



Mindful Movement





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Pure Edge Mindful Movement helps build strength, flexibility, balance, coordination, focus and relaxation. A Mindful Movement sequence includes three main elements: breathe, move, and rest. The sequences can be easily integrated into an existing physical education program.

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

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

The guided rest at the end of each sequence offers learners a rare chance in their busy school day to completely relax. It also teaches the skill of attention as the method for guided rest is a body scan, where one brings their

attention to different parts of the body throughout the exercise. Rest should last 3-5 minutes, or longer if time allows. Rest is a skill the students are learning and their ability to lie still will improve over time, just like their ability to execute the postures.

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

¹ <https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>

² Northwestern University. "Rhythm of breathing affects memory, fear: Breathing is not just for oxygen; it's also linked to brain function, behavior." ScienceDaily. ScienceDaily, 7 December 2016. <www.sciencedaily.com/releases/2016/12/161207093034.htm>

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



- Poses that are held for longer than one breath are **indicated with a border**.

- **Poses marked with an asterisk (*)** can be omitted if one needs to shorten the sequence.

Sequence One



Mountain



Inhale-Exhale 5x

Mountain/Sunrise x2-3



Inhale-Exhale 5x



Inhale



Exhale

Big Toe



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale-Exhale



Inhale-Exhale



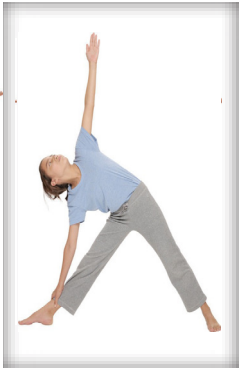
Star into Triangle



Inhale-Exhale



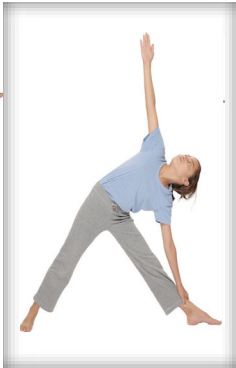
Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale



