



# *Flourish*

**PRACTICE GUIDE**

**K-1**

# Flourish

## PRACTICE GUIDE K-1



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For more information about the Compassionate Schools Project, visit [www.compassionschools.org](http://www.compassionschools.org)

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## ***Mindful Moments***

**Frame these exercises by explaining to students that mindfulness is a special way of paying attention. Mindfulness is when we pay attention to something on purpose with curious minds and kindness. (Check for understanding of the meanings of curiosity and kindness.)**

**As you lead each mindful moment exercise, encourage students to practice being curious about what they might notice, and to practice being kind to themselves at the same time.**



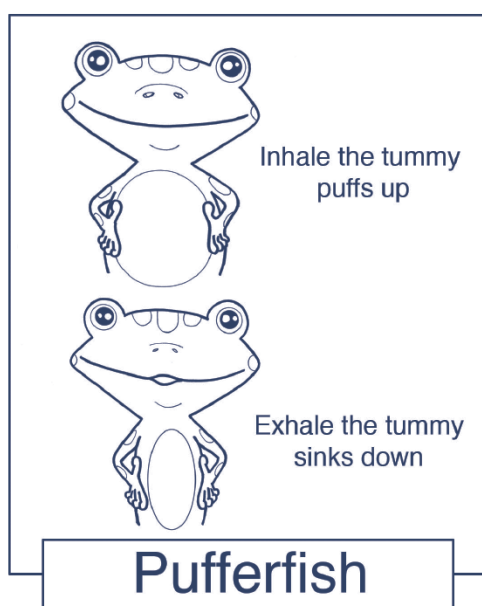
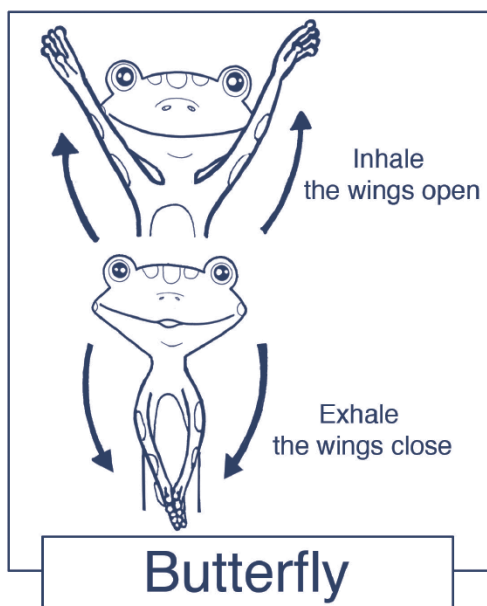
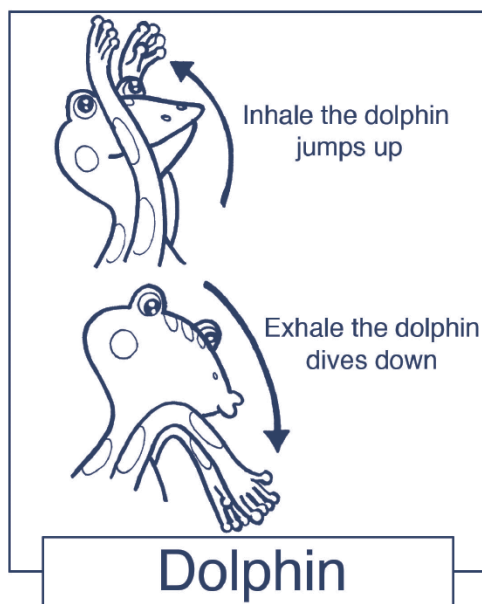
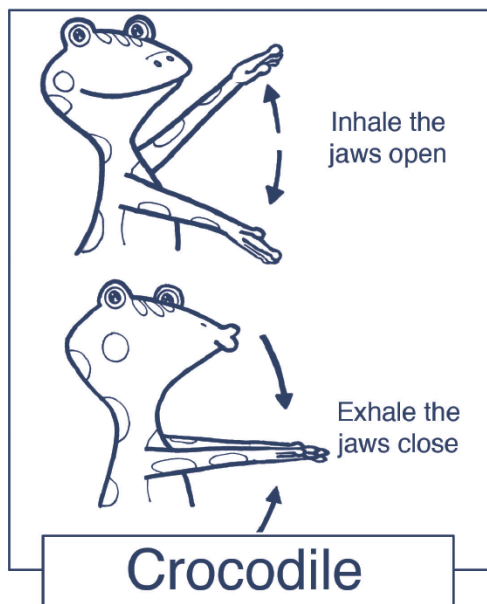


## ***Anchors***

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- *Sit in a comfortable position. Let's begin by paying attention to our breath and being curious about what we might notice. 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.*
- *When I breathe like this, it feels like I am being kind to myself. Thank you for breathing with me.*

## Animal Arms



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



## Calming & Focusing

### CALMING

- 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.
- When I breathe like this, it feels like I am being kind to myself. Thank you for breathing with me.

### FOCUSING

- Next, we'll pay attention to the sound of a bell to help our minds focus.
- Sometimes it helps me to listen if I close my eyes or look downward. You can try that, too.
- In a moment, I am going to ring this bell. All you have to do is listen to the sound of the bell. Be curious about the sound.
- See if you can notice when it starts to get quiet, and see if you can notice when the sound stops.
- When you can't hear the sound anymore, look up at my eyes [or use some other signal] to let me know.

Ring the bell.

Wait until the bell stops ringing.

- Now my mind is more focused and ready to begin the lesson. Thank you for focusing with me.

Invite students to share what they noticed during the Calming & Focusing exercises and how they felt. Affirm that it's okay if they didn't feel calm or if they had a hard time focusing. Explain that focusing isn't easy, but we can get stronger with practice.



## 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? Does it need to move? Does it need to rest? Just notice.
- Now, bring your attention to your breath. Do you feel it moving in and out of your body? Do you hear it? Just notice.
- Now bring your attention to your face. Is it serious or smiling or is there another expression on your face? You don't need to change anything. Just notice.
- Now check in on your mind. Is it busy thinking or telling a story? Are there any feelings visiting?
- 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.

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.
- 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.



## Kind Mind (for Self)



- If we want to take good care of ourselves, we can teach our minds to think kind thoughts. Let's try a Kind Mind practice to show ourselves care and compassion.
- Start in a comfortable position, with hands on Anchors or both hands over your heart.
- You can close your eyes, or rest them in one place.
- I'm going to say a kind thought out loud. After I say the words out loud, whisper to repeat after me.  
**May I feel healthy and strong.**
- Take a deep breath and repeat those kind words to yourself again, silently or in a whisper. Feel that kindness sinking in.
- Now let's practice some more kind thoughts. I'll say the words out loud and you repeat after me, silently or in whisper.  
**May I feel happy.**  
**I hope I feel peaceful.**  
**I hope I show myself kindness today.**
- Notice what it feels like to speak kindly to yourself. Practicing Kind Mind is a way to treat yourself with care and compassion.

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



## Kind Mind (for Others)



- If we want to grow our kindness and compassion, we can teach our minds to think kind thoughts about others. Let's try a Kind Mind practice where we use these kind words for others.
  - Start in a comfortable position, with hands on Anchors or both hands over your heart.
  - You can close your eyes, or rest them in one place.
  - Think of someone for whom you would like to think kind thoughts, maybe a friend or a classmate. Picture that person in your mind. Remember that just like you, they also want to be treated with kindness and compassion. Let's practice that now.
  - I'm going to say a kind thought out loud. After I say the words out loud, whisper to repeat after me.
- May you be happy.\***
- Remember who you are thinking kind thoughts for, and picture that person happy in your mind. Now let's think some more kind thoughts. I'll say the words out loud, and you whisper to repeat after me.
- May you feel healthy and strong.\***
- I hope you feel loved and cared for.\***
- I hope you learn and have fun today.\***
- Take a few moments to sit quietly and notice what it feels like to practice kind thoughts for others.
- Allow a few moments of silent practice.
- Take a deep breath in and out, and when you're ready, look up.

**\*Allow time for students to repeat.**

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

Kind Mind (for Others) can also be done with partners, where students sit next to a partner or in front of a partner and direct their kind thoughts toward this partner.

Consider inviting the class to suggest other phrases to use as kind thoughts.

## Kind Mind (for Community)



- In this room, we are all part of this classroom community and the [school name] community. We are all a part of the same community, and there are many ways we are the same and many ways we are different. We all come together to make this community strong. Let's practice saying kind words and thinking kind thoughts for our community.
  - Imagine everyone in this school community standing in a huge circle stretching all the way around the building. Imagine that they are all healthy and strong. Whisper to repeat after me:  
**May our whole school community be healthy and strong.**
  - Now imagine that big circle of people—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 kindness and caring.**
  - Now imagine that you could see the faces on that whole big circle of people. They feel safe. They feel peaceful. Whisper to repeat after me:  
**May our whole school community feel safe and peaceful.**
  - Now imagine that each of those people in our whole school community is leaving the circle to do their part to keep the school working and learning. Whisper to repeat after me:  
**May each of you know that you are important.**
  - 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.
- During this practice, we're going to breathe in while we count to three. Then we'll breathe out while we count to five.
  - Breathe in for one, two, three.
  - Breathe out for one, two, three, four, five.
- As you breathe out, let your body relax. Repeat this a few times.
- How do you feel after practicing Letting Go Breath?

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.



## Mind Jar

---

Have students sit in a comfortable position and hold up the Mind Jar so they can all see it.

- *Sometimes our minds are swirling like the glitter in this jar. (Shake the jar.)*
- *Put your hands on your Anchors—one hand on your belly and one hand on your heart. Focus your attention on the Mind Jar. Let's take deep slow breaths so we can settle into a calm mind. When all of the glitter has settled, slowly lift your eyes up.*

Pause to allow the glitter in the jar to settle while students take calming breaths.

Ask the students:

- *While you take Calming Breaths, do you feel your mind begin to calm and settle like the glitter in the jar?*

### SUMMARIZE FOR STUDENTS:

- *Even though our minds can sometimes feel full of swirling thoughts and feelings, these swirling thoughts and feelings can settle like the glitter in the jar.*



## Mindful Eating

Invite students to place their hands on their bellies to help them notice what feelings they experience in response to the food item. Then lift the napkin off of the food item and invite students to observe with curiosity and kindness what feelings come to visit. Ask students to use their plate faces to indicate whether they are experiencing comfortable or uncomfortable emotions about trying the new food.

Invite students to explore what it would feel like to be curious about the new food. Then use cues such as the following script to guide students through a mindful eating exercise.

- *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 using all five of our senses to experience food when we eat.*
- *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 farther away. Try looking at just a part of the [food item]. Then look at the whole thing. What does it look like? What word would you use to describe it?*
- *Now bring it toward your nose and take a small sniff. Now breathe it in deeply. Is there a strong smell? Move it away from your face. Can you still smell the food when it's far away?*
- *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 shape 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?*
- *Now begin to taste the [food item] very slowly. First, simply lick the [food item]. What do you notice? Then, take a small bite. 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. Notice how your tongue feels. Can you notice the [food item] going down your throat toward your stomach? What else do you notice in 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.*



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- Give students about a minute to listen with your guidance. Then ask students to share sounds that they noticed.

**Invite students to write or draw what they heard during Mindful Listening.**



## Mindful Walking

Lead students in Mindful Walking, either on their mats or in a line around the room, giving the following cues as you walk:

- We can walk mindfully by slowing down our pace and noticing each step we take. Don't forget to breathe!
- While you walk, see if you can feel your feet on the ground, feel how your toes and your heels take turns touching the ground, and feel how you push off of your back foot.
- Notice how walking feels in the rest of your body. What happens to your legs, your chest, your arms, and your head?
- When you slow down your pace, do you notice more things around you? What do you notice around you now that you are walking more slowly? What do you see? What do you hear? What else are you aware of?

Students can walk back and forth on their mat, around the room, or even outside.

**TEACHING TIPS:** To engage students in Mindful Walking, emphasize the idea of being curious, like a detective or a scientist. What can you discover about walking? Model curiosity and discovery for your students. You might say things like, “Wow, I think I can feel all of my toes touching the floor” or “When I start to lift my foot up, it almost feels like I’m floating.”

Encourage the use of imagination to make mindful walking more playful:

- Imagine we are walking in sticky mud; what does that feel like? Imagine we are walking on the moon; how does that feel? Now let's walk normally and notice if it feels any different.



## My Quiet Place

- We're going to use our imaginations to create a "quiet place" inside of ourselves that we can take wherever we go.
- You can design your inner quiet place any way you like—it can be real or imagined. There are no limitations.
- For example, my quiet place is next to a beautiful blue lake. The sun is always shining there, and I lay down in the grass next to the lake, listening to the sound of the birds in the sky and feeling the warmth of the sun on my skin. When I want to feel safe and calm, I can imagine being there beside the lake.
- Let's take a few moments so you can think of your own quiet place.
- First, pretend that you are slowly turning your head left and right. Notice everything that you see. What does your quiet place look like?
- Now focus your attention on what you feel. Are you inside or outside? Is the air warm or cool? What does your quiet place feel like?
- And now notice if you hear any sounds when you explore your quiet place—it doesn't need to be silent. Maybe there are sounds that help you feel safe and calm. What does your quiet place sound like?
- Now bring your attention to your body. What does your body feel like when you visit this quiet place? What would it feel like to carry this quiet place with you wherever you go, to know that it is there for you any time you might need it?
- And now, when you feel ready, open your eyes or look up.

Give students 30 seconds to one minute to imagine their ideal quiet place. Have them silently signal when they have somewhere in mind.

Then invite them to explore this quiet place in detail. Pause after each prompt, allowing students time to reflect.

- Take a moment to explore your quiet place in detail.





## Ocean Wave Breath

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- Start in a comfortable position. Imagine that you are lying on the beach and listening to the ocean waves.
- Can you make your breaths like ocean waves?
- Listen as you breathe in and out.
- Can you hear your steady breath?
- Place your hands on your belly.
- Can you feel your belly moving up and down like ocean waves?
- Imagine you are listening to the waves, soaking up the sunshine, and letting your whole body relax.

