying back to back. Take a deep breath in and out. As you take a few breaths here, tune in to see whether you can also feel and hear your partner's breathing.
- Check in with your partner and ask if they are ready before starting. Only begin if both you and your partner have said "yes." Remember to pause or end the challenge anytime you feel unsafe.
- Keeping your elbows interlocked, slowly step your feet one step away from your partner. Begin bending the knees to slowly lower down toward the ground, moving together the whole time. Tell your partner to pause anytime you don't feel safe and stable.
- From the ground (or from your lowest point in the pose), staying back to back with arms interlaced, cooperate with your partner and communicate with care to try and move together back to standing.
- Check in with your partner to make sure you feel safe and supported. What can you do to trust each other to stay safe and supported?
- When you are standing, end the pose by bringing feet and backs together, and releasing arms at the same time.
- Check in with your partner by asking: How do you feel about the challenge?



Partner Challenges: Leaning Tower of Pisa

Tell students:

- In Italy there is a building that is 800 years old called the Leaning Tower of Pisa. With the help of your partner, we're going to practice leaning just like the Tower of Pisa.
- Begin facing your partner in Mountain at opposite ends of the mat.
- Reach out both arms toward your partner—can you reach your partner's hands? If not, take one or more steps forward until you can.
- Holding hands, keeping the arms straight, begin to slowly shuffle the feet toward your partner until you both are pulling equally while leaning the body back. Keep the body in a straight line from feet to head as much as possible as you lean back.

- When you are ready to come out of the pose, work with your partner to come out safely by stepping your feet away from each other, and returning to an upright position.

Ask students:

- Do you feel safe? Are you supporting your partner so that they are safe? Do you need a pause?
- Practice checking in with your partner. Tell each other how the pose feels and what you need to feel safe and successful in this challenge.

Partner Closing Sequence

PARTNER BUTTERFLY

- Sit back to back with your partner. Place the soles of your own feet together into Butterfly pose.
- Pause here for two breaths.
 - Breathe in, breathe out.
 - Breathe in, breathe out.

Variation:

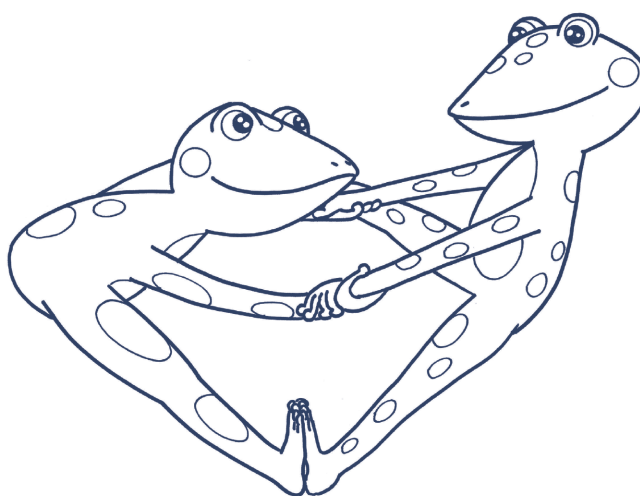
- While in Partner Butterfly, have one partner lean forward while the other leans back. This creates more of a stretch for the partner leaning forward and a chest opener for the partner leaning back. Have them stay there for a couple breaths and then switch roles. **NOTE:** You may want to demonstrate this first and make sure to remind students to communicate and let their partners know if they want to stop.

PARTNER FLOWER

- Stay back to back with your partner.
- Move into Flower pose using the back of your partner to help you balance.
 - Breathe in, breathe out.
 - Breathe in, breathe out.

PARTNER TURTLE

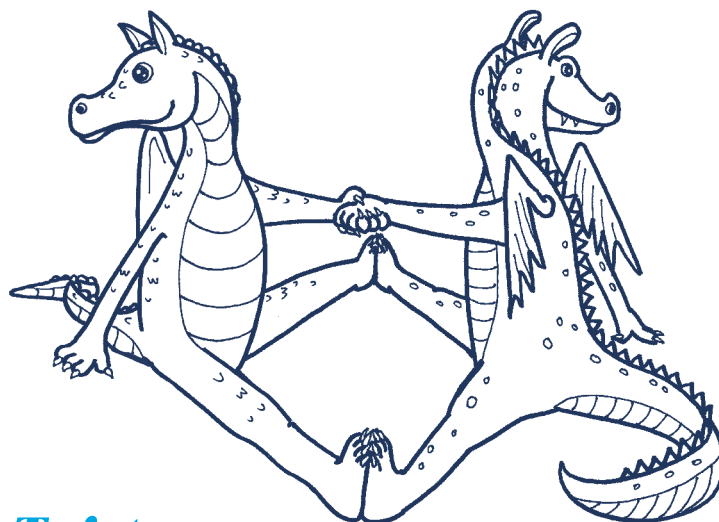
- Now turn around to face your partner as you sit in Butterfly. Move your feet further away from your body. Your toes can be very close to or touch your partner's toes.
- Take a deep breath in, and sit up tall.
- As you breathe out, slowly let your knees relax down toward the floor.
- Slide your hands under your calves, resting your palms on the floor.
- Now gently bend forward into Turtle pose.
- If you like, see if you can reach out and hold your partner's hands from this position. Listen to your body. If it starts to feel uncomfortable, come out of the pose a little, scoot in closer to your partner and try again. Be careful not to bump heads!
- Take a deep breath in.
- As you breathe out, relax your head down and allow your back to curve.
- Let's hold this for two breaths.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- As you breathe in, release your partner's hands and slowly sit up straight.
- Bring your arms out from underneath your legs.
- Return to a comfortable seated position.



Partner Diamond

- Start by sitting comfortably on a mat across from your partner.
- Now spread your legs wide into a V shape. This distance will be different for everyone. Line your feet up even with your partner's, or if your partner's legs are wider than yours, your feet might be even with their shins or ankles instead. You and your partner can decide if you want your feet to touch.
- Now hold your partner's hands or hold one another's wrists or forearms. Decide who is going to be Partner 1, and who is going to be Partner 2.
- As you breathe in, sit up just a little bit straighter.
- As you breathe out, Partner 1 will gently lean forward while Partner 2 leans back, going only as far as is comfortable for both of you.
- Let's hold this pose for two breaths.
 - As you breathe in, press your thighs down into the floor.
- As you breathe out, check in with your partner as you lean into the pose a little bit more, making sure to lean only as far as is comfortable for both of you.
- On your next breath in, gently sit up straight.
- Now you and your partner will switch roles. This time as you breathe out, Partner 2 will gently lean forward while Partner 1 leans back. Make sure that you're not doing the same thing you did the first time.
- Let's hold this pose for two breaths.
 - As you breathe in, press your thighs down into the floor.
- As you breathe out, check in with your partner as you lean into the pose a little bit more, making sure to lean only as far as is comfortable for both of you.
- On your next breath in, gently sit up straight.
- Now release your partner's hands and use your hands to move your legs back together.
- Slowly return to a comfortable sitting position.

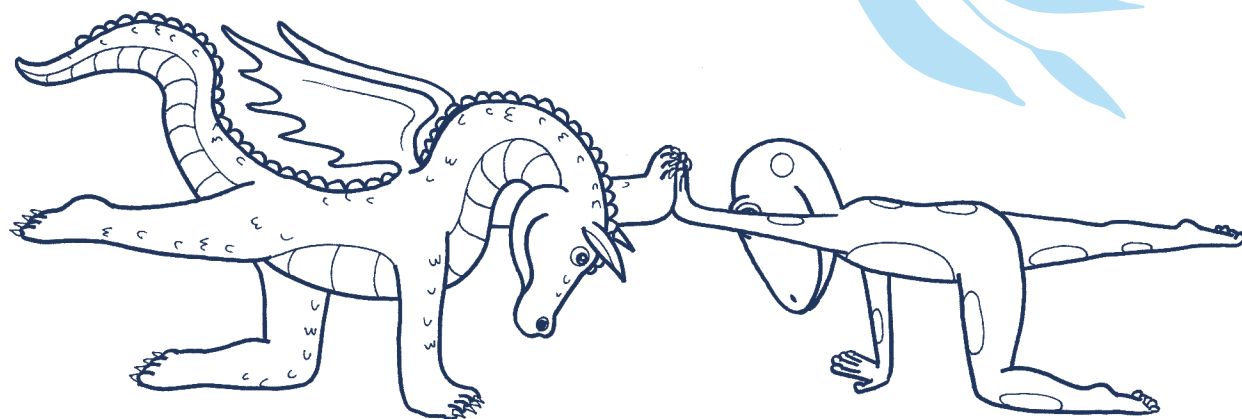
Encourage students to check in with their partners. For example, ask them if the stretch is comfortable. Are both partners cooperating in the stretch with care and gentleness?



Partner Diamond Twist

- Start by sitting comfortably on a mat across from your partner, and bring your legs into the position for Partner Diamond. Your legs should be in a V shape, and you and your partner can decide if you want your feet to touch.
- Bring your fingertips to the ground on the outside of your hips. Press down with your fingertips to lengthen your front body, open your chest, and sit up straighter on your sit bones.
- Keep your right fingertips pressing down as you reach your left hand to hold your partner's left hand (either holding hands or wrists).
- Inhale: Press down again with the right hand as you sit up tall.
- Exhale: Gently pull on your partner's arm as you twist to the right side. You can turn your gaze away from your partner, over your right shoulder.
- Breathing in, stay in the twist—pressing down and lengthening from your sit bones to the crown of your head, becoming more straight.
- Breathing out, see if it feels comfortable to twist a little deeper.
- Communicate with your partner and adjust as necessary.
- Breathing in, grow tall.
- Breathing out, make sure the hips stay parallel to your partner's hips as you twist, that your sit bones are firmly planted on the ground. One hip will have a tendency to twist.
- Slowly come back to center on an inhale, releasing the twist.
- Release hands and sit up straight facing your partner.
- Repeat on the opposite side.

TEACHING TIPS: Sometimes students will not wish to hold hands, and sometimes students will not find it physically accessible to hold each other's hands and maintain a fairly straight spine (i.e. if they have to lean or curve forward in order to reach their partners). In these cases, it can be helpful to offer items, such as a small towel, rope, string, belt, or ruler, to hold between their hands so that they can still participate in the pose comfortably. Some students may wish to try the hand placement used in the Partner Seated Twist (Front to Front variation). This option should be used cautiously and only if both partners can access it while maintaining a fairly straight, upright spine.