**TEACHING TIP:** You may play an audio recording of the sounds of ocean waves to stimulate students' imaginations.



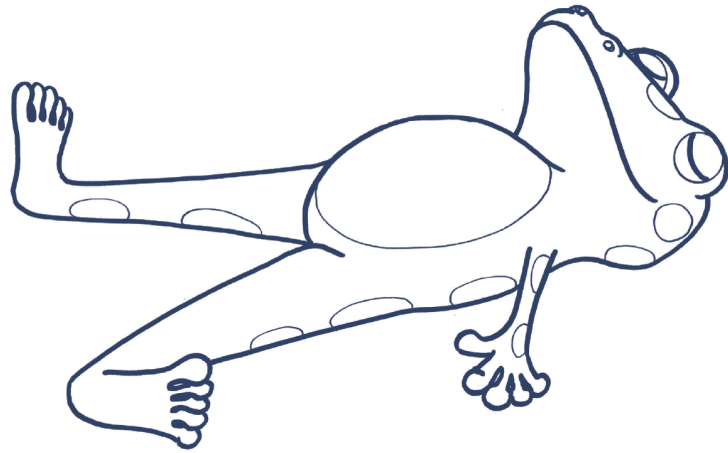
## Relaxation Dance

- Today we're going to practice getting our wiggles out and relaxing our bodies.
- First, wiggle your bodies! Move in whatever ways feel comfortable for you, but remember to stay on your mat.
- Now see if you can wiggle a little faster.
- And what about even faster?
- Now pause.
- Place one hand on your heart and one hand on your stomach. Take a deep breath in and out. Can you feel your heart beating?
- Now, do a slow relaxation dance to help your body become still and calm. Move your body slowly and calmly in whatever way it wants to move. Be creative!
- Now begin to slow your relaxation dance down.
- Now see if you can move even slower.
- And what about even slower?
- As you dance, begin to lower yourself down toward your mat.
- Can you go even slower?
- As you move as slowly as you can, begin to lower yourself down toward your mat until you are sitting or lying down comfortably.
- Become completely still.
- Notice what this feels like.
- Now place one hand on your heart and one hand on your belly.
- See if you can feel your heartbeat. What does your heartbeat feel like after your relaxation dance?
- Bring your attention to your breath. What is your breath like now that you are relaxed? Is it fast or is it slow?
- Now place one hand on your forehead. What is your mind like after your relaxation dance?
- Now gently lower your hands to your sides.
- Take a deep breath in and out. Notice how you feel.

If you like, you can ring a bell or a tone bar to indicate when students should pause and check in during the relaxation dance.

The part at the beginning where students dance fast to get the wiggles out is optional—you can also just start the relaxation dance with slow, calming movements.

## Rest



- We're going to be still and quiet on our mats for a moment of rest.
- Take a moment to look around the room, then find a comfortable position sitting up or lying down. You can keep your eyes open or closed.
- If it's comfortable, rest one hand on your belly and one hand on your chest—your Anchors.
- 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.
- As you let your body rest, see if you can notice the breath moving in and out of your body.
- Do your hands move when you breathe in and out?
- Notice how your belly moves each time you breathe air in, and then notice how your belly moves as the air goes back out.

- When you watch your breath mindfully with curiosity and kindness, what else do you notice?

Allow a brief time for silent rest, differentiating the timing based on readiness and needs of your students.

- As we finish the relaxation, take a deep breath in and a long breath out. 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.

Ring the bell.

- How do you feel after this short practice? Relaxed? Calm? Sleepy? Energized? Be curious and notice how your mind and body feel.

**TEACHING TIPS:** Some students may feel vulnerable lying on their backs and 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 resting.

## 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.

## 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. If any part of your body is still moving, notice it, give it one last wiggle, and do your best to make it very, very still.
- Now take a few moments to simply lie quietly, noticing how you feel.
- Slowly begin to wiggle your fingers. Now gently wiggle your toes. Take a deep breath in, and now let it out. When you feel ready, open your eyes. Slowly sit up.
- Take a moment to notice how you feel.

If students are restless, acknowledge that sometimes it's hard to be still and quiet.

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."

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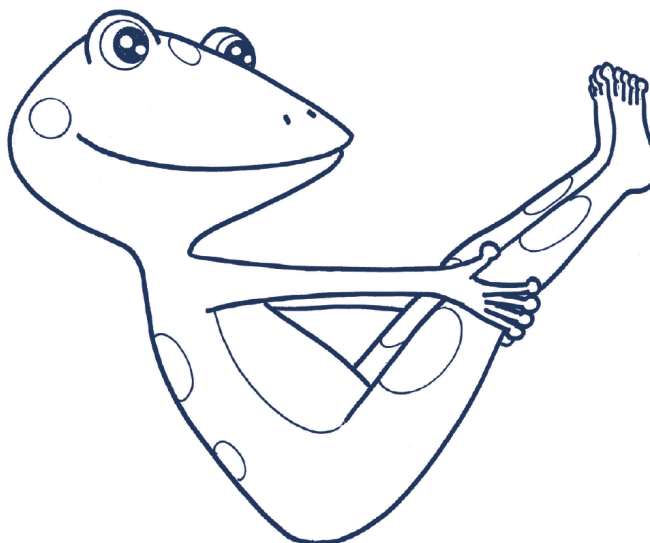
## ***Poses***

**In Flourish K-1, the poses are generally shared with learners as part of a Moving Storytime. We recommend that you use the cues suggested here as reference for the movements and poses you will be modeling, but do not focus on instructing students on correct alignment during this activity.**

**Let the focus be on the story and exploring and playing with the movement. Students in this age group will do best by following your movement rather than your verbal instruction. Give cues to support students' performances of the movements and poses only as much as you see necessary to support safety. If more instruction and practice is needed for the movements, return to them after the story. Remember that students will develop fluency with the movements through repeated practice.**







## 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.
  - Let's build the sides of our boats. Stretch your arms forward along the outside of your knees with your palms facing each other.
  - Inhale, lift your heart, and lower your shoulders down away from your ears.
  - Exhale: Gently squeeze your tummy muscles to pull your belly button closer to the spine.
  - Are you ready to go sailing?
  - See if you can lift your heels so that just your toes are touching the mat.
  - If you feel balanced, lift one foot off the mat.
  - Now lift your other foot off the mat too.
  - Let's see if we can hold the pose and keep our balance. It's okay to put your toes or foot back on the mat to catch your balance.
- Breathe in, breathe out.
  - Breathe in, breathe out.
  - If you want a challenge, see whether you can lift your feet higher and straighten your legs a little bit more.
  - When you're ready to come out of the pose, gently lower one foot down to the floor and then the other. Move back into a seated position.

### Variation 2: Row the Boat

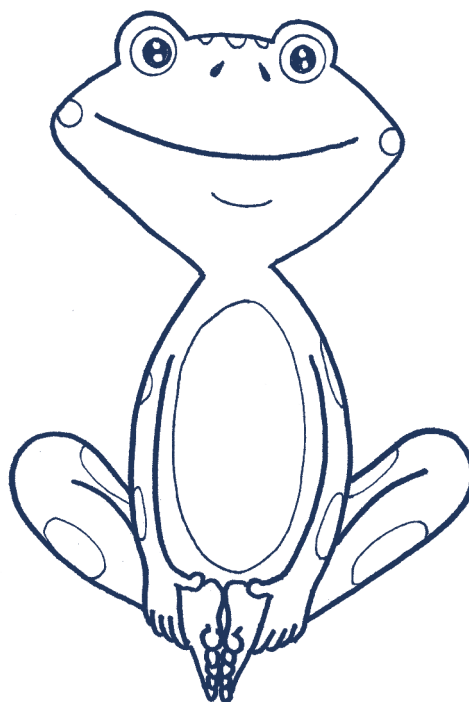
Guide students into this variation of Boat by modeling the movement.

- Holding Boat, make a rowing motion with your arms.

### Variation 3: Rock the Boat

Guide students into this variation of Boat by modeling the movement.

- Holding Boat, rock your body from side to side, trying to keep your balance.



## 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.*
- *Inhale: Hold feet still, lengthen back to sit up tall.*
- *Exhale: Let your knees relax down toward the mat while you gently fold forward over your legs.*
- *Let's pause here for three breaths.*
  - *Breathe in, breathe out.*
  - *Breathe in, breathe out.*
  - *Breathe in, breathe out.*
- *Inhale: Sit up straight.*

**TEACHING TIP:** Model for students what it means to gently fold forward. The movement can be very subtle, simply shifting the upper body forward from the hips without lowering down. To deepen the stretch, allow the upper body to relax downward over the legs without forcing the fold.





## Camel

- *Begin on Hands and Knees.*
- *As you breathe out, walk hands back and lift upper body to kneeling.*
- *As you breathe out, place fists on the base of the back above the hips.*
- *Inhale, lift your heart, looking upward.*
- *Exhale, drop your shoulders down, bending backward gently.*
- *Hold the pose for a few breaths, then gently squeeze the muscles of your belly as you lift upright to kneeling.*



## 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, 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.



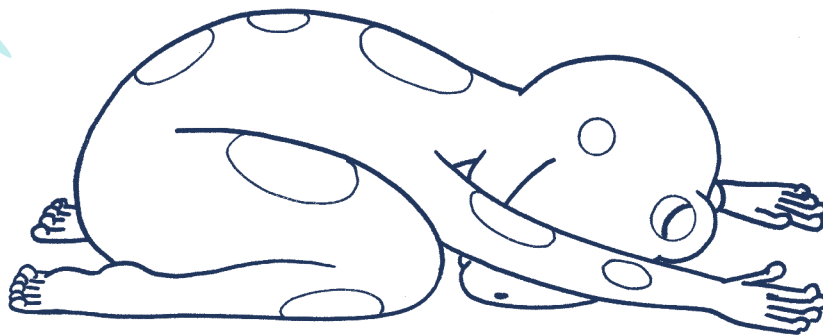
## Chair

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- *Begin in Mountain, standing with your arms by your sides.*
- *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 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 to Mountain.*

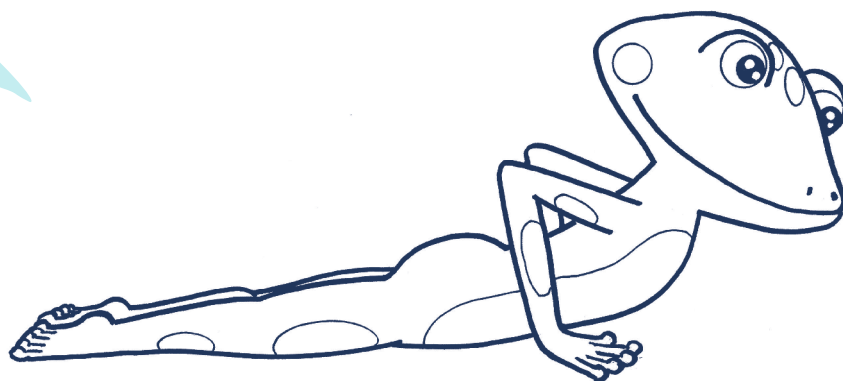
Knees should never go out farther than the toes; weight should be centered over the heels; toes should be able to lift from the floor and wiggle.



## Child's Pose

---

- Start on your hands and knees.
- Now move your hips back toward your heels.
- Gently stretch your arms out in front of you.
- Let your chest and head slowly sink down to the mat.
- Take a few quiet breaths, 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.*
- *Gently press down through your hands.*
- *As you breathe in, lift your head and chest off the mat just a little bit. 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.*

Encourage learners to lift up using the strength of their back, not by pushing up through the hands.

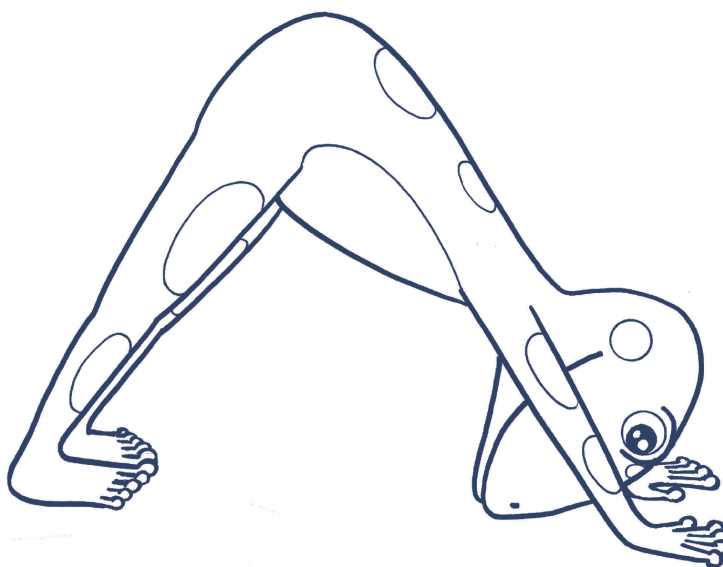


## Cow

---



- *Begin on 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.
- 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.
- Keep pressing down with your hands and feet. Let your head relax 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 hands and knees.

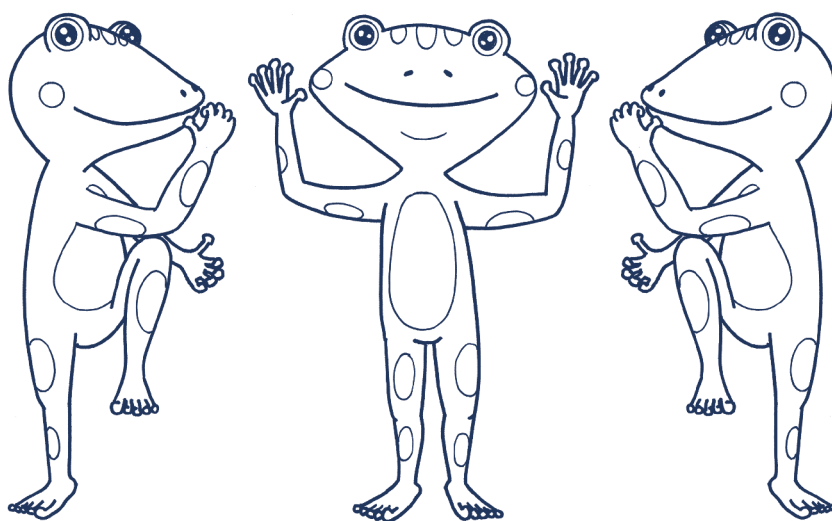


## Easy Pose

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- Start by sitting on the ground with your legs crossed.
- Gently place your hands on your knees or on your Anchors.
- As you inhale, sit up straighter, imagining stretching the top of your head toward the sky.
- As you exhale, relax your legs and shoulders.