Partner Pointing Dog

- Come to hands and knees position facing your partner. Make sure there is enough room between you and your partner to reach your arms out in front of you.
- Now check your own body's position—make sure your knees are hip-width apart, directly below your hips. Your hands are shoulder width apart, in line with your shoulders, and your fingers are spread out wide and pointing forward toward your partner.
- As you breathe in, slowly lift your right hand and reach it toward your partner's hand, so that your fingertips touch or you press your palms together. You might need to shift your position closer to your partner or a little further apart.
- As you exhale, lift your left leg straight out behind you. If you feel unsteady, you can always put your toes down on the mat for support.
- Let's take a few breaths here.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- Take one more breath here.
- On your next exhale, come back to hands and knees.
- Now let's repeat the pose on the second side.

Partner Seated Sunrise



Variation 1: Front to Front

- Begin seated in Easy pose, facing your partner, knees close to your partner's knees. With arms reaching out to the sides, and palms facing forward, bring palms toward each other. Palms or fingertips may be together or palms can be hovering close together but not touching.
- Inhale: Moving together with your partner, stretch your arms out to the sides and up in the sunrise motion.
- Exhale: Moving together with your partner, stretch your arms out to the sides and down, reversing the motion.

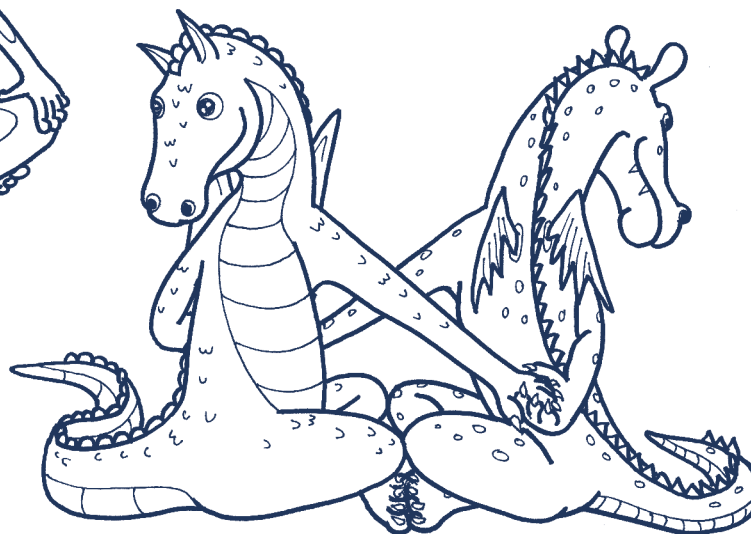
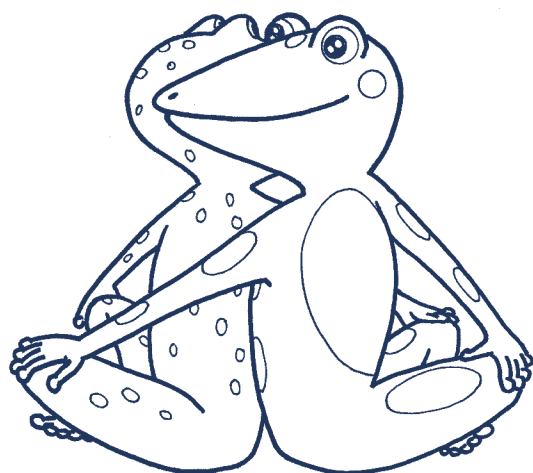
Repeat four to five times, breathing and moving together.

Variation 2: Back to Back

- Begin seated back to back with your partner in Easy pose. With arms reaching out to the sides, and palms facing forward, bring the backs of your arms and hands toward your partner's. Backs of the hands may be together or hovering close together without touching.
- Inhale: Moving together with your partner, stretch your arms out to the sides and up in the sunrise motion.
- Exhale: Moving together with your partner, stretch your arms out to the sides and down, reversing the motion.

Repeat four to five times, sitting tall and breathing and moving together.

- Can you notice your partner's breathing? Are you breathing together?



Partner Seated Twist

Variation 1: Back to Back

- Begin sitting back to back with your partner in Easy pose.
- Inhale and sit up as tall as you can and reach your right hand across to your left knee.
- As you exhale, look over your left shoulder and reach your left arm behind you toward your partner's right knee.
- Breathing in, lift and lengthen the spine.
- Breathing out, press gently against your partner's back to deepen the twist.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
 - Breathe in, breathe out.

- On your next inhale, come back into Easy pose and exhale here.
- Repeat on the opposite side.

Variation 2: Front to Front

- Begin facing your partner in Easy pose, knees gently touching.
- As you inhale, sit up tall.
- As you exhale, start to twist your upper body to the right. As you twist, wrap your right arm behind you, bending your elbow and sliding the back of your hand along the small of your back, towards your left hip. See if your right fingertips can comfortably peek out around the body above your left hip.

Partner Seated Twist [CONTINUED]

- Reach out your left hand diagonally toward your partner's right hand (which is behind your partner's back).
- If you and your partner can reach each other's hands without straining, you may hold your partner's hand to help each other stretch.
- Look over your right shoulder, and breathe.
- Inhale: Sit up tall, keeping your head and your chest upright.
- Exhale: Relax your shoulders downward.
- Check in with your partner and carefully make adjustments. If both partners are comfortable, you can hold the pose or deepen the twist. Release your arms any time you need to.
- If you're comfortable, hold the pose for a few breaths.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- Gently release and return to neutral for a breath.
- As you inhale, sit up tall and repeat the twist on the opposite side.

If students are having trouble reaching their partner's hand easily, use a towel, ruler, belt, or jump rope to allow for an easy grip.

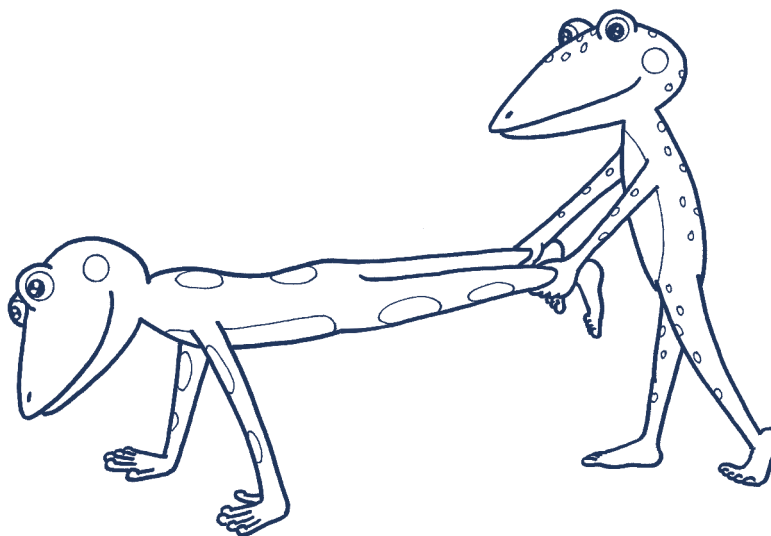
At the end of the pose, have students maintain eye contact, smile, and thank their partners.



Partner Tree

- Begin by standing on the mat in Mountain pose, side by side and shoulder to shoulder with your partner. You can hold your partner's hand, entwine elbows with your partner, or touch the back of your hands to your partner's.
- Focus your eyes on the same spot.
- You are partnering to create one giant tree. Your inner legs will be your strong trunk.
- Inhale: Stand tall and shift your weight to the center of your tree "trunk" (inner legs).
- Exhale: Bend the knee of your outer leg, rotating the leg so the knee opens out to the side. Begin to raise the foot, first placing it on the ankle, then trying to place the sole of the foot on the calf or thigh to create a mirror image of your partner's Tree pose.
- Inhale: Raise your outer arms up into the air and touch palms with your partner overhead.
- In order to keep you and your partner both safe, notice what your body is communicating with you. If you start to feel wobbly, place your foot down and tell your partner you need to rebuild your tree.
- Hold the pose for three to five breaths:
 - Breathing in: Grow your tree taller, lengthening up through the legs and spine.
 - Breathing out: Grow your roots deeper, pressing into the mat through your "trunk" (foot).
 - Breathing in: Notice how your partner is balancing in the pose.
 - Breathing out: Find steadiness and calm to support your partner.
- Exhale: Release Tree pose and shake out your legs to let go of any tension.
- Return to Mountain pose and take a couple of breaths to check in with your hands on your Anchors.

If time allows, have students switch places to find Partner Tree pose on the other side.



Partner Wheelbarrow

- Decide who is going to be Partner 1 and who is going to be Partner 2.
- Partner 1: Come in to Plank pose at the back of your mat. Try to have a steady stance with fingers spread wide and shoulders away from the ears.
- Partner 2: Stand behind Partner 1.
- Partner 1: Begin to lift one leg off of the mat.
- Partner 2: Take hold of Partner 1's lifted leg at the ankle. (Your hand is on the outside of the ankle with fingers wrapped around the front of the ankle.)
- Partner 1: Begin to lift your other leg, asking Partner 2: "Do you feel secure?"
- Partner 2: Take hold of both of Partner 1's legs at the ankle and answer the question with: "Yes, I feel secure, are you ready?" or "No, I need to make an adjustment."
- If both of you are ready, work together to move forward one step at a time (with Partner 1 walking on hands).
- Partner 1: Tell your partner when you are ready to release the pose and then take your feet one at a time down to the ground.

To repeat the pose, have students return to the back of the mat and switch partners.

Remind students to listen to and communicate clearly with their partner.

Depending on space, you may suggest each partner take three to five steps in Wheelbarrow.

Group Poses

Group poses offer the whole class a chance to work together and show each other care and compassion as a community. Briefly review the partner pose agreements and reflect on how the partner agreements will be useful when they are working together to do movements or poses as a whole community, and any ways they might be expanded. Invite students to review ways they can treat each other with care and respect and keep each other safe during group poses.