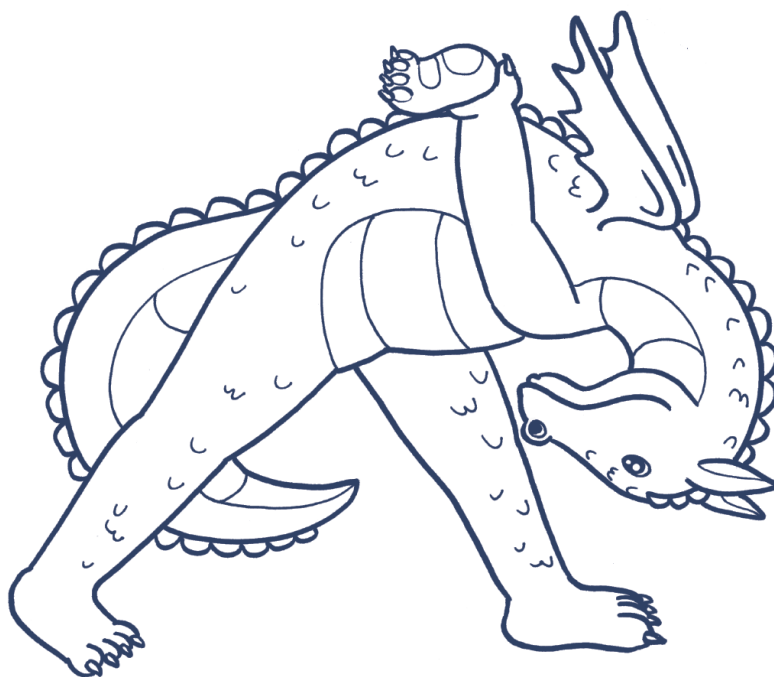




## Elbow-to-Knee

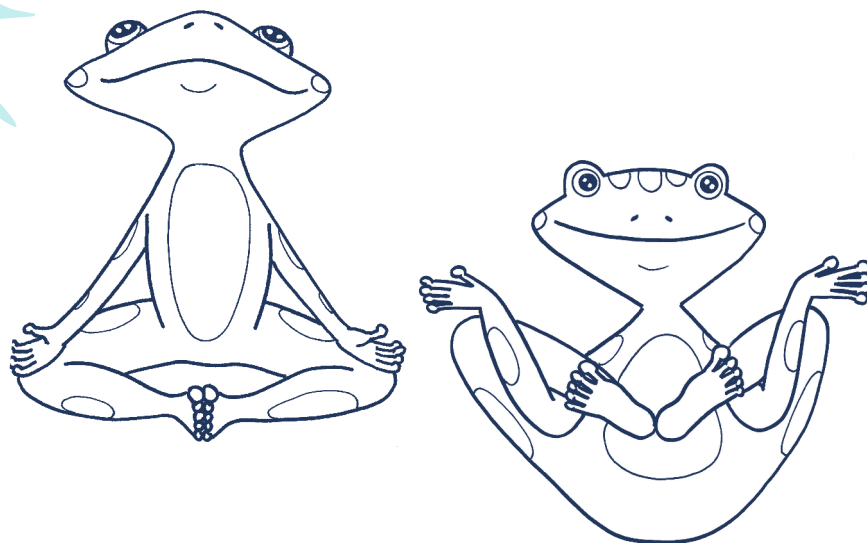
- *Begin in Trident: From Mountain, bring arms up to a position where upper arms are parallel to the ground, elbows are bent 90 degrees, and palms facing forward or toward each other.*
- *Take a deep breath in and stand up a little straighter.*
- *Now bring your weight onto one leg.*
- *As you breathe out, 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 in Trident.*
- *Pause here as you exhale.*
- *Now repeat the pose on the opposite side.*
- *Repeat two more times, doing first one side, and then the other.*

**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, standing with your arms by your sides.
- Take a big step back with one foot.
- Hold on to opposite wrists or elbows behind your back or join your hands together in front of your body to be your elephant's trunk.
- 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.
  - Breathe in, breathe out.
  - Breathe in, breathe out.
- On your next inhale, come all the way back up while keeping your legs still.
- As you exhale, turn your whole body to face the other direction. Point your toes toward the direction you are facing.
- As you breathe in, 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.
  - Breathe in, breathe out.
  - Breathe in, breathe out.
- On your next inhale, come all the way back up while keeping your legs still.
- As you exhale, step your feet together and return to Mountain.



## Flower

### Version 1

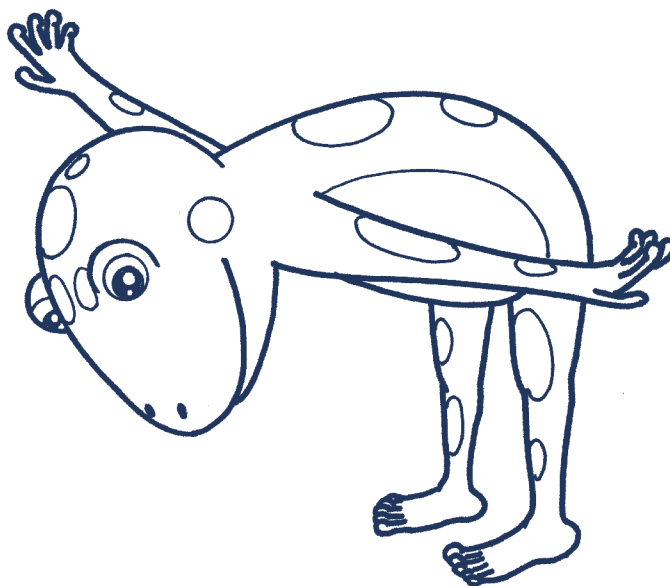
- Begin seated in Butterfly pose or another comfortable seated position.
- Reach your arms out to the sides, turning palms up and lifting the pinkies.
- As you inhale, lift your chest and look upward.
- As you exhale, drop your shoulders downward.
- Let's stay here for three breaths.
  - Breathe in, 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.
- Now gently lower down toward the mat, keeping your arms in the same position and placing your palms on the mat.

### Version 2 (with balance)

- Start in Butterfly.
- Now bring your arms out from under your legs and return to Butterfly.

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

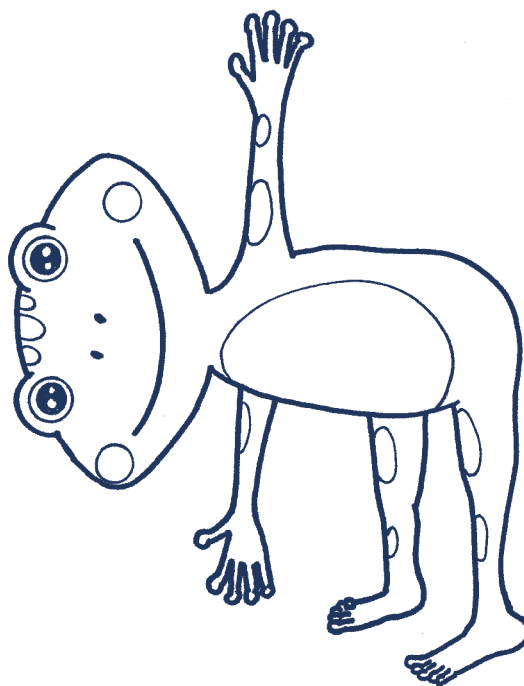
Lifting up through the chest will help with balance.



## Glider

- Start in Mountain 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 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

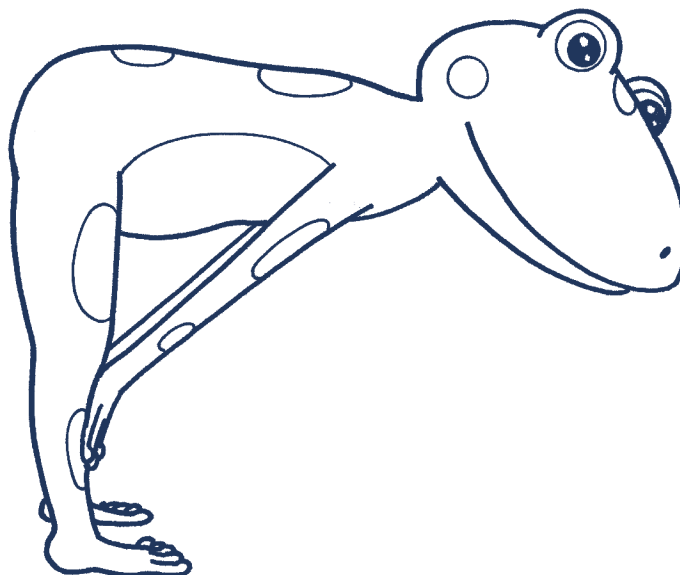
- Start in Glider, with your arms reaching out to the sides and your chest even with the mat.
  - Exhale, twist to one side. Keep your arms in the same line as you lower one hand toward your knees and your other hand reaches toward the sky.
  - Inhale, come back to center (Glider).
  - Exhale, and twist to the other side. Keep your arms in line as you lower one hand toward your knees and your other hand reaches toward the sky.
  - Inhale, come back to center.
  - Let's repeat that two more times on each side.
- Breathe out and twist to one side.
  - Breathe in to come back to center.
  - Breathe out and twist to the other side.
  - Breathe in to come back to center.
  - Breathe out and twist to one side.
  - Breathe in to come back to center.
  - Breathe out and twist to the other side.
  - Breathe in to come back to center.
  - Now, gently return to standing.



## Hands and Knees

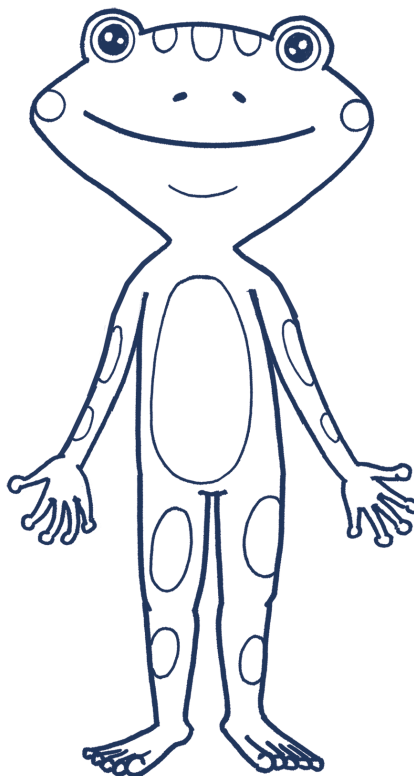
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- *Begin in a kneeling position with knees directly under hips and tops of feet pressing downward on the ground.*
- *Place your hands on the mat in front of you, walking your hands forward so that your back is straight and your hands are directly below your shoulders.*
- *Make sure your fingers are spread out nice and wide, your hands are shoulder-width apart, and the soft creases of your elbows are facing toward each other. Press your hands into the mat.*
- *Tuck your chin just a little bit and look down between your thumbs.*
- *Pause here as you take slow breaths in and out.*
  - *Breathe in, breathe out.*
  - *Breathe in, breathe out.*



## Monkey

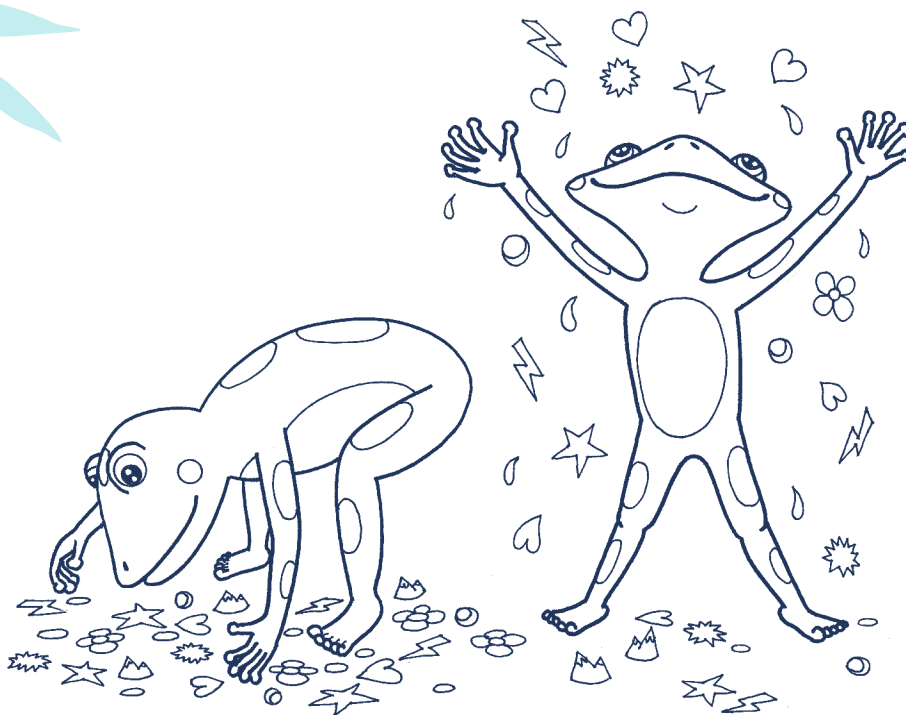
- *Begin in Sunset, with your head hanging down and your hands on your shins, your ankles, or even the floor.*
- *As you breathe in, lift your chest and look forward, sliding your hands up along your shins. Stop when your chest is even with the floor.*
- *This is Monkey.*
- *Let's pause for one full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



## Mountain

- Stand comfortably with your feet hip-width apart.
- Keep your arms by your sides. If it feels comfortable, turn your palms to face forward.
- Take a deep breath in and stretch the top of your head toward the sky. Do you feel a little taller?
- As you breathe out, press both feet into the floor and relax your shoulders away from your ears.
- Hold the pose for three breaths.
  - Breathe in, breathe out.
  - Breathe in, breathe out.
  - Breathe in, breathe out.
- Now imagine a mountain. Notice how tall and strong it is. Imagine you are as tall and strong as a mountain.