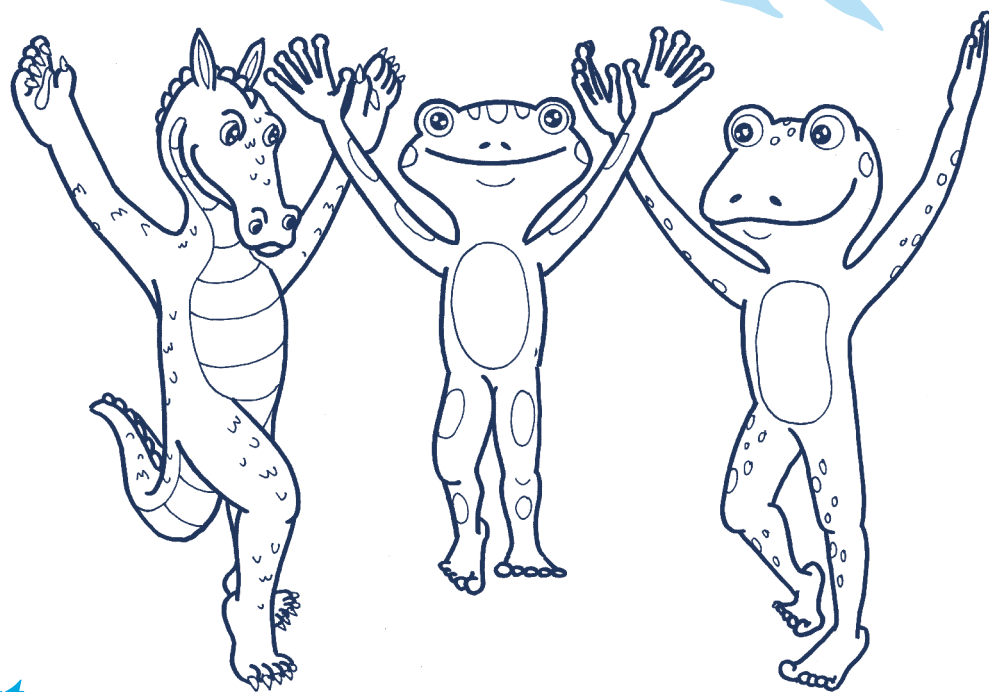
Remind students that they do not have to make contact with their neighbors during a pose if they are not comfortable. Encourage students to communicate their

preferences verbally or with a silent signal (such as placing their hands on their Anchors during the pose). While instructing, provide students options for participating with or without making contact with their neighbors.

Remind students that part of being a caring and compassionate community is respecting their neighbors' decisions about how they will use their body today.

Before each group pose practice, guide students to form a circle with around one arm's length or less between them. You could ask them to stand shoulder to shoulder and then take one step back to widen the circle slightly.





Forest

- Begin in Mountain pose, standing strong and tall.
- Exhale: Find balance in Tree pose, starting with the toes touching the floor for stability.
- Inhale: Reach the arms upward in the shape of the letter V, crossing wrists with your neighbors' arms to create branches, and spreading fingers out wide to create leaves.
- Choose either to keep space between your wrist and your neighbors' wrists, or bring wrists together so that you are connected to your neighbors.

Tell students:

- Remember to lower your foot anytime you feel like you need to reset the pose.
- As we balance, notice if the support of your neighbor helps you stand strong. Can you use your arms to help keep your neighbors stable?
- How does it feel to be part of a forest of so many trees standing tall together?

Have students repeat on the opposite side.

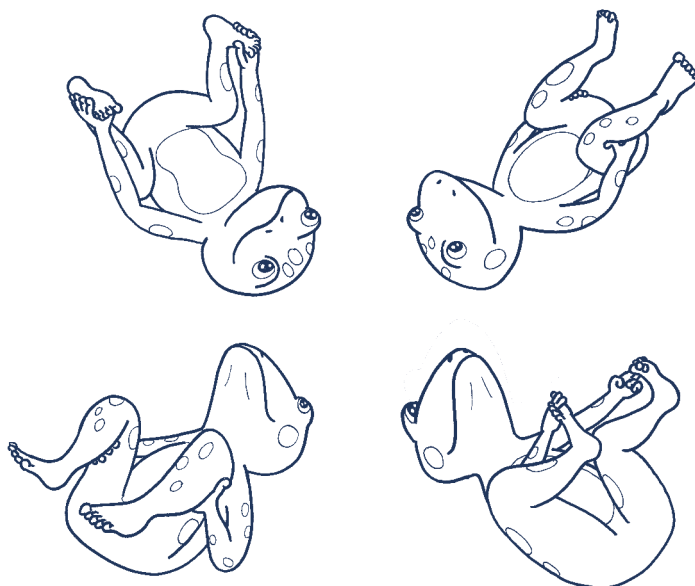


Group Boat

- Begin seated, about an arm's length apart from your neighbors.
- Now bend your knees and put your feet flat on the floor. Keep your legs together, knees pointing up toward the ceiling.
- *Inhale:* Sit up tall through the torso, lifting arms out and placing your hands palm-to-palm with your neighbor's hand on each side if you're comfortable. (Students may opt to keep space between their hands and their neighbors' hands.)
- *Exhale:* Gently draw the belly inwards and lift the heels. Find balance in Boat pose, lifting toes completely off the floor if desired.
- Let's try to hold the pose for three breaths. While you hold the pose, notice the ways you and your neighbors are supporting each other. Remember to touch your toes down anytime you need to reset the pose.
 - Breathe in, breathe out. Breathe in, breathe out. Breathe in, breathe out.
- When you are ready, set your feet back on the mat and return to a comfortable sitting position.

Group Boat Challenge/"Rock The Boat":

- Let's return to Group Boat for a fun challenge, called Rock the Boat. First, find a version of Boat pose that feels strong and balanced. Remember you can always touch your toes to the floor to catch your balance at any time.
- While we rock the boat, pay attention to the whole community so that we are moving together. At the same time, be very mindful of your neighbors' hands and any little movement they make so that you can support each other.
- Take a deep breath in. As you breathe out, everyone lean a little to the right. Breathe in, and come back to center. As you breathe out, everyone lean a little to the left. Breathe in, and come back to center. Let's pause here for a moment. What did you notice? Let's try to rock the boat like this for four more breaths:
 - Breathe in to balance in Boat. Breathe out and lean to the right.
 - Breathe in to center. Breathe out to the left.
 - Breathe in to center. Breathe out to the right.
 - Breathe in to center, Breathe out to the left.
- Release your Boat pose and find a comfortable sitting position.



Group Happy Baby

Have students lie on their backs in a circle, so that everyone's heads are facing toward the center of the circle.

- Bend your knees and bring your hands behind your knees, on your thighs. Use your hands to gently bring your knees toward your chest.
- Take a breath in and notice all the places where your body is touching the mat.

Students will stay there during this pose.

- As you breathe out, open knees wider than your body, and bring them toward your armpits.
- Without moving your knees, inhale and lift your feet upward, so that the bottoms of your feet are facing the ceiling.

- If the pose is comfortable, as you exhale, walk the hands toward your feet to hold your ankles, your feet, or even your big toes. Keep your head, neck, and shoulders flat on the floor. If you have to lift your head up, you are reaching too far!
- Gently push the soles of your feet upward like you are going to lift up the ceiling. At the same time, use your hands to pull your legs downward so your knees move closer to the ground.
- Breathe here for a couple of breaths.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- Gently release one foot at a time back down to the mat, with knees bent.

Invite students to try rocking from side to side like a baby discovering how to move their body before you release from the pose. Encourage them to have fun with the stretch—giggling is okay! Remind them to be mindful of the other learners in the circle and move in a way that will be safe for everyone.



Group Victory



Have students stand in a circle as described at the beginning of the Group Poses section.

- Come into Victory pose with your right foot forward and your left foot back.
- Inhale: Straighten your arms up alongside your ears, stretching your fingers.
- Exhale: Press down through both feet. Bend your front knee. Make sure your knee stays aligned with your ankle and does not move beyond your front toes.
- As you inhale, grasp hands with the people on your left and right, so that the entire group is holding hands in a circle, with arms overhead.
- As you exhale, imagine that as a group you are holding up something huge! What could you be holding?
- Let's take three to five breaths here.
 - Breathing in, imagine the expansion of your breath making you taller as you reach up. Breathing out, find balance in your legs, pressing deeply into the ground with your back foot.
- On the next inhale, let go of your partners' hands. On the exhale bring your hands to your sides.

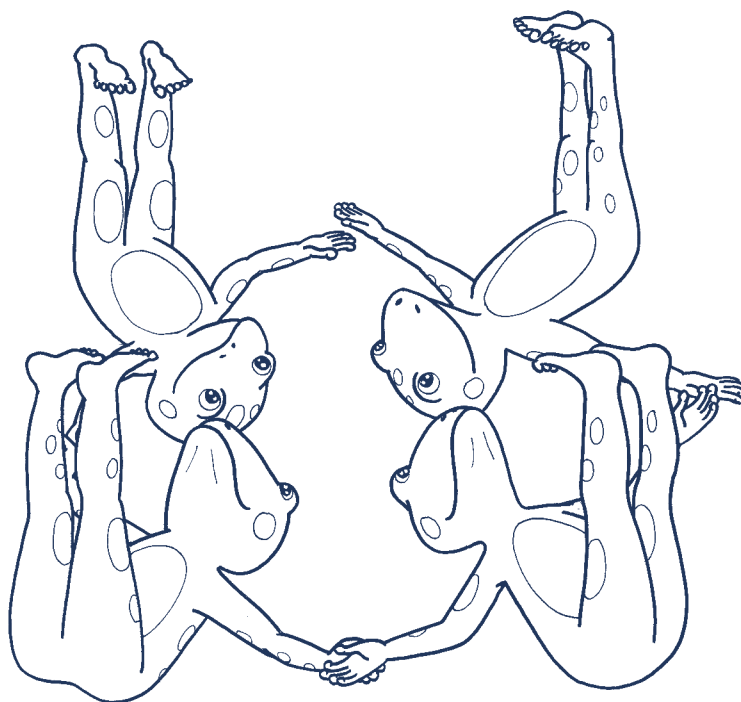
- Inhale: Straighten your front knee slightly to lift up from the pose.
- Exhale: Step the back foot forward to Mountain pose.
- Take one step back, to the original starting position.
- Have students repeat the pose on the second side, turning to face the right this time, with the left foot toward the center of the circle.

Ask students:

- How does it feel to practice this pose as a group instead of individually?

Variations:

- While practicing Group Victory pose, explore these hand placement options:
 1. Arms reaching up, clasping neighbors' hands or wrists
 2. Arms down, clasping neighbors' hands or wrists
 3. Hands to neighbors' shoulders, so that everyone's arms are connected, making a solid circle

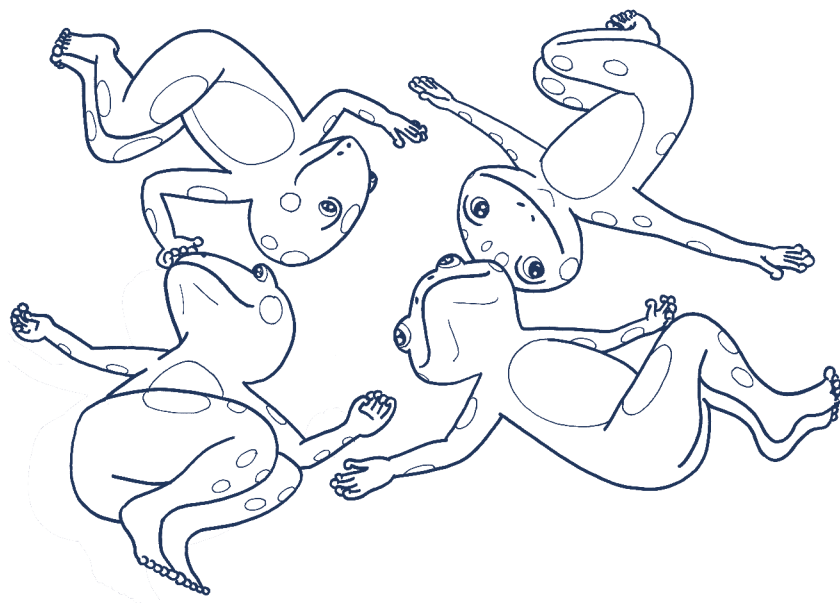


Group Waterfall

Students are lying on their backs, in a circle with their heads pointing towards the center of the circle.

- For Group Waterfall, you may choose to connect with your neighbors in the circle by holding hands or wrists or you may rest your hands on your belly. Choose the option that is most comfortable for you.
- Begin by lying on your back with knees bent and feet flat on the floor.
- Take a breath in here and as you breathe out, bring your knees in toward the chest.
- Inhale, straighten your legs and reach your feet toward the sky, so that your legs and body make an L-shape.
- Hold the pose for a few breaths.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- As you exhale, bend your knees in toward the chest, then place your feet flat on the floor with knees bent.

If it is more comfortable for students, they may roll up the bottom half of their mat and place it under their hips. Alternatively, they may place their hands under their hips with their palms facing the mat.



Group Windshield Wipers

Have students lie on their backs in a circle, so that everyone's heads are facing toward the center of the circle.

- For Group Windshield Wipers, you may choose to connect with your neighbors in the circle by holding hands or wrists or you may rest your hands by your side. Choose the option that is most comfortable for you.
- Begin by lying on your back with your knees bent and your feet flat on the floor. Take a breath here.
- Exhale and gently drop your knees down to the right.
- Inhale, lift your knees back to center.
- Exhale and gently drop your knees down to the left side.
- Gently move your head from side to side to notice your neighbors' movement. Let's try to breathe and move in sync with one another for a few breaths. Breathe out to drop the knees down to the side, and breathe in to lift knees to center.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- Release one leg at a time back to the mat, ending in Rest pose. Inhale back to center.
- Release one leg at a time back to the mat, finding Rest pose.

Sequences

Sequences are groups of postures that are intentionally placed together. A sequence can be as short as two postures, or much longer! Sequences are often used to warm learners up at the beginning of a movement practice, while the Closing Sequences are intended to stretch and find calm before resting. The Closing Sequences are intended to be completed one time as a cool-down, but all other sequences are meant

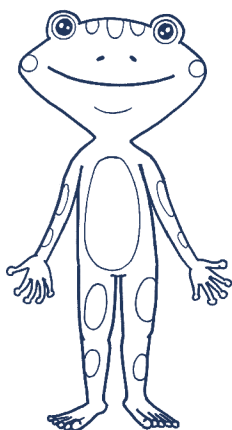
to be repeated. Play with your pace! A quicker pace will provide a warm-up or more active cardio exercise, while a slower pace with longer holds will build strength or provide deeper stretches.

Sequences offer a wonderful opportunity to practice moving with the breath, so remember to connect the breath and the movement as you guide learners through the sequences.

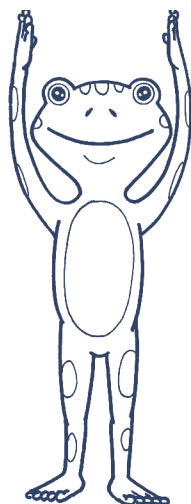


All Sides of the Story Sequence

Mountain



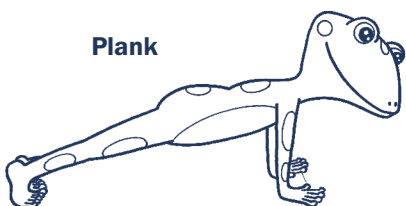
Sunrise



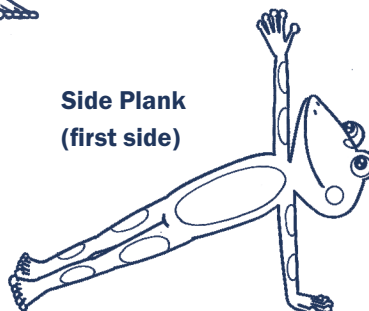
Sunset



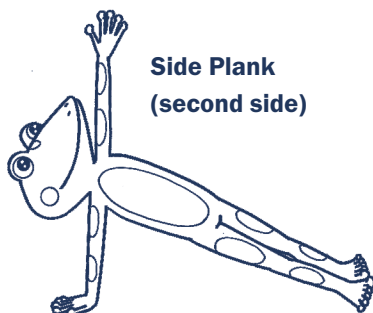
Plank



Side Plank
(first side)



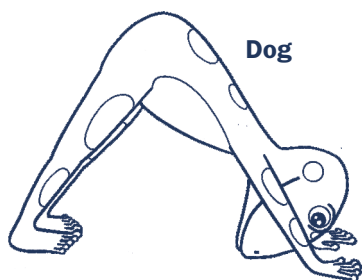
Side Plank
(second side)



Cobra



Dog



Hands and Knees



Child's Pose



All Sides of the Story Sequence

Guide students through the following sequence of mini-sequences and poses and use the suggested script for each. Do at least one whole breath in each pose.

Have you ever been in a situation where you and a friend or family member didn't agree about something—or maybe you had two different sides of the story? If you want to understand someone else's perspective or point of view, you have to try to see, feel, and understand their side of the story. While we practice All Sides of the Story sequence, we are reminding our brains and bodies to take a moment to try to see another side of the story. Follow my movements as I lead you through it.

MOUNTAIN/SUNRISE

- *Begin by standing comfortably on your mat.*
- *Gently lift the top of your head a little higher toward the sky, noticing the stretch in your back as you do so.*
- *As you take a big breath in, turn your palms out and lift your arms up from your sides and reach overhead.*
- *The easiest side for us to see from is looking straight ahead. We can see what's right here in the present moment, or we can look forward into the future.*

SUNSET

- *As you breathe out, gently sweep your arms back down as you fold forward.*
- *Bend your knees slightly.*
- *Place your hands on your shins, on your feet, or on the mat. Pick the spot that feels most comfortable.*
- *Pause here for one full breath and let your whole upper body relax over your legs.*
- *Take a moment to sway your head around your legs as you hang down with your knees softly*

bent. Relax your neck so that you can see behind you, into the past. We can also look at a situation upside down, right?

PLANK/SIDE PLANK

- *On your next inhale, lower down to hands and knees.*
- *And as you exhale, step your feet back into a push-up position. Your knees can be up or down.*
- *As you breathe in, move your body into a straight line from your head to your toes (or knees, if knees are on the ground). This is called Plank pose.*
- *What do you see from this point of view?*
- *Now stretch the fingers on one hand out like a starfish.*
- *Shift your weight onto that hand.*
- *Gently roll your body over to that side.*
- *If you have your knees down, keep your lower knee and shin on the ground for support, with the foot pointing back behind you. Stretch your top leg out and place the inner edge of that foot on the floor. Balance here, with one knee bent and one leg straight.*
- *If both of your knees are up off of the ground, stack your feet and balance on the outer edge of your bottom foot.*
- *Your upper hand can rest on your hip, or if you like, you can raise your left arm into the air.*
- *This is another perspective we can take; we can look to our sides—our left and right.*
- *Notice what the room looks like from this angle. Notice this different perspective.*

All Sides of the Story Sequence [CONTINUED]

(Plank/Side Plank, Continued)

- Notice what and who are next to us and beside us.
- Now slowly shift your body to the center, returning to Plank pose.
- Let's repeat this process on the other side.
- This time stretch the fingers on your other hand out like a starfish.
- Shift your weight onto that hand.
- Gently roll your body over to that side, either with one knee down or with both legs straight and feet stacked.
- Now bring your upper hand to your hip or stretch it up in the air.
- Do you see anything differently from this perspective?
- Now slowly shift your body to the center, returning to Plank pose.
- Slowly lower your body down to the mat.

COBRA

- Bend your elbows and put your palms on the mat near your shoulders. You are going to keep your elbows bent.
- Gently press down through your hands and the tops of your feet.
- As you breathe in, lift your head and chest off the mat just a little bit. Use the strength in your back to lift up, rather than your arms. Keep your elbows bent.
- As you breathe out, look straight ahead and squeeze your elbows in toward each other.
- One way to see the world is by looking up, with our hearts open. Let's look up and remind ourselves to be optimistic.
- Take one small breath in.
- As you breathe out, gently lower your chest and head back down to the mat.

- Take one small inhale here.

DOG

- As you breathe out, press your hands into the floor, press your hips back toward Child's pose, tuck your toes under, lift your hips up high, and straighten your legs as you press back into Dog.
- Pause here for one full breath.
— Breathe in, breathe out.
- Another way to see the world is by looking down. It doesn't have to mean we are sad—looking down can help remind us what holds us up and supports us, like our feet and hands, or our family, our friends, and our teachers.

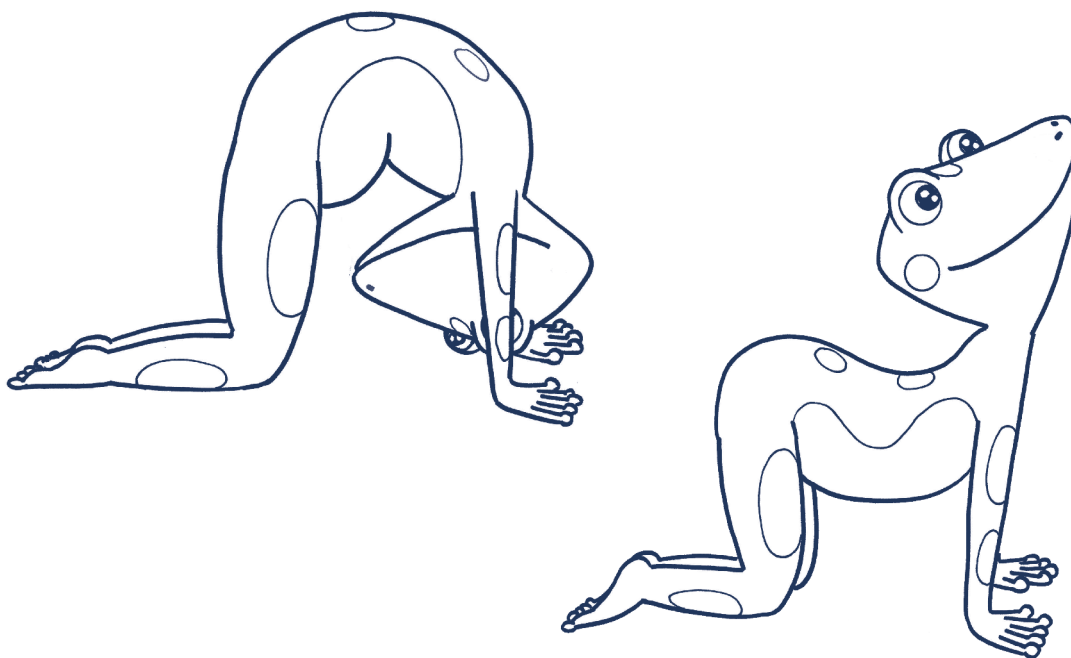
HANDS AND KNEES

- Slowly return to hands and knees.
- In fact, there are many perspectives, many ways to see the world and any given situation. Starting from one side, move your head very slowly and gently in a circle, saying: You can see it from here, here, here, here, here, here... from every angle possible!