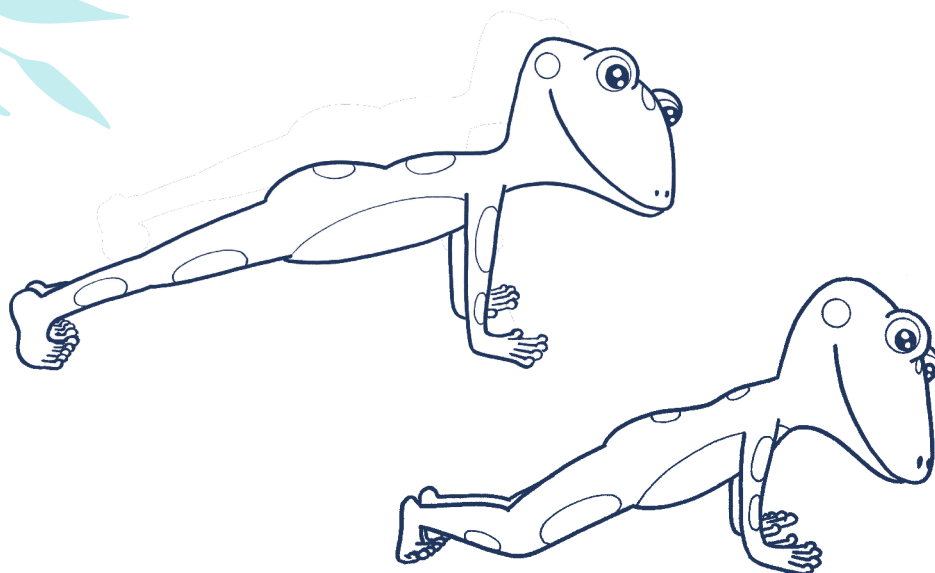




## Pick It Up

- Start in Standing Starfish.
- 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 and into your mind, as you lower your arms down along your sides.

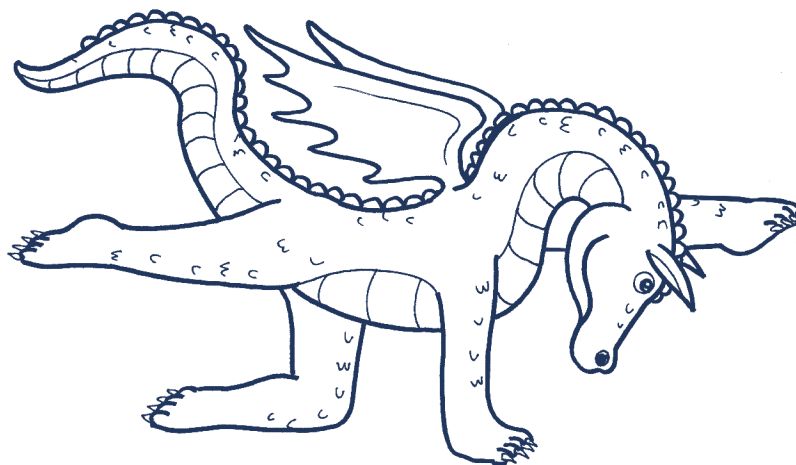
**TEACHING TIP:** This movement can be repeated several times, with or without the imagery.



## ***Plank/Kneeling Plank***

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- 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 tuck your toes under in a push-up position. Press down through your hands and back through your heels. You can feel 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.
- Breathe while you hold the pose.
  - Breathe in, breathe out.
  - Breathe in, breathe out.
- Now slowly return to hands and knees.



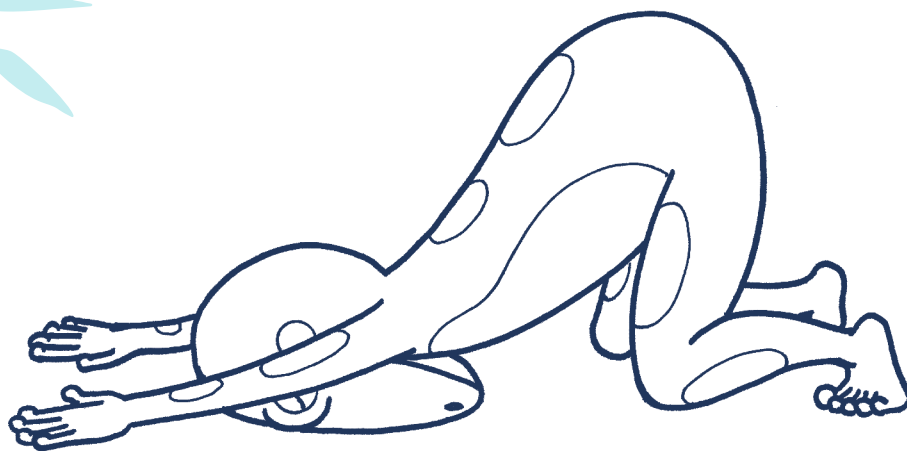
## Pointing Dog

- 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 one arm and then lift the opposite 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 other arm and then the opposite 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.
- Let's repeat that movement a few times, switching sides each time we lift and balance.
- Breathing in, let's lift into Pointing Dog, imagining a long line extending from the heel of your raised foot to the fingertips of your raised arm.
- Breathing out, gently squeeze your belly while you slowly lower back to Hands and Knees.
- Breathing in, lift with the opposite arm and leg, feeling all your muscles working to keep your body balanced.
- Breathing out, carefully and slowly lower your hand and knee to the floor.
  - Breathing in, lift and balance.
  - Breathing out, back to Hands and Knees.
  - Breathing in lift and balance.
  - Breathing out, back to Hands and Knees.

### Variation:

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

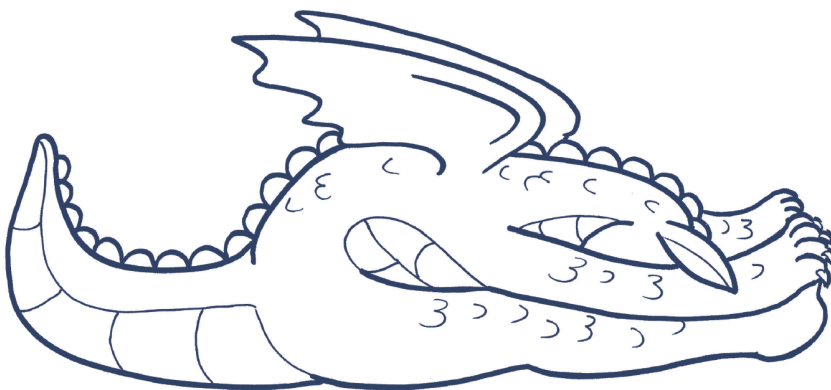
**TEACHING TIP:** Explain that Pointing Dog is a balancing pose that they do on the ground. Demonstrate the movement once, and then model as students follow along. Encourage students to focus on finding steady, even breath to guide the movement.



## ***Puppy***

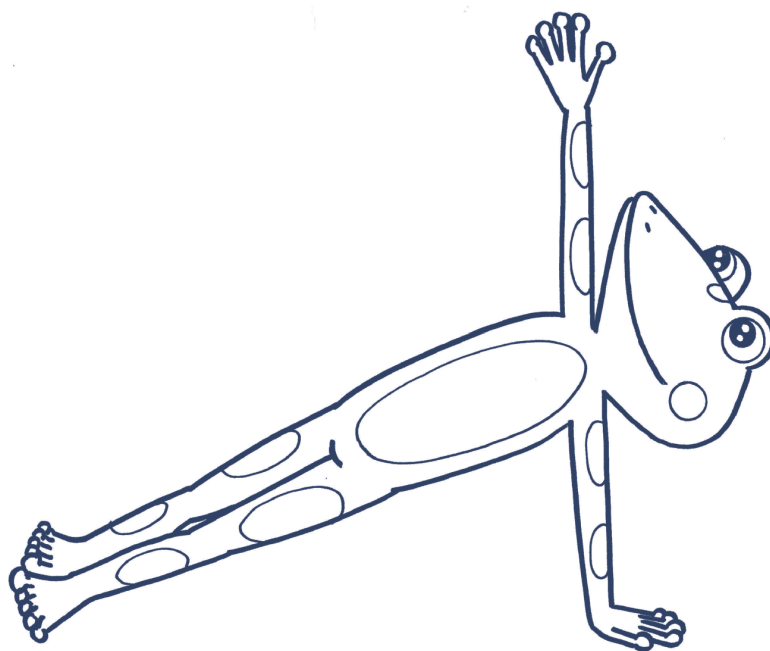
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- *Start on your hands and knees.*
- *Walk your hands out in front of you and gently stretch your arms.*
- *Press into your hands and reach your hips back toward the wall behind you.*
- *Let your chest slowly sink down to the floor.*
- *Pause here 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.
- As you breathe in, lift your arms up overhead in a sunrise motion.
- As you breathe out, fold forward from your hips.
- 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.



## Side Plank

- Begin in kneeling version of Plank pose. Check that your shoulders are over your wrists.
- Now stretch the fingers on one hand out like a starfish.
- Shift your weight onto that 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.
- You can 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. You can either rest your upper hand on your hip or bring it up to the sky.
- Now you have a choice about where to put your feet. You can:
  - Stay right here with one knee down for support.
  - Stretch out 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 bring 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 Plank.
- Let's repeat this on the other side.



## Standing Starfish

- Begin by standing comfortably, 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.
- This is Standing Starfish.
- Let's hold this pose for two breaths.
  - Breathe in, breathe out.
  - Breathe in, breathe out.
- Now jump or step back to standing.

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



## Sunrise

---

- *Begin in Mountain, standing with your arms by your sides.*
- *As you take a big breath in, turn your palms out and reach your arms up from your sides until they reach straight up overhead. This is 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

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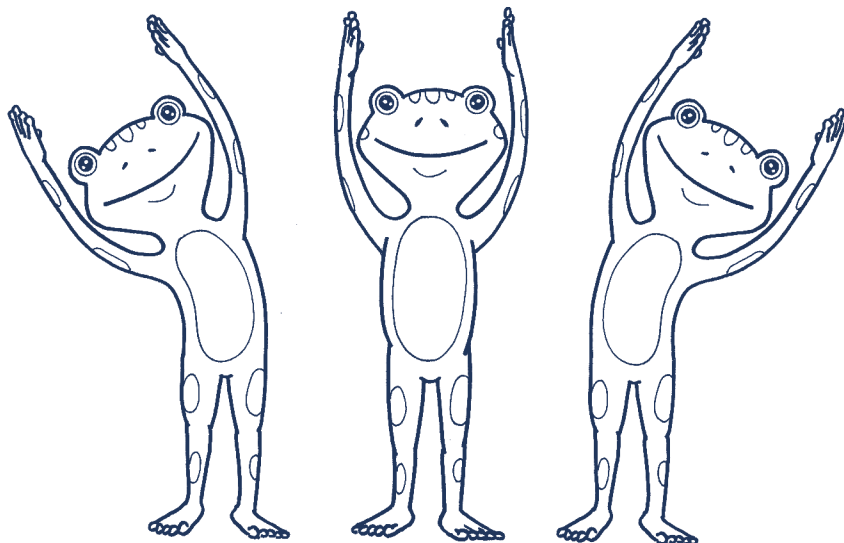
- *Begin in standing. Take a deep breath in.*
- *As you breathe out, fold forward. Rest your hands on your shins, your ankles, or maybe the floor.*
- *Bend your knees a little bit. Let your whole upper body relax over your legs, and let your head hang down.*
- *Pause here for one full breath.*
  - *Breathe in, breathe out.*
- *On your next breath in, slowly come back to standing.*



## Surfer

- Begin in Standing Starfish with feet wide apart, toes facing the long edge of your mat.
- Turn your right foot so your toes face the short edge of the mat.
- Inhale and reach your arms wide toward the short edges of your mat. As you breathe out, bend your right knee over your right ankle. Gently turn your head to look out over your right fingertips.
- While we hold Surfer pose, breathe and imagine you are balancing on a surfboard, looking out over the ocean.
- Breathe in, breathe out.
- Breathe in, breathe out.
- Breathe in, breathe out.
- 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.

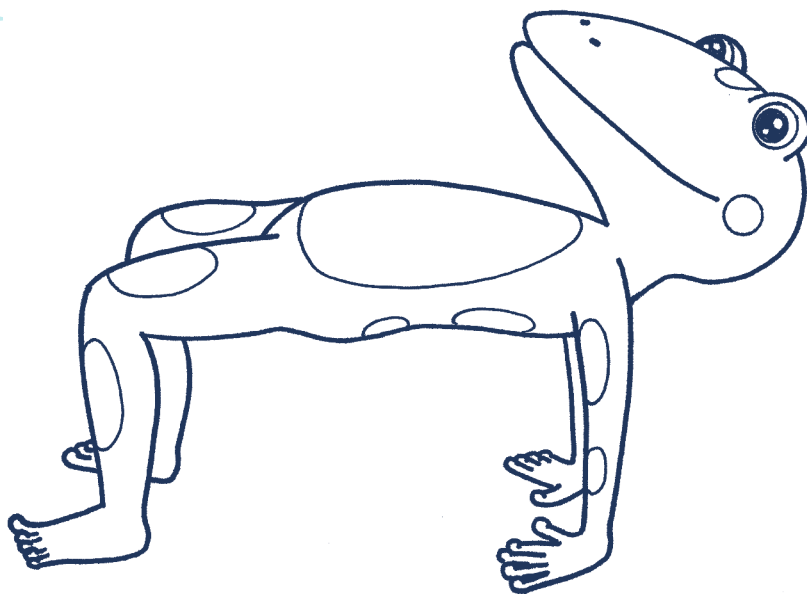
“Left” and “Right” are used here for clarity for the teacher. When giving instructions to young learners, consider using “front” and “back” instead of “left” and “right”.



## Swaying Palm

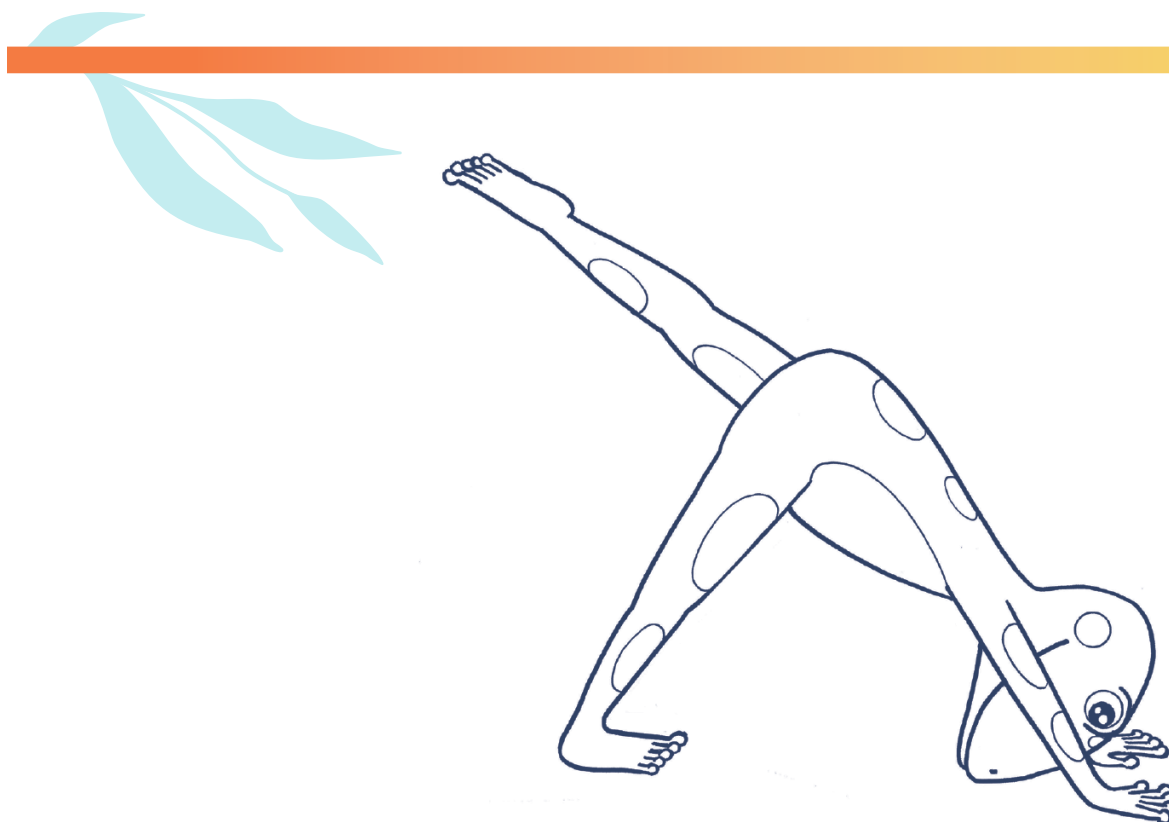
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- Begin in Mountain, standing with your arms by your sides.
- Inhale and reach your arms up overhead.
- Exhale and keep your feet where they are as you gently lean your upper body, head, neck and arms to one side.
- Inhale and come back to standing, 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.
- Exhale and bring your arms back to your sides for Mountain.



## Table

- Begin by sitting comfortably on your mat.
- Place your hands about one hand length behind your hips with your fingertips pointing toward your body.
- Now bend your knees in front of you and put your feet flat on the floor.
- Take a deep breath in and press down into your feet and hands as you lift your hips and your chest off the ground. You want your hands under your shoulders and your ankles under your knees. Your thighs, belly, and chest will make the tabletop.
- As you breathe out, gently squeeze your belly button inward and gently tuck your chin toward your chest.
- Pause here and take one deep breath in and out.
- With your next breath out, slowly lower your hips to the mat to return to a seated position.



## Three-Legged Dog

- Start in Dog. 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. Keep your hips facing the floor.
  - Exhale and hold it there. This is Three-Legged Dog.
  - Try to hold the pose for two breaths, but bring your foot down if you need to.
- 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.
  - Breathe in, breathe out.
  - Now get ready to repeat the pose on the second side.

## Tree

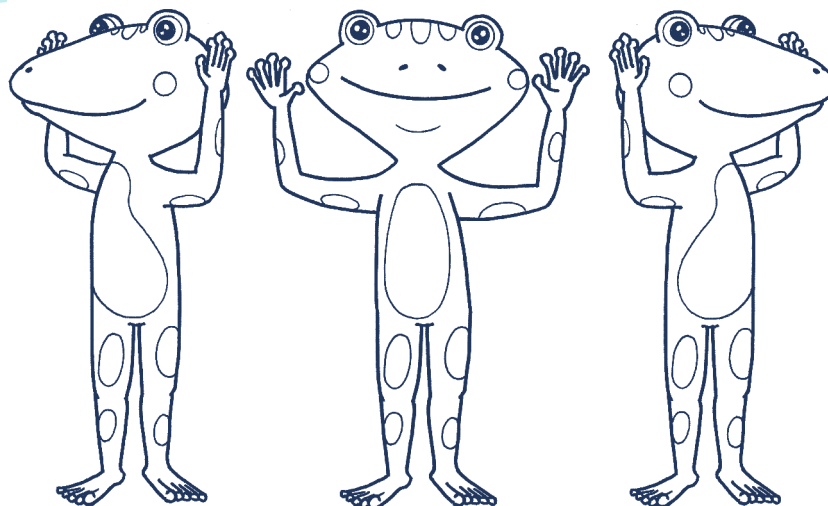


- Start in Mountain with your hands on your hips. Find a spot on the floor or wall in front of you that you can look at throughout the pose. This focus spot will help you keep your balance.
- Choose one leg to be your tree trunk. Shift your weight onto that leg.
- The other leg can be your first branch. Point the knee of your branch leg out to the side, with the heel resting against the other ankle and toes on the floor.
- You can stay right here, or you can try to lift your branch leg a little higher, placing your foot against your leg, below or above your knee, but not on it.
- Your arms can be branches too. Try raising one or both arms up above your head. Bring them back to your hips anytime you need to.
- Imagine sending roots down through the foot that is planted on the ground to keep your tree strong and stable.
- Try holding Tree Pose for a few breaths, but if you start to lose your balance, place your foot down to stay safe. You can always build your Tree again.
  - Breathe in, breathe out.
  - Breathe in, breathe out.
  - Breathe in, breathe out.
- As you exhale, lower your hands to your sides and your foot to the floor.
- Repeat on the second side.

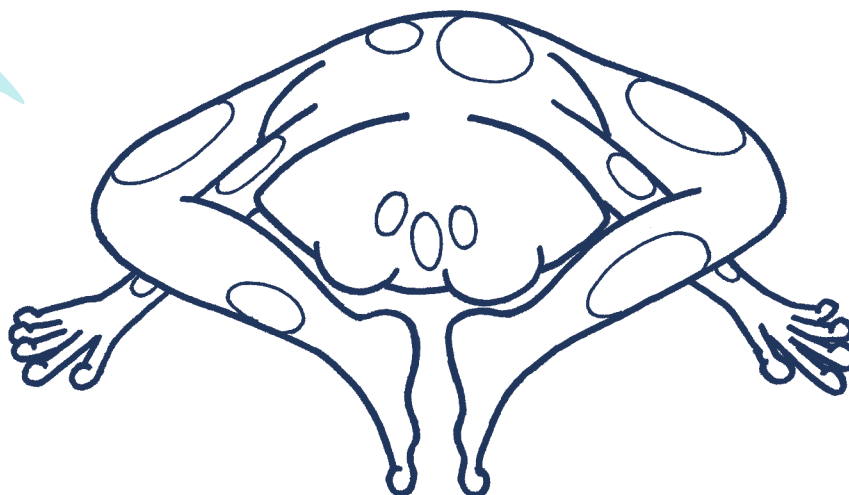
Students' gaze can be out front so their head is not angled down. They can also pick something not moving to look at (e.g., don't choose another person as your focal point).

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

## Trident/ Trident Twist



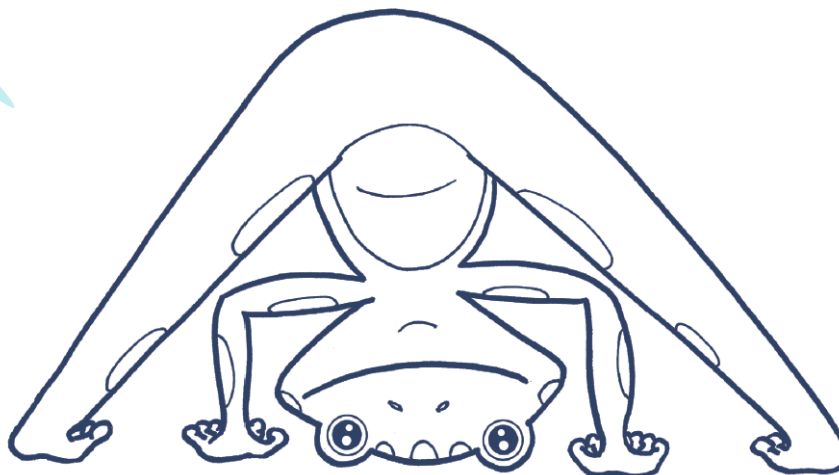
- Begin in Mountain with your feet hip-distance apart.
- Gently lift the top of your head a little higher toward the sky.
- As you take a big breath in, turn your palms up and lift your arms up to the side until they are reaching straight out from your shoulders.
- Then, as you exhale, bend your elbows to raise your forearms until your fingertips are pointing upward. Keep your palms facing 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 your upper body to the right side, keeping the feet stable and keeping a tiny bend in your knees. Look the same direction you are twisting.
- As you inhale, gently twist back to center.
- As you exhale, twist to the opposite side, keeping the feet stable and keeping a tiny bend in the knees. Look the same direction you are twisting.
- Inhale and gently twist back to center.
- Exhale and bring your hands back to your sides for Mountain.



## Turtle

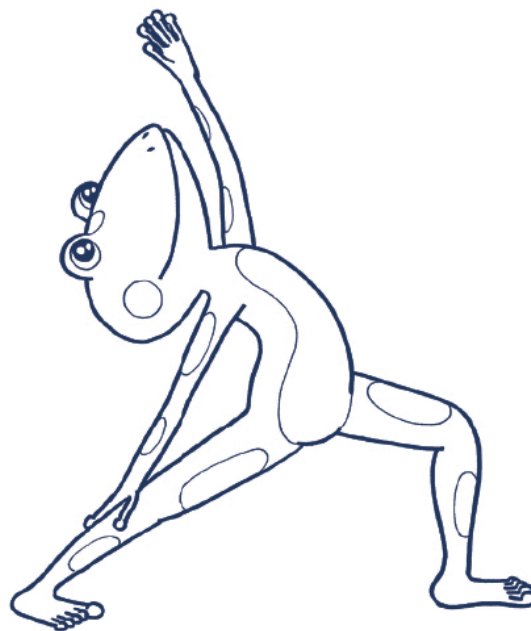
- *Begin in Butterfly.*
- *Take a deep breath in, and as you breathe in, sit up tall.*
- *As you breathe out, slowly relax your knees down toward the mat.*
- *Now gently place your hands on the floor between your body and your feet, and slide them under your legs.*
- *Place your palms on the mat or, 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.*
- *Let's hold this for three breaths.*
  - *Breathe in, breathe out.*
  - *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.*





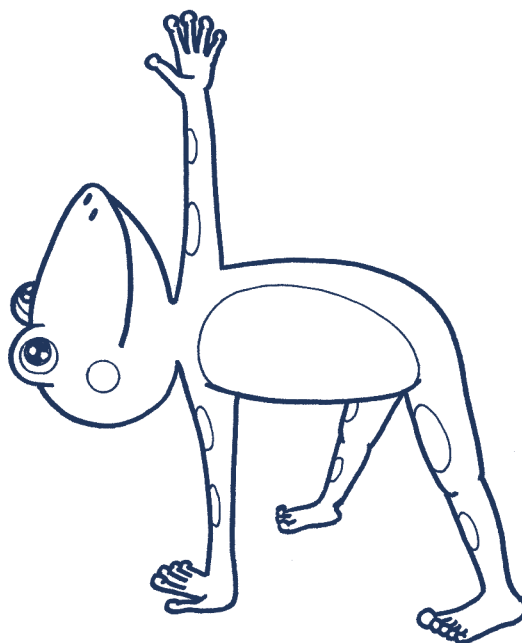
## Volcano

- Begin in Mountain pose and then hop or step feet out wide with hands on 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.
- Inhale, keep your hands where they are and lift just the head and chest, looking forward.
- Exhale, fold forward again. This is Volcano. Let's pause here for two breaths.
  - Breathe in, breathe out.
  - Breathe in, breathe out.
- As you breathe 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.



## 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 look up at your palm.
- As you exhale, bring your other hand to the hip. Keep bending your front knee.
- Take a breath here, and if you feel steady see if you can reach that hand toward your back calf. Notice whether you feel a stretch in your side.
- Let's pause here for two breaths.
- Breathe in, breathe out.
- 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. 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.



## Windmill

- Begin in Mountain pose and then step or hop feet out wide. As you breathe in, stand up a little straighter.
- As you breathe out, bend forward from your hips. Bend your knees enough so that you can place your hands on the mat. 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 one hand into the mat. Then, if you feel steady, raise your other hand to reach out to the side or up into the air like the blade of a windmill turning with the wind. While your hand lifts, follow it with your eyes, and twist your shoulders, chest, and belly in that direction.
- Let's pause here for one breath.
  - Breathe in, breathe out.
- Take another breath in, and come back to the center, placing both hands on the mat.
- Let's repeat this on the other side. We'll imagine the wind is blowing in the opposite direction this time.
- Take a slow breath in, allowing your body to relax.
- As you breathe out, press your opposite hand into the mat. The hand that was down last time is going to lift this time.
- Take another breath in. If you feel steady, make a windmill blade with your other hand, raising it to reach out to the side or up into the air. While your hand lifts, follow it with your eyes, and twist your shoulders, chest, and belly in that direction.
- Let's pause here for one breath.
  - Breathe in, breathe out.
- 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.