CHILD'S POSE

- Now, keeping your knees where they are, move your feet in toward one another until your big toes touch.
- Gently move your hips back toward your heels.
- And now stretch your arms out in front you.
- And let your chest slowly sink down to the mat.
- But we must not forget to take some time to understand our own perspective inside of ourselves. Take a moment to check in and observe the feelings or thoughts that are visiting you right now. How is your body feeling right now? What have you learned today?

Cat/Cow

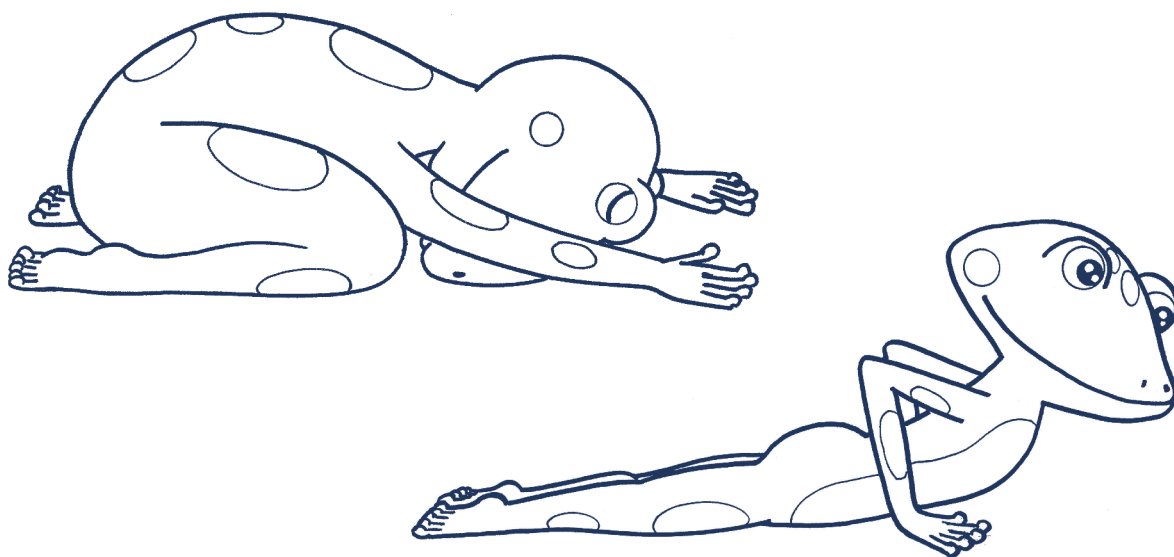


- Begin on your hands and knees on the mat. Spread your fingers out wide.
- First take a deep breath in, feeling your stomach fill up with air.
- Now slowly breathe out, and as the air leaves your body, round your back up toward the sky as you lower your head and tuck your chin.
- This is Cat pose.
- Now take a deep breath in and, as your stomach fills with air, allow your stomach to sink down toward the floor.
- Lift your chin and your chest so your back creates a letter U shape.
- This is Cow pose.
- Exhale, round your back and look toward your belly for Cat pose.
- Inhale, lift your chin and chest, and drop your belly down for Cow pose.

Repeat for several rounds, exhaling for Cat pose and inhaling for Cow pose.

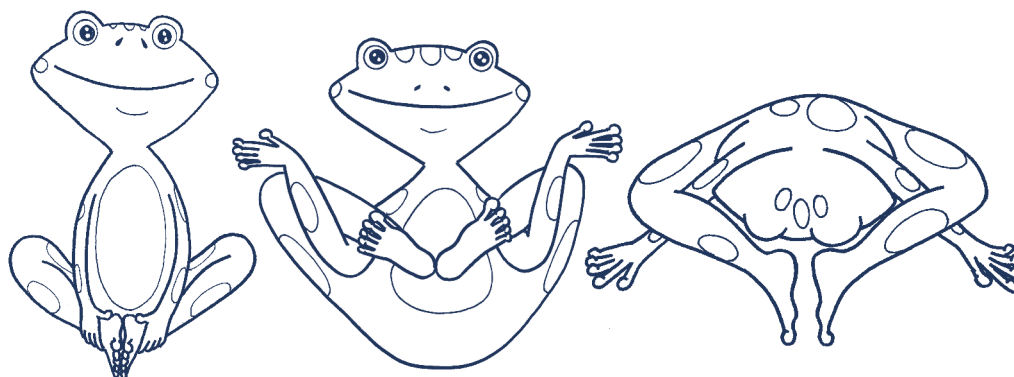
- Now gently return to hands and knees.

Child's Pose/Cobra



- Let's start on Hands and Knees.
- As you breathe out, bring your hips back toward your heels, stretch your arms out in front of you and let your upper body relax toward the mat in Child's pose.
- From Child's pose, inhale to bring your shoulders forward over your wrists for kneeling version of Plank pose (arms are straight).
- As you exhale, bend your elbows and slowly lower all the way down until you are lying on your belly with the palms on the mat and the elbows pointing back.
- Inhale: lift your head and chest, rolling shoulders back and looking forward in Cobra. Use strength in the back to lift the head and chest, rather than the arms to lift up.
- Exhale: Press through palms to press back to Child's pose.
- Let's repeat this a couple more times.
 - Breathe in, move forward to Cobra. Breathe out, press back to Child's pose.
 - Breathe in, Cobra. Breathe out, Child's pose.

Closing Sequence



BUTTERFLY

- Begin sitting comfortably.
- Gently bring the soles of your feet together. Let your knees open out to the sides.
- As you inhale, sit up a little straighter and let your knees relax downward.
- As you exhale, slightly fold forward over your legs.
- Let's pause here for three breaths.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- Take a deep breath in and sit up tall.

FLOWER

- From Butterfly, rest your hands on your knees.
- Breathe in, lift your chest and look upward.
- Breathe out, and drop your shoulders downward. This is Flower.
- If you would like to add balance to your Flower pose, take a deep breath in, lift your chest and lean back slightly to balance on your sit bones, carefully lifting your legs off the floor. Find your balance. You may leave your hands on your

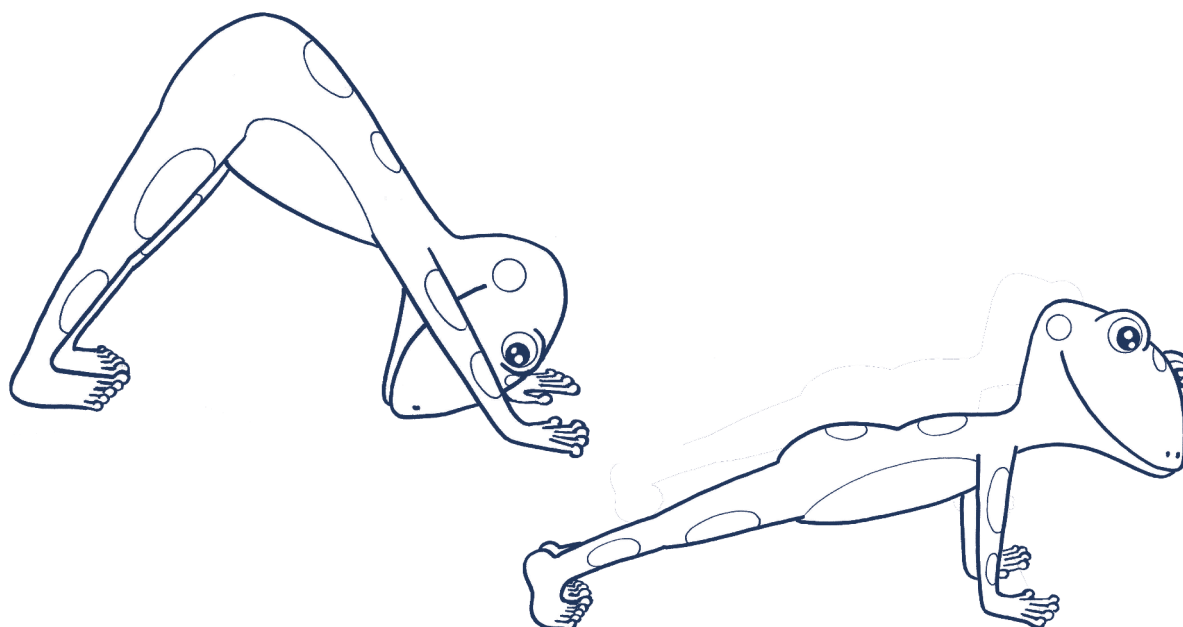
knees or thread your hands through your legs underneath your knees and calves, turning your palms upward.

- Let's pause here for three breaths.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- Gently lower your arms and legs, and sit up straight in Butterfly pose.

TURTLE

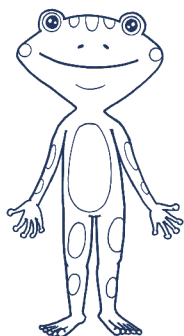
- Begin sitting in Butterfly.
- Inhale and slide your left arm inside and under your left leg and your right arm inside and under your right leg, sliding your palms forward on the ground.
- Breathe out and fold down over your legs. Relax your head down.
- Hold the pose for three breaths.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- Breathe in and sit up straight as you bring your arms from under your legs to Butterfly pose.