## Partner Poses

Partner Poses are fun and engaging for many learners. It is important to have supports in place so that students feel and are safe. We recommend co-creating guidelines with students by posing the question, *Imagine someone who really cares for you and keeps you safe. How do they show you they care for your safety and well-being?*

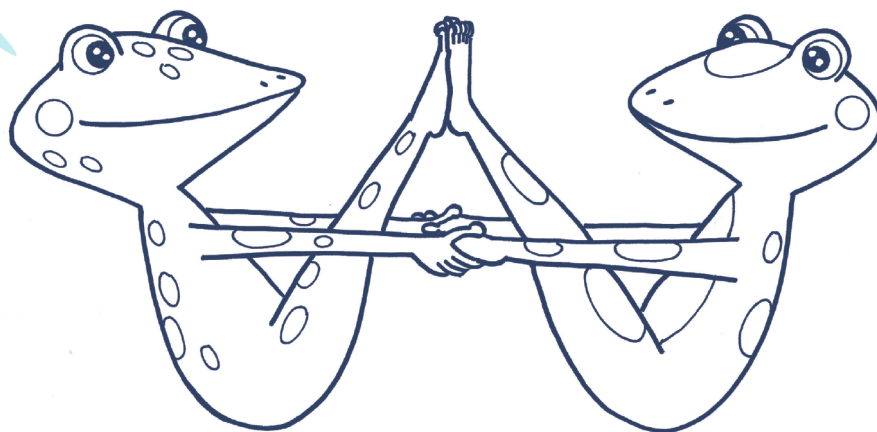
Discuss how to be a supportive partner, and co-create with the students a short list of guidelines for emotional and physical safety that can be posted, referenced, added to, and/or modified throughout all partner work.

Instructions for partner poses are intended to provide a safe way for students to partner in each practice. However, learners should decide for themselves the extent to which they want to engage with their partner physically. If they do not want to make physical contact, encourage students to use creativity to build their partner pose without touching. You may offer props like fabric straps for students to hold onto rather than each other, or learners may build the pose with a small amount of space between them.

Here is an example of what guidelines you develop together with your classes might look like:

- **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: Make sure your partner is ready to begin and feels 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!**





## Partner Boat

- Sit on your mat facing your partner.
- Bend your knees and put the bottoms of your feet on the floor, toe to toe with your partner.
- Now 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. Try to keep your chest lifting up and your back straight throughout this pose. Relax your shoulders down.
- Now raise one leg at the same time as your partner raises the leg directly across, and press the soles of those 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.
- Take a moment to find your balance. Check in with your partner.
- Let's stay here for a few breaths.
  - Breathe in, breathe out.
  - Breathe in, breathe out.
  - Breathe in, breathe out.
- Check in with your partner. When you are both ready, gently lower your first leg to the floor.
- And gently lower the other leg.
- Now let go of your partner's hands.



## Partner Closing Sequence

### PARTNER BUTTERFLY

- Sit back-to-back with your partner.
- Gently bend your knees, pull your feet toward you, and bring the soles of your feet together. Let your knees relax down toward the mat
- Inhale and sit up a little straighter.
- Exhale and fold forward gently over your legs. Pause here for two breaths.
  - Breathe in, breathe out.
  - Breathe in, breathe out.

### PARTNER FLOWER

- Stay back-to-back with your partner. 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. Use the back of your partner to help you balance. Check in with your partner, and if you both feel steady, see if you can lift the other leg and hand up. Keep your arms under your shins, with the palms facing up.
- Pause here for three breaths.
  - Breathe in, breathe out.
  - Breathe in, breathe out.
  - Breathe in, breathe out.
- Gently lower your arms and release legs to sit up straight in Butterfly pose.

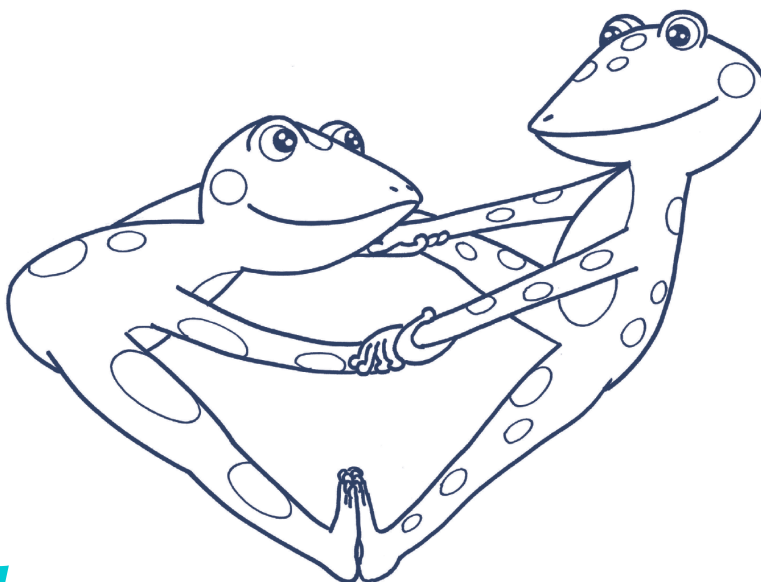
## Partner Closing Sequence [CONTINUED]

### 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.

In partner butterfly, another is to have one partner fold 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. If using this option, remind learners to move slowly, and to check in with their partners to see when they are ready to come out of the stretch.





## 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. Rest your feet against your partner's feet, or if your partner's legs are wider apart than yours, your feet might touch your partner's shins or ankles instead.
- Now hold your partner's hands or grab 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.
- Breathe in, breathe out.
- Breathe in, breathe out.
- 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.
- Breathe in, breathe out.
- Breathe in, breathe out.
- 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 Elevator (Face-to-Face)***

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Guide students to turn and face the person next to them. They do not have to leave their spots or touch their partner for this pose.

- *Begin in Mountain, standing with your arms by your sides. Look at your partner.*
- *While moving, mirror your partner and move together at the same time and pace.*
- *Inhale, reach your arms up for sunrise. Stay in time with your partner.*
- *As you exhale, slowly lower the hands down in front of you with palms facing forward. Bend your knees and lower your body down into a squat. Remember to stay in time with your partner.*
- *Inhale, slowly rise up from the squat while raising the hands back overhead to end in Sunrise.*
- *Exhale, stay in time with your partner, and bring your hands back down to Mountain.*

## Partner Seated Sunrise



- *Begin by sitting comfortably on the floor back-to-back with your partner with your legs crossed.*
- *Notice how your partner's back feels against your own.*
- *Lift your arms out to your sides so that your hands are just a little bit above the mat.*
- *Take a big breath in, and as you do, keep your arms against your partner's arms and raise them out to your sides and over your head in a sunrise motion.*
- *As you breathe out, keep your arms against your partner's arms and lower them back down.*
- *Let's do that again.*
- *Take a big breath in, and slowly raise your arms out and up over your head. Did you feel your partner's breath?*
- *As you breathe out, slowly lower your arms back down. Did your partner breathe out too?*
- *Repeat this for three to five breaths.*



## Partner Tree

- Stand side-by-side with your partner, in Mountain with your shoulders almost touching.
- If it feels comfortable, you can hold your partner's hand or link elbows.
- Now place your outer hand on your outer hip.
- Find a spot on the ground out in front of you that you can look at throughout the pose. This will help you keep your balance. Take a breath together here.
- Breathe in, breathe out.
- Now you're going to work with your partner to create one giant tree. Your inner legs will be your strong trunk.
- Turn your outer foot to the side. Come up onto your toes and bend the knee to bring your heel to your inner ankle.
- As you breathe in, imagine sending roots down through your inner foot to help anchor you into the ground.
- If you feel steady, lift your outer foot up and press the bottom of your foot against your other ankle or calf.
- If you and your partner feel steady, inhale and raise your outer arm up over your head like a tree branch. You and your partner may try to press your fingers or palms together overhead.
- As you breathe out, press down into the mat through your inner foot.
- Let's pause here for two breaths.
- Breathe in, breathe out.
- Breathe in, breathe out.
- Take one more breath in.
- And as you breathe out, slowly lower your foot to the floor and lower your hands down to your sides.
- Switch places to find Partner Tree on the other side.

If students start to feel wobbly during the posture, invite them to lower their foot to the mat and ask their partner to help rebuild the tree.

## ***Group Poses***

Group poses offer the whole class a chance to work together and show each other care and compassion as a community. Remind students that for these practices, they will need to pay attention to the rest of the group to share space and participate safely.

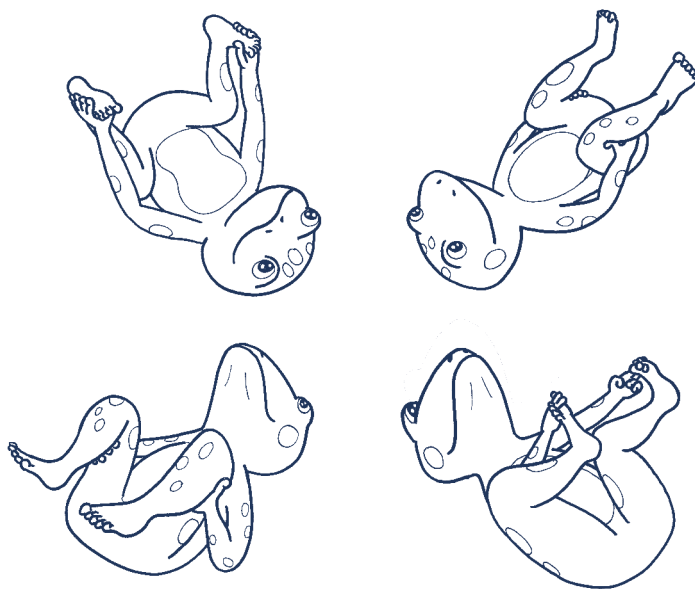
Together with your students, review the guidelines your class co-created for partner poses, and expand them to support group postures.

Group pose instructions are meant to provide guidance for safe participation for most

students. Encourage learners to reflect and share their own creative ideas on ways to make the practices even more inclusive, safe, and fun. Always offer opportunities for students to participate in group postures without making physical contact. Encourage students to communicate their preferences verbally or with a silent signal (such as placing their hands on their Anchors during the pose).

For K-1 learners, emphasize moving together and noticing the shapes they are able to make in the poses as a group.





## 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.

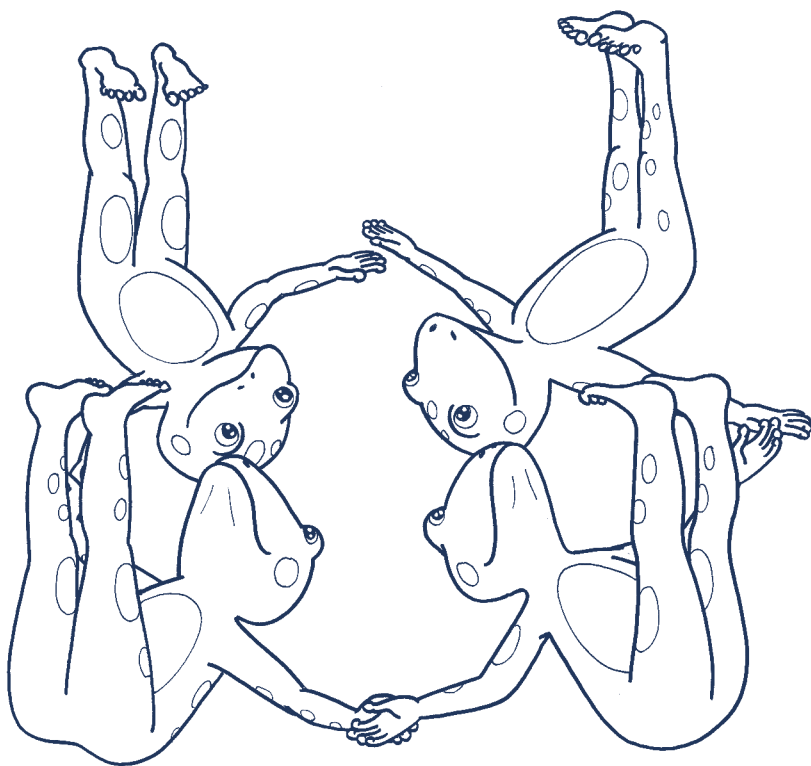
- Bend your knees and bring your hands behind your knees, on your thighs. Use your hands to gently bring your knees toward your chest.
- Take a breath in and notice all the places where your body is touching the mat.

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 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.*

Repeat a few times, alternating sides. Breathe out to drop the knees down to the side, and breathe in to lift knees to center.

- *Release one leg at a time back to the mat, ending in Rest pose.*



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## ***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.

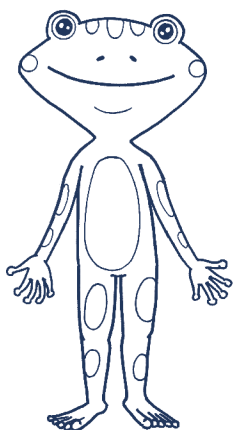
Sequences offer a wonderful opportunity to practice moving with the breath, so remember to connect the breath and the movement as you guide learners through the sequences.



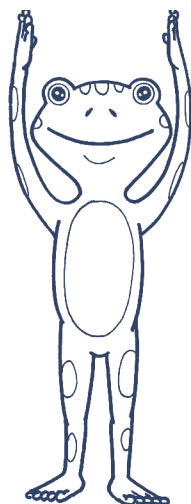


## All Sides of the Story Sequence

Mountain



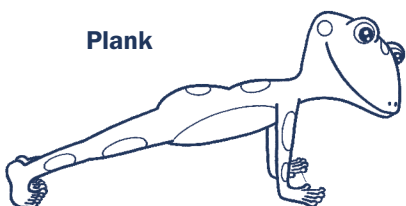
Sunrise



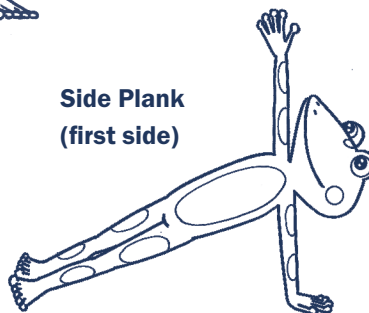
Sunset



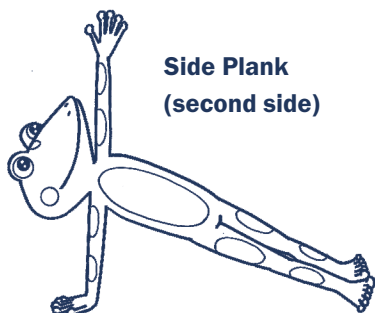
Plank



Side Plank  
(first side)



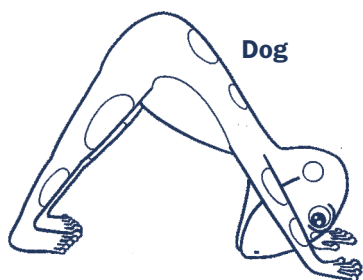
Side Plank  
(second side)



Cobra



Dog



Hands and Knees



Child's Pose



## All Sides of the Story Sequence

### 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.
- The first place we can look is right in front of us.
- As you take a big breath in, turn your palms out and lift your arms up from your sides until they are reaching straight up toward the ceiling.

### 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.
- Now look behind you. Do you see anything differently from this perspective?

### 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 in Plank pose. 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.

- 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.
- Use curiosity to notice what and who is next to you and beside you. What can you see from here?
- Now slowly shift your body to the center, returning to Plank.
- 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.

## *All Sides of the Story Sequence* [CONTINUED]

- Do you see anything differently from this perspective?
- Now slowly shift your body to the center, returning to Plank.
- 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.
- We can also look up and see the sky! What could be above us in the world?
- 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, roll your toes, lift your hips up high, and straighten your legs as you press back into Dog.

- Pause here for one full breath.
- And we can look down. What might you find on the ground?

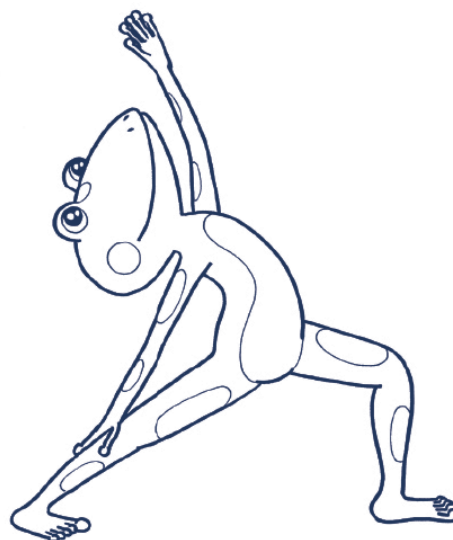
### **HANDS AND KNEES**

- Slowly return to hands and knees.
- In fact, there are many, many ways to see the world. Starting from one side, move your head very slowly and gently in a circle. You can see it from 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 look inside ourselves. Silently, to yourself, take a moment to observe what feelings or thoughts are visiting you right now. Notice how your body is feeling right now.

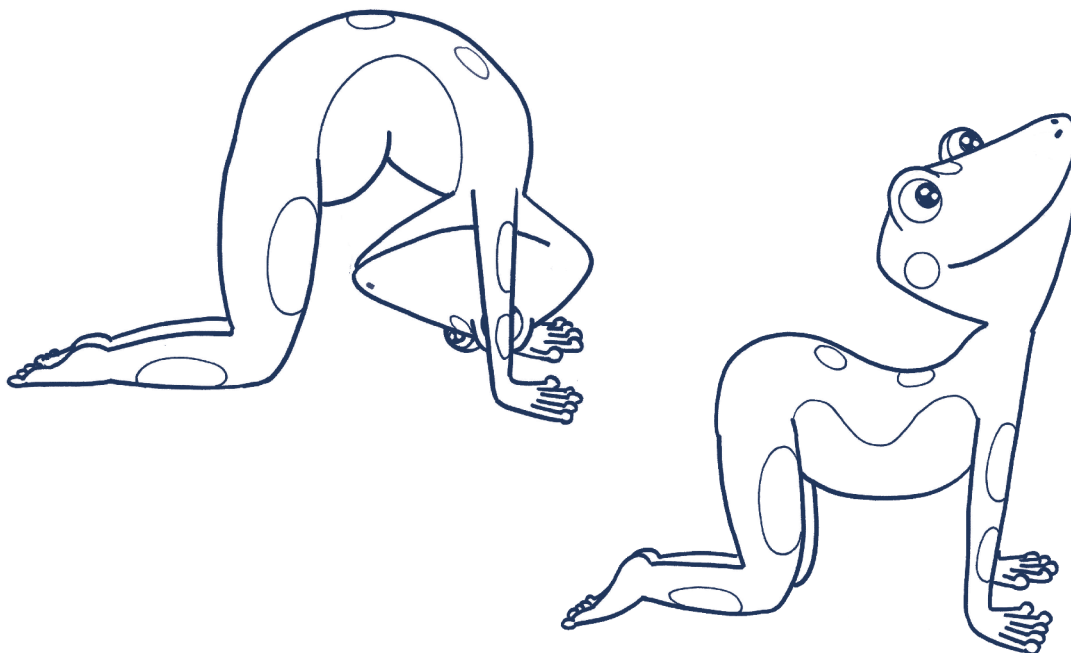
## Beach Sequence



- Begin facing the long edge of the mat in Mountain. Imagine you are swimming in the ocean and make big swimming movements with your arms.
  - Now imagine you are climbing up on your surfboard to get ready to catch a wave. Hop or step your feet wide on the mat with arms out in a T-shape.
  - As you breathe out, turn your right toes to the right and bend into your right knee for Surfer.
  - Let's pause here for one breath.
    - Breathe in, breathe out.
  - Now, without moving your legs, as you breathe in, turn your back palm up to face the sky.
  - As you breathe out, bend your front elbow, rest your forearm on your thigh, and bring your other arm up and over for Wave.
  - Let's pause here for one breath.
    - Breathe in, breathe out.
  - Now inhale, come back up to Surfer.
  - Now exhale, go back down to Wave.
  - Inhale, Surfer.
  - Exhale, Wave.
  - Inhale, come back up to Surfer.
  - As you breathe out, turn both of your feet to face forward again and step back to Mountain.
  - Let's pause here for one breath.
    - Breathe in, breathe out.
  - Now let's swim a little bit before we catch our next wave!
- Repeat the sequence on the opposite side.

Model different swimming movements with your arms in Mountain. You may also have learners lie on their bellies and do swimming movements. Consider alternating between swimming movements on their bellies and standing in Mountain to increase the activity level.

## Cat/Cow

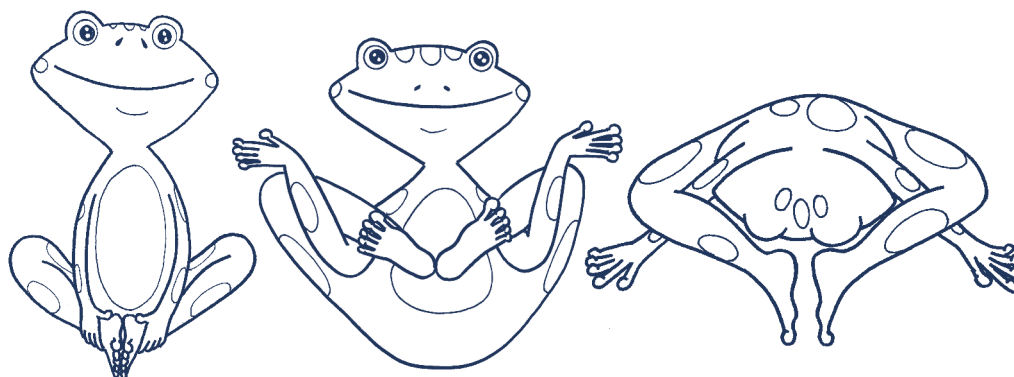


- Begin on your hands and knees on the mat. Spread your fingers out wide.
- First, take a deep breath in, feeling your stomach fill up with air.
- Now slowly breathe out, and as the air leaves your body, round your back up toward the sky as you lower your head and tuck your chin.
- This is Cat.
- Now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

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

- Now gently return to hands and knees.

## 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

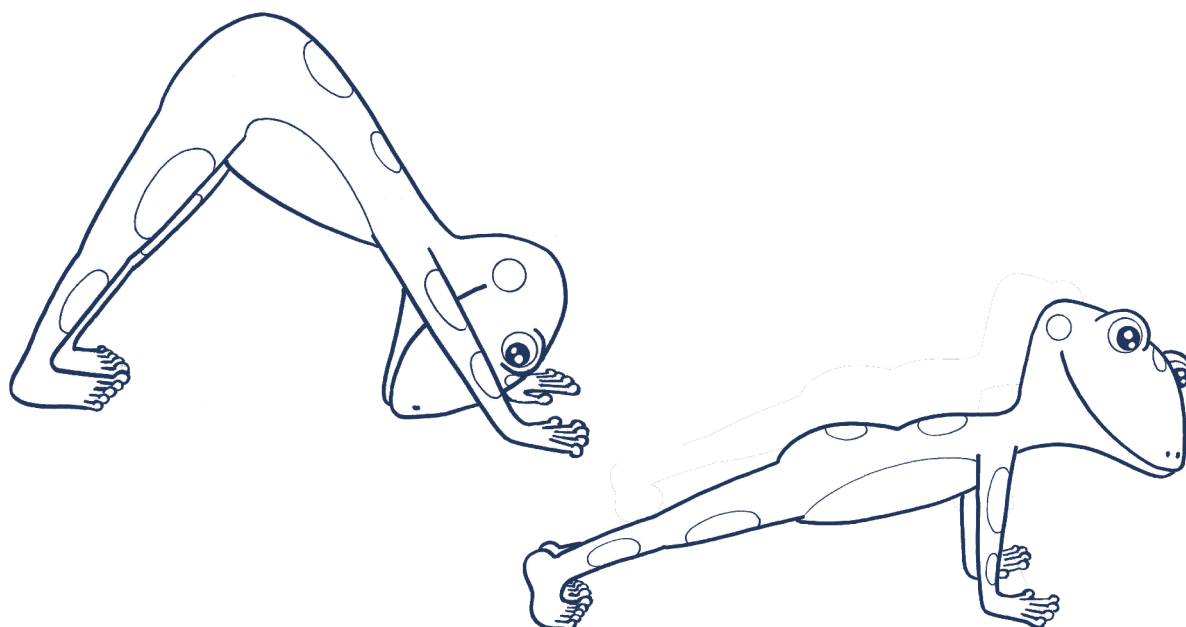
knees or thread your hands through your legs underneath your knees and calves, turning your palms upward.

- 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

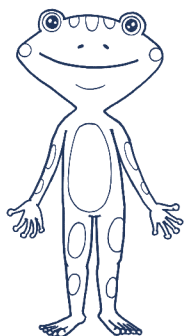
- Begin sitting in Butterfly.
- Inhale and slide your left arm inside and under your left leg and your right arm inside and under your right leg, sliding your palms forward on the ground.
- Breathe out and fold down over your legs. Relax your head down.
- Hold the pose for three breaths.
  - Breathe 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.
- When you are finished from Dog, bring your knees to the mat and come back to hands and knees or Child's pose.

## Fresh Start Sequence



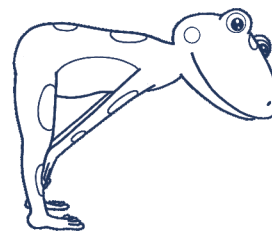
Mountain



Sunrise



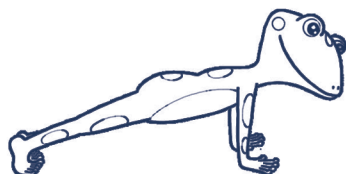
Sunset



Monkey



Sunset



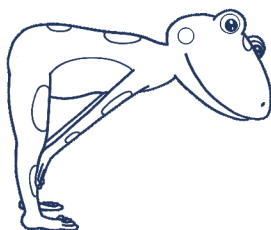
Plank



Cobra



Dog



Monkey



Sunset



Sunrise



Mountain



## Fresh Start Sequence



### MOUNTAIN/SUNRISE/SUNSET

- *Begin in Mountain, standing with your arms by your sides.*
- *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

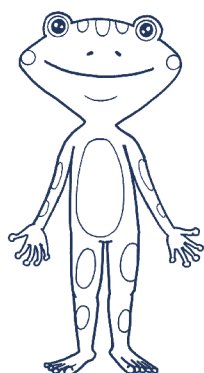
- *As you breathe out, press into your hands and push your hips back into Dog. Take a couple of breaths here.*
- *As you breathe in, step your feet near your hands, lift your chest, and look forward.*
- *Bring your hands to your shins as you do so.*

### 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***

***(Michael's Sequence)***



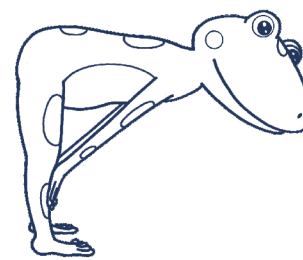
**Mountain**



**Sunrise**



**Sunset**



**Monkey**



**Sunset**



**Sunrise**



**Mountain**

# ***Fresh Start Sequence, Part 1***

## ***(Michael's Sequence)***

### **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, 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.*
- *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 here.*
- *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**