Dog/Plank



- Start in Dog.
- Inhale and bring your shoulders over your palms. Make your body into a straight line from your head to your toes. You might have to step your feet back a little. Press down through your hands and press back through your heels. Look at a spot on the floor out in front of you. This is Plank.
- Let's hold this pose for one more breath. If you need a rest, you can do Plank with your knees on the ground.
 - Breathe in, breathe out.
- Inhale here. Now exhale, press into your hands and press back into Dog.
- Inhale, bring your body forward into Plank.
- Exhale, move back to Dog.
- Let's repeat this a couple more times.
 - Breathe in, Plank. Breathe out, Dog.
 - Breathe in, Plank. Breathe out, Dog.
- Finish in Hands and Knees pose.

Fresh Start Sequence



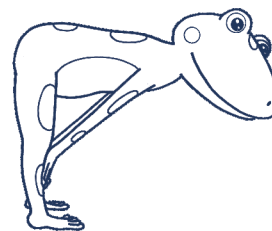
Mountain



Sunrise



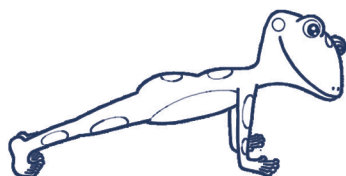
Sunset



Monkey



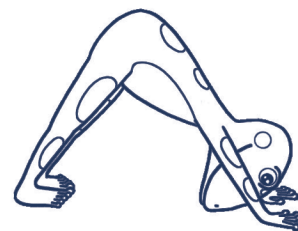
Sunset



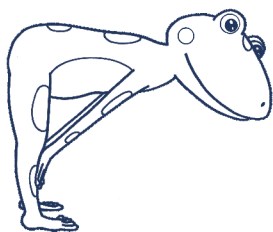
Plank



Cobra



Dog



Monkey



Sunset



Sunrise



Mountain

Fresh Start Sequence



MOUNTAIN/SUNRISE/SUNSET

- Begin in Mountain.
- As you breathe in, turn your palms out and reach your arms up from your sides until they are overhead, reaching straight up toward the ceiling.
- As you breathe out, fold forward and gently reach your arms down, touching your shins, ankles, or maybe the floor. Bend your knees a little bit and let your head hang down.

MONKEY/SUNSET

- As you breathe in, lift your chest and look forward, bringing your hands to your shins.
- As you breathe out, bend your knees until you can put your hands on the floor.

PLANK

- Now, as you breathe in, step your feet back so that your body makes a straight line from your feet all the way up to your head. Press down through your hands and press back through your heels. Put your knees on the ground if you need extra support.

COBRA

- As you breathe out, lower your chest to your mat. Bend your elbows and keep your palms on the mat near your shoulders.

- As you breathe in, lift your head and chest off the mat just a little bit. Look straight ahead.

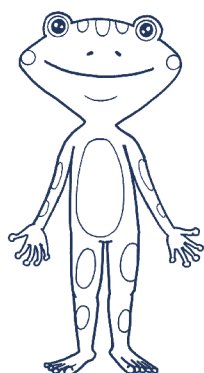
DOG/MONKEY

- As you breathe out, press into your hands and push your hips back into Dog. Take a couple of breaths here.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- As you breathe in, step your feet near your hands, lift your chest, and look forward.
- Bring your hands to your shins as you do so.

SUNSET/SUNRISE/MOUNTAIN

- As you breathe out, fold forward and let your head hang down. Bend your knees a little.
- As you breathe in, press your feet down into the mat, reaching your arms all the way up overhead as you return to standing.
- As you breathe out, gently lower your arms back to your sides for Mountain.

Fresh Start Sequence, Part 1



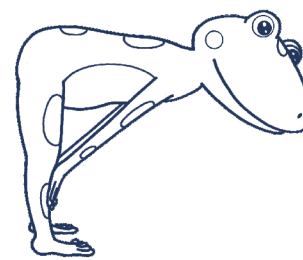
Mountain



Sunrise



Sunset



Monkey



Sunset



Sunrise



Mountain

Fresh Start Sequence, Part 1



MOUNTAIN

- *Begin by standing comfortably on your mat.*
- *Gently lift the top of your head a little higher toward the sky, noticing the stretch in your back as you do so.*

SUNRISE

- *As you take a big breath in, turn your palms out and lift your arms up from your sides until your hands are overhead, reaching toward the ceiling.*

SUNSET

- *As you breathe out, gently sweep your arms back down as you fold forward.*
- *Remain in standing forward fold.*
- *Bend your knees slightly.*
- *Place your hands on your shins, on your feet, or on the mat. Pick the spot that feels most comfortable.*
- *Let your whole upper body relax over your legs.*

MONKEY

- *As you breathe in, lift your chest and look forward, tracing your hands up along your shins as you do so. Stop when your back is parallel to the floor. Breathe out. This is Monkey pose.*
- *Pause here for one big breath in.*

SUNSET

- *As you breathe out, bend forward again at your hips to return to a standing forward fold.*

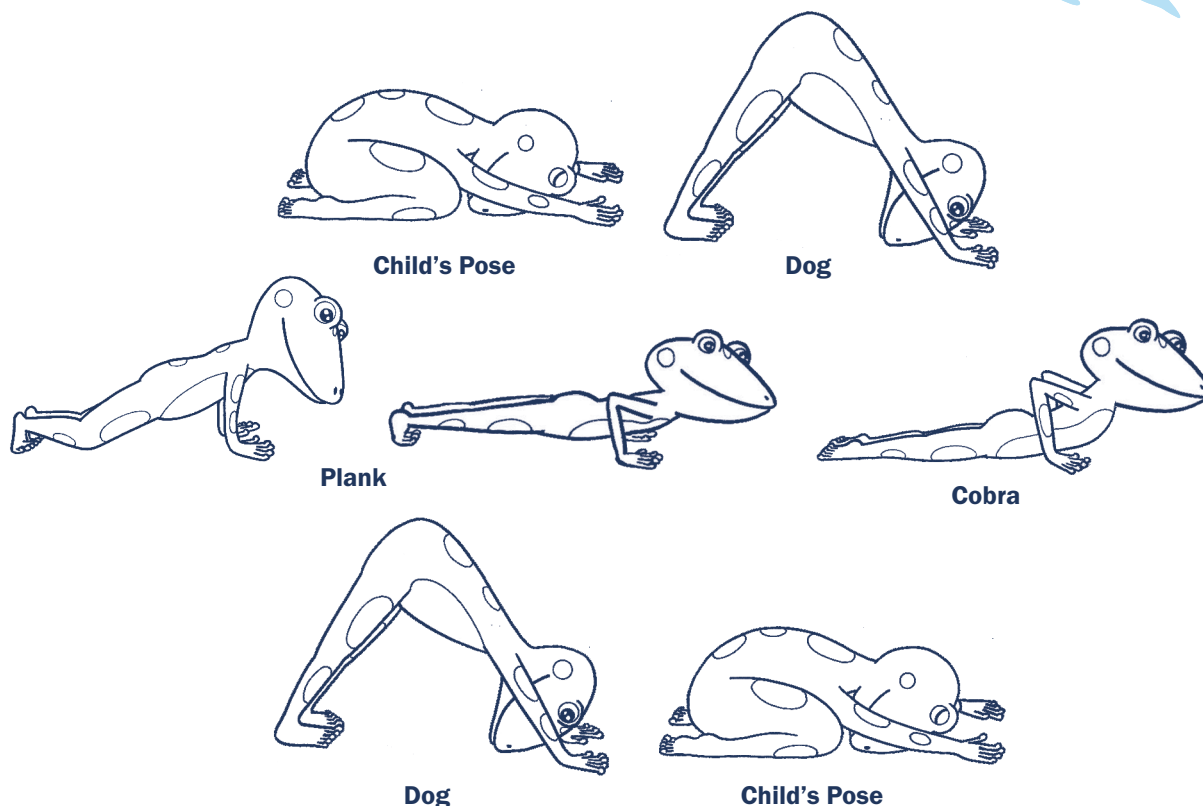
SUNRISE

- *As you breathe in, press your feet down into the mat, bend your knees a little, and lift your arms up from your sides again in a sunrise motion as you return to standing with palms overhead.*

MOUNTAIN

- *As you breathe out, gently lower your arms to your sides for Mountain.*

Fresh Start Sequence, Part 2



CHILD'S POSE

- Begin in Child's pose. Take a deep breath in.

DOG

- As you breathe out, press down through your palms and lift your hips up to Dog.

PLANK

- Now, as you breathe in, gently come forward into Plank, making your body long from your head to your heels.

COBRA

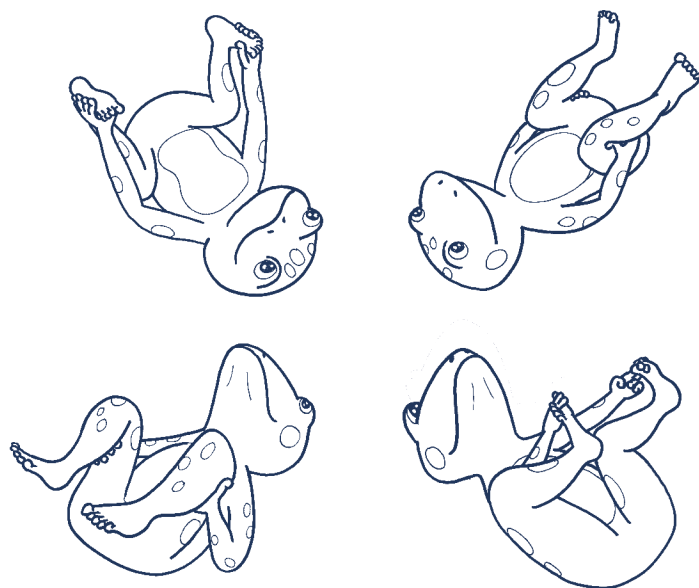
- As you breathe out, lower yourself to your mat. Bend your elbows and keep your palms on the mat near your shoulders.

- As you breathe in, lift your head and chest off the mat to Cobra, looking forward.

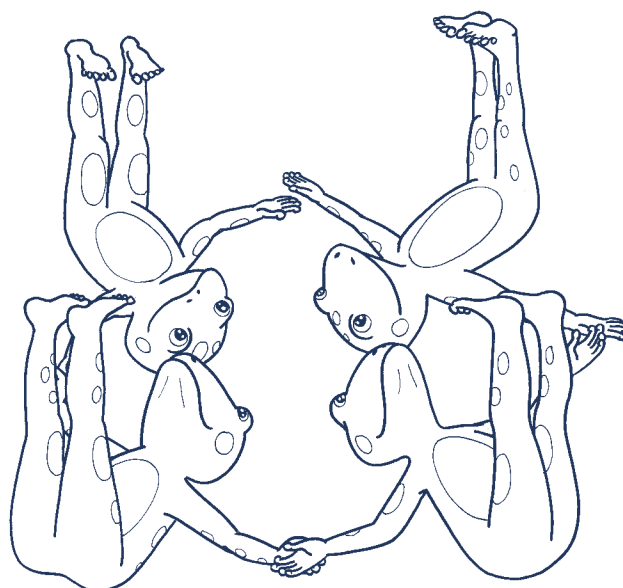
DOG

- As you breathe out, press down through your palms, and lift your hips to return to Dog.
- Let's pause here for one breath, sinking your heels downward and stretching your legs.
— Breathe in, breathe out.
- Now gently return to Child's pose.

Group Closing Sequence



Group Happy Baby



Group Waterfall



Group Windshield Wipers

Group Closing Sequence

Have students lie on their backs in a circle, so that everyone's heads are facing toward the center of the circle.

GROUP HAPPY BABY

- *Bring your knees to your chest, holding onto the backs of the knees (between the calf and thigh, not on the shins).*
- *Take a breath in and notice all the places where your body is touching the mat.*
- *As you breathe out, open your knees wider than the body, bringing them out toward the armpits.*
- *Inhale and lift the feet up, away from the body. Ankles are over the knees and the soles of the feet are facing the ceiling.*
- *If the pose is comfortable, as you exhale, walk the hands up the legs to grasp the ankles, the feet, or even the big toes. Only reach as far as is comfortable, with the head, neck, and shoulders staying flat on the floor.*
- *Gently push the soles of your feet upward like you are going to lift up the ceiling as you use your hands to pull your legs downward so your knees get closer to the ground.*
- *Gently release one foot at a time back down to the mat, with knees bent.*

Before proceeding through the next two poses in the sequence, tell students:

- *We can all connect and relax as a community by joining together in one big group pose. That will require us to hold hands or wrists with our neighbors. If you would not like to participate in that, place your hands on your belly. If you would like to participate, reach your hands out to your sides to grasp wrists or hands with your neighbor. Choose whichever option feels comfortable for you today.*

GROUP WATERFALL POSE

Students are lying on their backs, in a circle with their heads pointing towards the center of the circle. They are either holding hands with neighbors or resting hands on their own bellies.

- *Take a breath in here and as you breathe out, bring your knees in toward the chest.*
- *Inhale, straighten your legs and reach your feet toward the sky, so that your legs and body make an L-shape.*
- *Hold the pose for a few breaths.*
- *As you exhale, bend your knees in toward the chest, then place your feet flat on the floor with knees bent.*

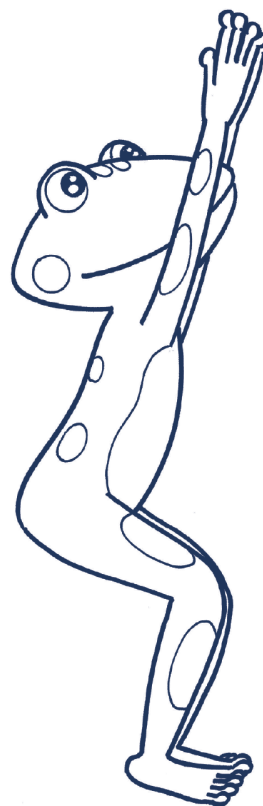
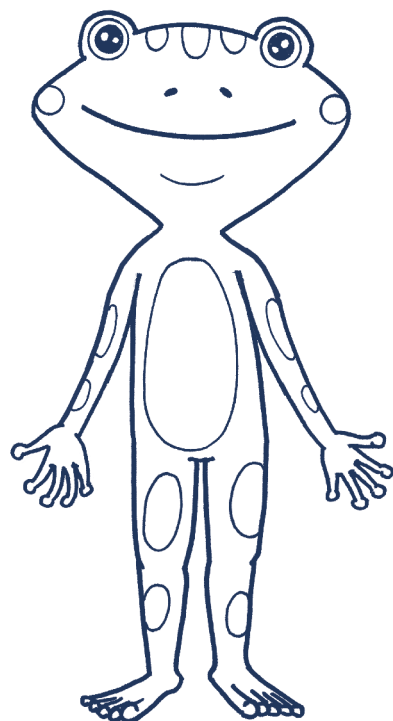
GROUP WINDSHIELD WIPERS

- *From this position (see Group Waterfall above), exhale, and gently float your knees toward one side, keeping the knees bent.*
- *Inhale, lift knees back to center.*
- *Exhale and float your knees gently to the other side.*
- *Inhale, back to center.*
- *Repeat a few times, exhaling to bring the knees to the side and inhaling back to center.*

If you like, have students hold the pose on each side for a few breaths.

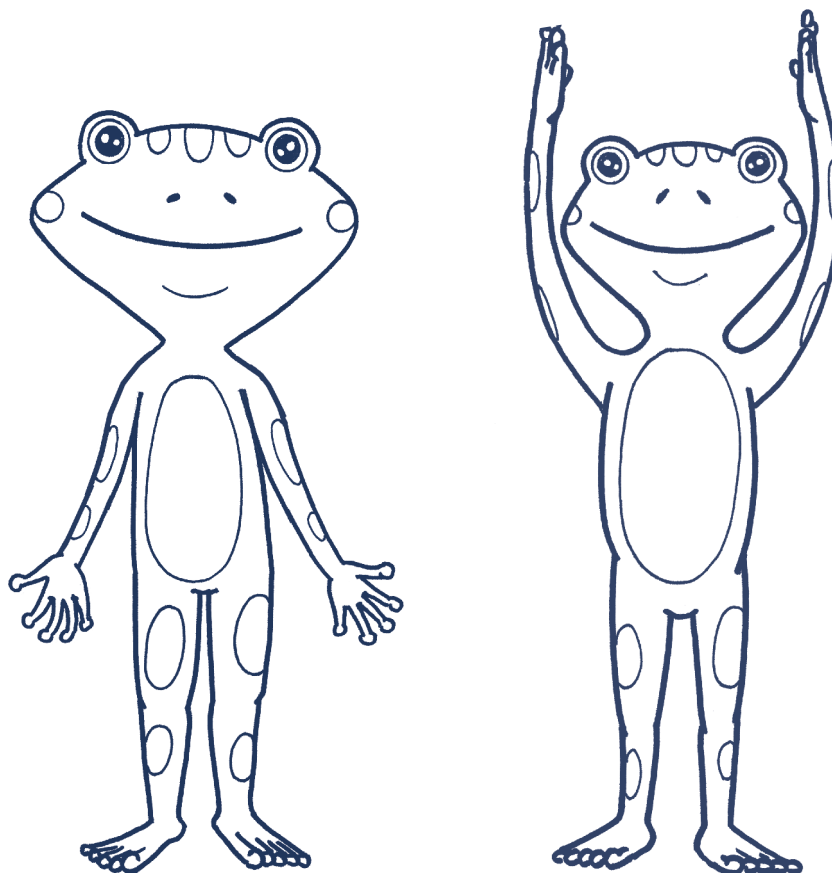
- *Inhale back to center.*
- *Release one leg at a time back to the mat, finding Rest.*

Mountain/Chair



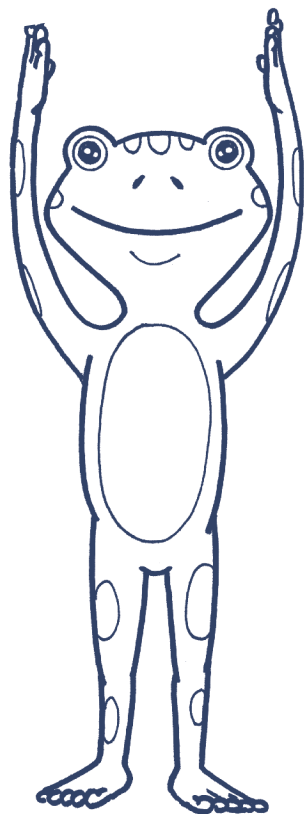
- *Begin in Mountain.*
- *Inhale and lift your arms up for Sunrise.*
- *As you exhale, bend your knees, and sink your hips down as if you are sitting in an invisible chair.*
- *Inhale, stay here.*
- *Exhale, come back to Mountain.*
- *Inhale, Chair.*
- *Exhale, Mountain.*
- *Inhale, Chair.*
- *Let's stay here for two big breaths.*
 - *Breathe in, breathe out.*
 - *Breathe in, breathe out.*
- *As you inhale, gently stand up straight.*
- *Exhale, and bring your hands back down to your sides for Mountain.*

Mountain/Sunrise



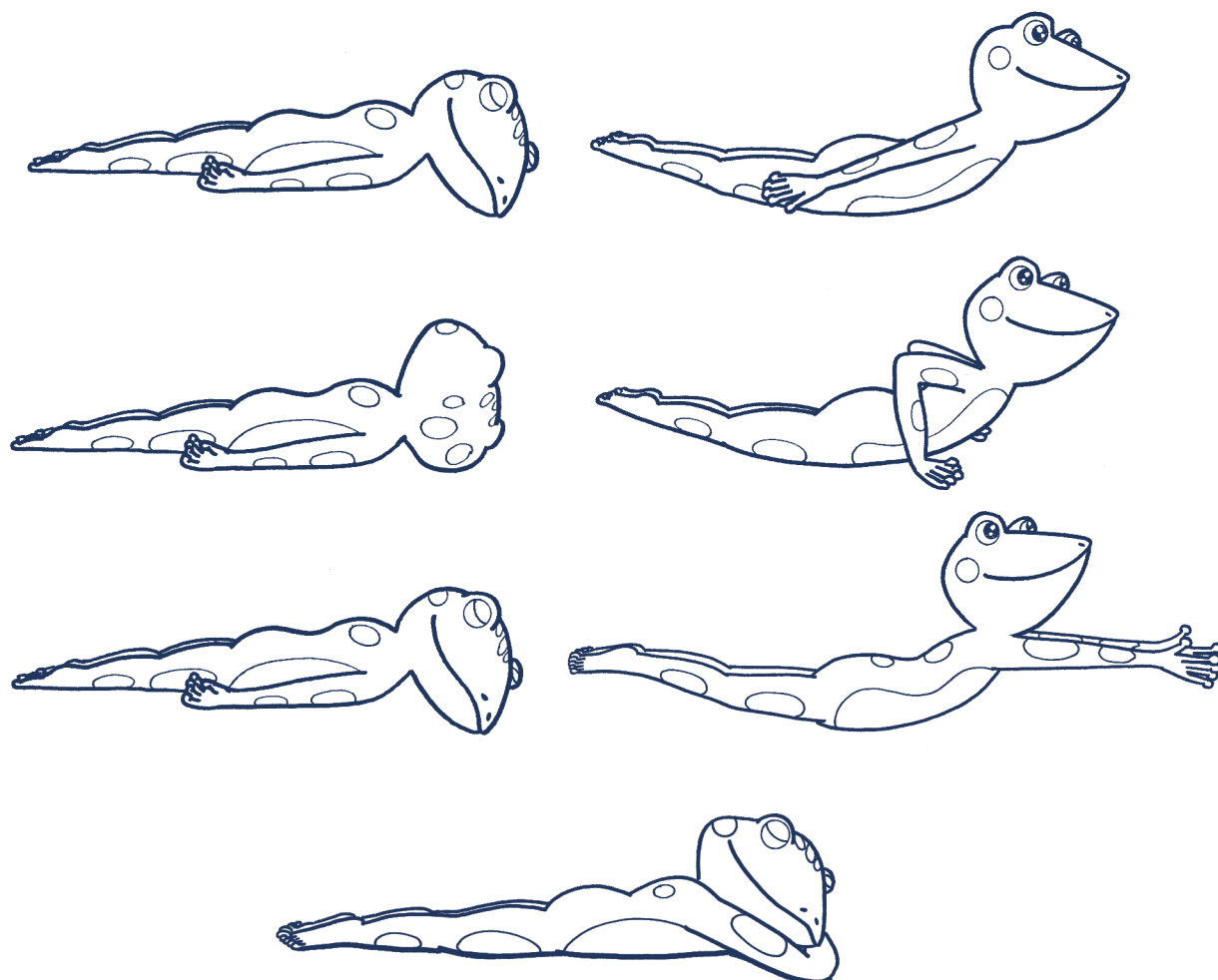
- *Begin in Mountain pose.*
- *As you breathe in, turn your palms out and reach your arms up overhead for Sunrise.*
- *As you breathe out, bring your hands back to your sides for Mountain.*
- *Let's repeat this a couple more times.*
 - *Breathe in, Sunrise. Breathe out, Mountain.*
 - *Breathe in, Sunrise. Breathe out, Mountain.*