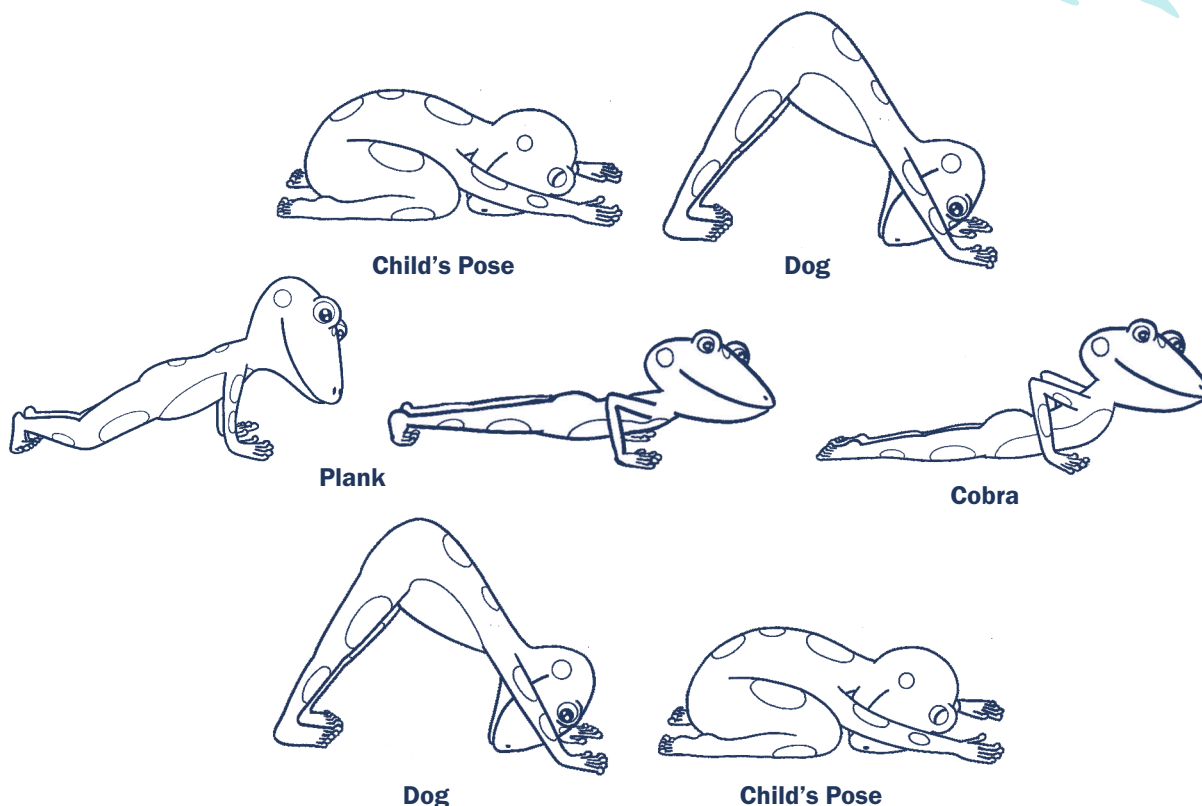
- *As you breathe in, press your feet down into the mat, bend your knees a little, and lift your arms up from your sides again in a sunrise motion as you return to standing with palms overhead.*

### **MOUNTAIN**

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

## Fresh Start Sequence, Part 2

### (Maria's Sequence)



#### 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

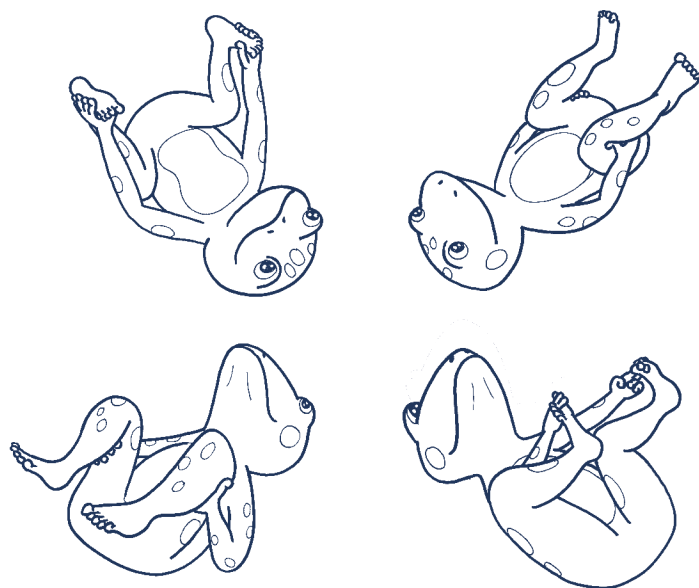
- As you breathe out, lower yourself to your mat. Bend your elbows and keep your palms on the mat near your shoulders.

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

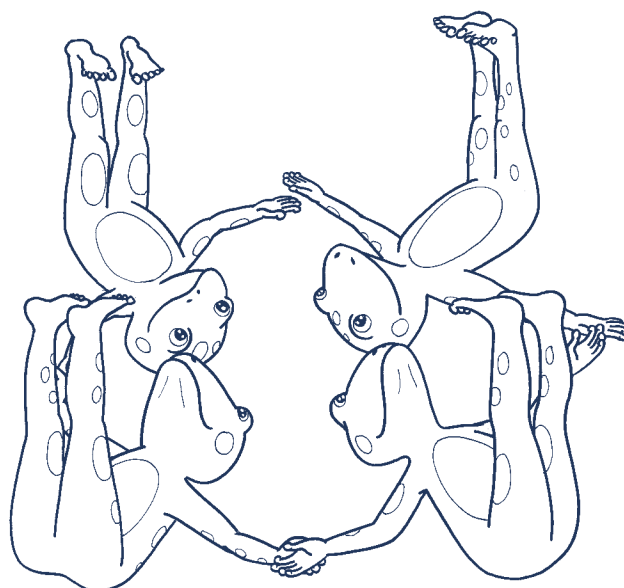
#### DOG

- 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.*

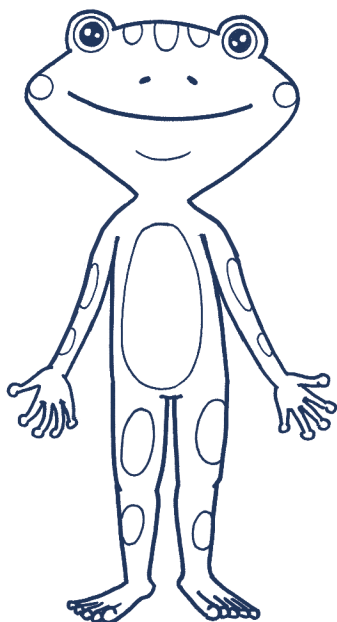
### GROUP WINDSHIELD WIPERS

- *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.*

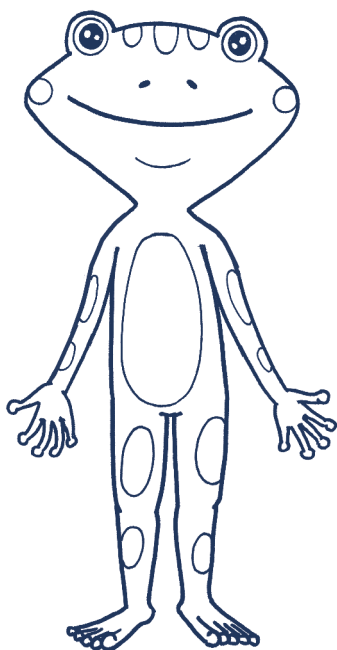
## Mountain/Chair Swing



- *Begin in Mountain, standing with your arms by your sides.*
  - *Take a deep breath in.*
  - *As you breathe out, bend your knees, and sink down as if you are sitting in an invisible chair. Reach your arms toward the sky.*
  - *Let's repeat this a couple more times.*
- *Breathe in, Mountain.*
  - *Breathe out, Chair.*
  - *Breathe in, Mountain.*
  - *Breathe out, Chair.*
  - *Breathe in and gently stand up straight to end in Mountain.*

For a fun variation, encourage students to imagine they are on a swing. Repeat the mini-sequence several times at varying paces, swinging the arms up and down as you alternate between mountain and chair.

## Mountain/Sunrise



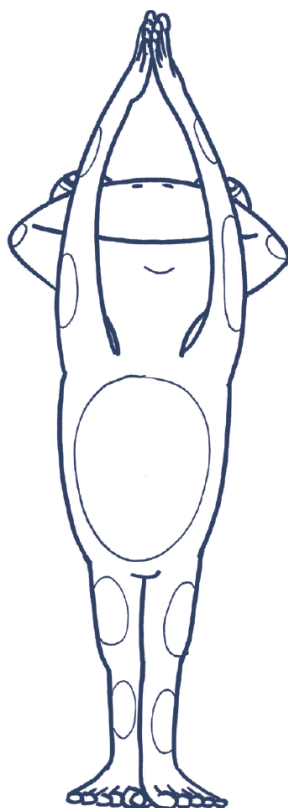
- *Begin in Mountain, standing with your arms by your sides.*
- *As you breathe in, reach your arms up from your sides until they are overhead (Sunrise).*
- *As you breathe out, bring your hands back to*

*your sides for Mountain.*

- *Let's repeat this a couple more times.*
  - *Breathe in, Sunrise. Breathe out, Mountain.*
  - *Breathe in, Sunrise. Breathe out, Mountain.*

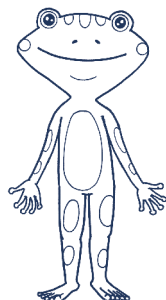


## Sunrise/Sunset

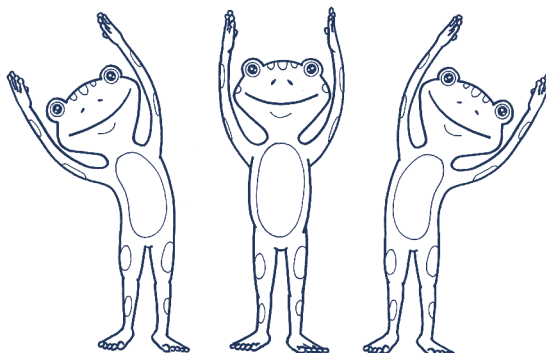


- Begin in Mountain, standing with your arms by your sides.
- As you take a big breath in, turn your palms out and reach your arms up from your sides until they are overhead, reaching toward the ceiling.
- As you breathe out, fold forward and gently reach your arms down, touching your shins, ankles, or maybe the floor.
- Bend your knees slightly.
- 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.

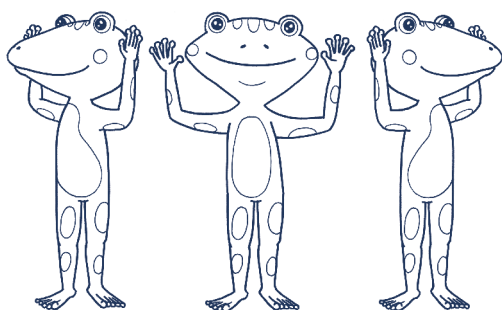
# Twist Sequence



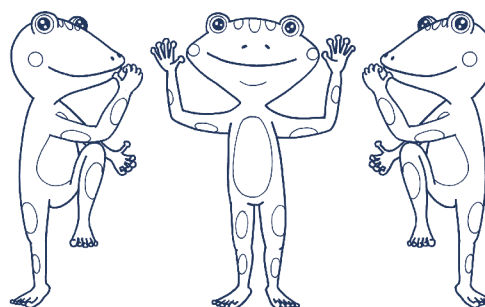
Mountain



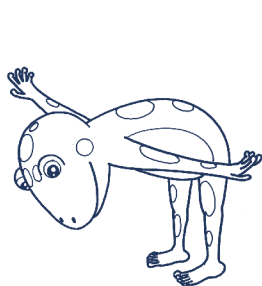
Swaying Palm



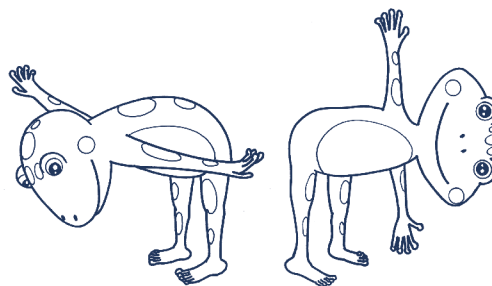
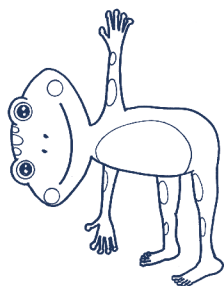
Trident/Trident Twist



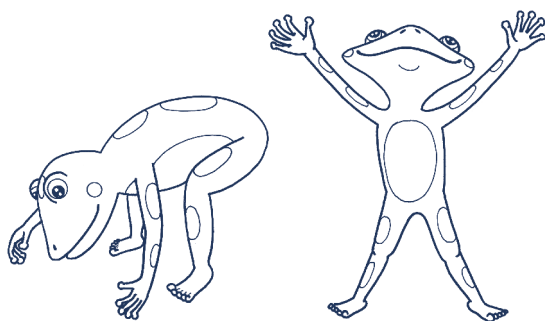
Elbow-to-Knee



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 elbows are reaching straight out to the sides from your shoulders and your fingertips are pointing upward. Keep your palms facing toward one another.*
- *Keep your palms facing in toward one another. This is Trident.*

- *Take a deep breath in and stand up a little straighter.*
- *Now pause here as you exhale.*
- *Now take a deep breath in and then hold your breath as you gently twist your hips to one side so that your torso, head, neck, and arms are all facing that side.*
- *Pause here as you breathe out.*
- *Now take another deep breath in, hold it, and gently twist back to center.*
- *Pause again as you breathe out.*
- *Let's repeat that on the other side. Take a deep breath in and then hold your breath as you gently twist your hips to the other side, so that your torso, head, neck, and arms are all facing that side.*
- *Pause here as you exhale.*
- *Now take another deep breath in, hold it, and gently twist back to center. Exhale here.*

### ELBOW-TO-KNEE

- *Take a breath in and as you breathe out, lift and bend one leg and lower your opposite 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.*

## Twist Sequence [CONTINUED]

- As you take another breath in, stand up tall. As you breathe out, lift and bend your other leg and lower the opposite 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.
- Let's repeat that one more time on each side.
  - Breathe out and twist to one side.
  - Breathe in to come back to center.
  - Breathe out and twist to the other side.
  - Breathe in to come back to center.
- Exhale here.

### 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 one side. Keep your arms in the same line as you lower one hand toward your knees and your other hand reaches toward the sky.
- Inhale, come back to center (Glider).
- Exhale, and twist to the other side. Keep your arms in line as you lower one hand toward your knees and your other hand reaches toward the sky.
- Inhale, come back to center.

### 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 lower your arms down along your sides.



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