Sunrise/Sunset



- *Begin in Mountain pose.*
- *As you take a big breath in, turn your palms out and reach your arms up from your sides until your arms are reaching overhead.*
- *As you breathe out, fold forward and gently reach your arms down, touching your shins, ankles, or maybe the floor. Bend your knees slightly and let your head hang down.*
- *As you breathe in, gently return to standing as you sweep your arms out and up, imagining the sun rising in the sky.*
- *Then, as you breathe out, gently lower your hands to your sides.*
- *Let's breathe and repeat this a couple more times.*
 - *Breathe in, slowly lift up to Sunrise. Breathe out, fold to Sunset.*
 - *Breathe in, Sunrise. Breathe out, fold to Sunset.*

Superhero Sequence



- Begin by lying on your belly, with legs together, and your arms straight and close to the sides of your body. The thumbs are next to your body and the backs of the hands rest on the floor.

SUPERHERO A

- Keep the backs of your hands on the mat. Squeeze your legs together and as you inhale, lift your legs, chest, and head off of the mat. Let's stay here for three breaths:

- Breathing in, reach your chest toward the wall in front of you and reach your feet toward the wall behind you.
- Breathing out, draw your belly button up toward your spine to support your back, sending your shoulders back away from your ears.
- Breathe in, breathe out.
- Breathe in, breathe out.

Superhero Sequence [CONTINUED]

(Superhero A, Continued)

- On your next exhale, release down. Make a pillow with your hands and rest your head to one side.

SUPERHERO B

- Bend your elbows and place your palms flat on the mat beside your rib cage, with your elbows pointing back. Squeeze your elbows in toward your body, squeeze your legs together, and as you inhale, lift your legs, chest, and head off of the mat. Let's stay here for three breaths:
 - Breathing in, reach your chest toward the wall in front of you and reach your feet toward the wall behind you.
 - Breathing out, lift your belly button up toward your spine to support your back, sending your shoulders back away from your ears.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- On your next exhale, release down. Make a pillow with your hands and turn your head to the other side.

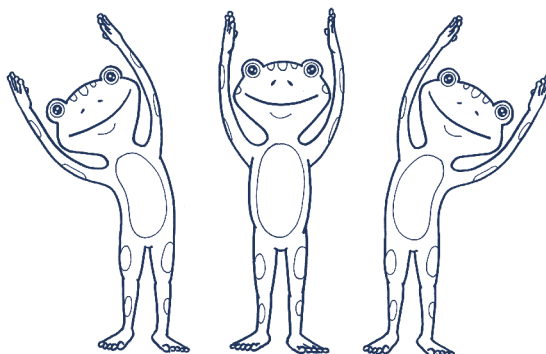
SUPERHERO C

- Reach your arms forward alongside your ears with palms facing toward each other. Squeeze your legs toward each other and inhale as you lift your legs, chest, and head. Let's stay here for three breaths.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
 - Breathe in, breathe out.
- As you exhale, release down to the mat. Make a pillow with your hands and rest your head on your arms.

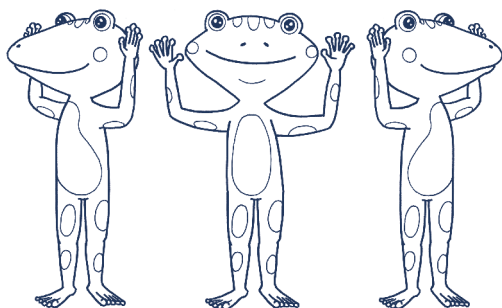
Twist Sequence



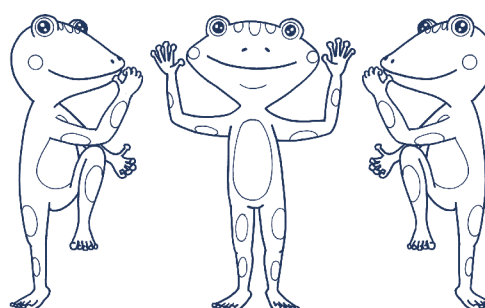
Mountain



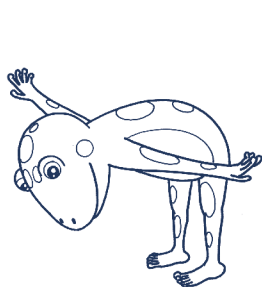
Swaying Palm



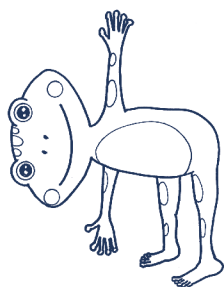
Trident/Trident Twist



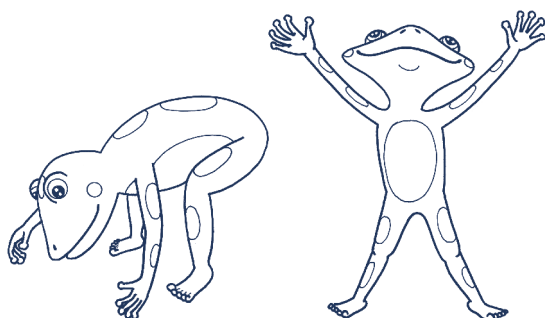
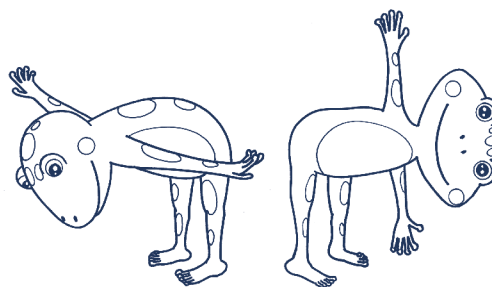
Elbow-to-Knee



Glider



Glider Twist



Pick it Up



Mountain

Twist Sequence

MOUNTAIN

- Begin by standing comfortably on your mat.
- Gently lift the top of your head a little higher toward the sky, noticing how your body feels.
- As you take a big breath in, turn your palms out and lift your arms up from your sides until your arms are alongside your ears.

SWAYING PALM

- Exhale and keep your feet where they are as you gently lean your upper body, head, neck and arms to one side.
- Inhale and come back to standing, reaching your arms overhead.
- Exhale and keep your feet where they are as you gently lean your upper body, head, neck and arms to the other side.
- Inhale and come back to standing, reaching your arms overhead.

TRIDENT/TRIDENT TWIST

- Then, as you exhale, bend your arms at your elbows and slowly lower them so that your upper arms are parallel to your mat.
- Keep your palms facing in toward one another.
- Take a deep breath in and stand up a little straighter.

- As you exhale, gently twist the torso to the right side, keeping the feet stable and being careful not to lock the knees. Let your gaze also turn to the right.
- As you inhale, gently twist back to center. Feel the front of your body open and feel your spine grow tall.
- As you exhale, twist to the left side, keeping the feet stable and keeping a tiny bend in the knees. Let your gaze turn to the left.
- Inhale and gently twist back to center (Trident). Exhale here.

ELBOW-TO-KNEE

- Take another breath in and as you breathe out, lift and bend your right leg and lower your left elbow toward the lifted knee.
- Inhale, and lower your leg back to the mat as you gently raise your upper body, returning to Trident.
- Pause here as you exhale.
 - As you take another breath in, stand up tall.
 - As you breathe out, lift and bend your left leg and lower the right elbow down toward your lifted knee.
- Take a deep breath in, and lower your leg back to the mat as you gently raise your upper body. As you exhale, bring your hands to your sides for Mountain.

Twist Sequence [CONTINUED]

GLIDER/GLIDER TWIST

- As you inhale, reach your arms out in a T position with palms facing down toward the ground.
- Pause here as you exhale.
- Take another breath in, and bend forward at your hips until your chest is even with your mat (Glider). Keep your arms reaching out.
- Exhale, twist to the right. Keep your arms in the same line as you touch your left hand to your right knee, and your right hand reaches toward the sky.
- Inhale, come back to center.
- Following the same movement pattern, exhale, and twist to the left. Bring your right hand to your left knee, and reach your left hand to the sky.
- Inhale, come back to center.
- Exhale, twist one more time to the right.
- Inhale, come back to center.
- Exhale, twist to the left.
- Inhale, come back to center (Glider).
- Exhale here.

PICK IT UP

- As you breathe in, think about what you might need today... is it determination, curiosity, confidence, bravery, calmness, or something else?
- As you breathe out, bend your knees, fold forward, and swoop your arms down in a gathering motion. Imagine you are “picking up” whatever it is you need today.
- As you breathe in, slowly return to standing, bringing that feeling or attitude up over your head.
- As you breathe out, imagine you are allowing what you picked up to wash over your whole body as you slowly lower your arms down along your sides.



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