Exhale

Tree Repeat on opposite side



Inhale-Exhale



Inhale-Exhale 3-5x



Exhale

Cat/Cow 3-5x*

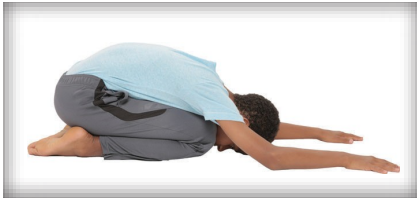


Exhale



Inhale

Rock*



Exhale to enter
Inhale-Exhale 3-5x



Seated Mountain



Inhale-Exhale 3-5x

Guided Rest



Rest

Sequence Two



Mountain



Inhale-Exhale 5x

Mountain/Sunrise x2-3



Inhale-Exhale 5x



Inhale



Exhale

Half Opening Sequence A x3



Inhale-Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale

Big Toe



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale-Exhale



Inhale-Exhale

Star into Triangle



Inhale-Exhale



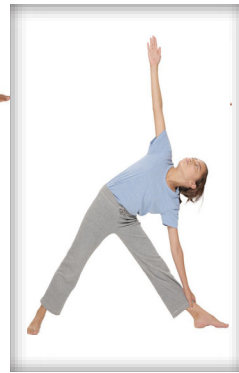
Inhale



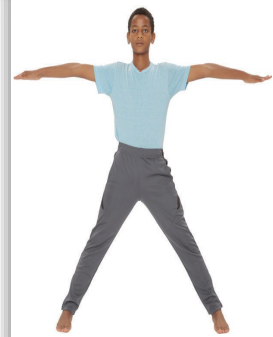
Exhale to enter
Inhale-Exhale 3x



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale



Exhale

Tree Repeat on opposite side



Inhale-Exhale



Inhale-Exhale 3-5x



Exhale

Cat/Cow 3-5x*



Exhale



Inhale

Pointing Dog*

Repeat on opposite side



Inhale-Exhale 3x

Rock*



Exhale to enter
Inhale-Exhale 3-5x

Seated Mountain



Inhale-Exhale 3-5x

Guided Rest



Rest

Sequence Three



Mountain



Inhale-Exhale 5x

Mountain/Sunrise x2-3



Inhale-Exhale 5x



Inhale



Exhale

Half Opening Sequence A x3



Inhale-Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale

Big Toe



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale-Exhale



Inhale-Exhale

Star into Triangle



Inhale-Exhale



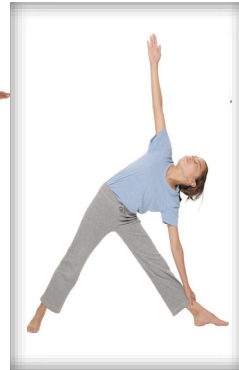
Inhale



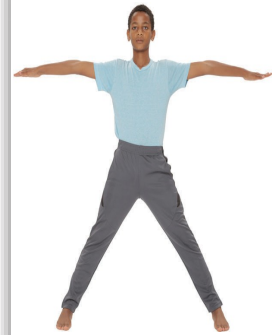
Exhale to enter
Inhale-Exhale 3x



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale



Exhale

Tree Repeat on opposite side



Inhale-Exhale



Inhale-Exhale 3-5x



Exhale

Cat/Cow 3-5x*



Exhale



Inhale

Pointing Dog* Repeat on opposite side



Inhale-Exhale 3x

Rock*



Inhale-Exhale 3-5x

Butterfly*



Inhale-Exhale 3x

Seal 1*



Inhale lift up, Exhale
Inhale-Exhale 3x

Sleeping Crocodile*



Exhale come down
Inhale-Exhale 2x

Seal 2*



Inhale lift up, Exhale
Inhale-Exhale 3x

Sleeping Crocodile*



Exhale come down
Inhale-Exhale 2x

Seated Mountain



Inhale-Exhale 3-5x

Guided Rest



Rest

Sequence Four



Mountain



Inhale-Exhale 5x

Mountain/Sunrise x2-3



Inhale-Exhale 5x



Inhale



Exhale

Half Opening Sequence A x3



Inhale-Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale

Big Toe



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale-Exhale



Inhale-Exhale

Star into Triangle



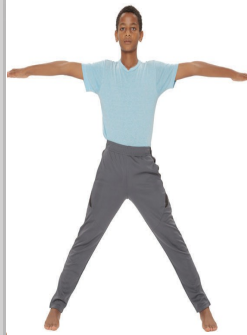
Inhale-Exhale



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale



Exhale

Tree or Forest* Repeat on opposite side



Exhale



Inhale-Exhale 3-5x



Exhale



Inhale sit up

Sandwich*



Exhale fold forward
Inhale-Exhale 3x



Inhale lift up
Inhale-Exhale 3x

Table*



Inhale lift up
Inhale-Exhale 3x



Exhale come down

Butterfly*



Inhale-Exhale 3x

Seal 1*



Inhale lift up, Exhale
Inhale-Exhale 3x

Sleeping Crocodile*



Exhale come down
Inhale-Exhale 2x

Seal 2*



Inhale lift up, Exhale
Inhale-Exhale 3x

Sleeping Crocodile*



Exhale come down
Inhale-Exhale 2x

Seated Mountain



Inhale-Exhale 3-5x

Guided Rest



Rest

Sequence Five



Mountain



Inhale-Exhale 5x

Mountain/Sunrise x2-3



Inhale-Exhale 5x



Inhale



Exhale

Half Opening Sequence A x3



Inhale-Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale

Big Toe



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale-Exhale



Inhale-Exhale

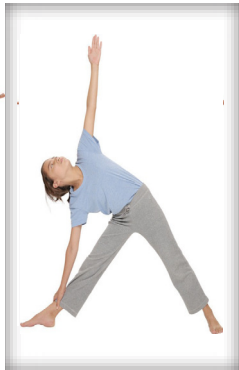
Star into Triangle



Inhale-Exhale



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale



Exhale

Tree Repeat on opposite side



Inhale-Exhale



Inhale-Exhale 3-5x



Exhale



Stork Repeat on opposite side



Inhale-Exhale



Inhale-Exhale 3x,
Inhale



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



Inhale leg
back to center



Exhale



Inhale sit up

Sandwich*



Exhale fold forward
Inhale-Exhale 3x



Inhale sit up, Exhale

Table*



Inhale lift up
Inhale-Exhale 3x



Exhale come down

Butterfly*



Inhale-Exhale 3x

Flower*



Inhale-Exhale 3-5x



Exhale come down

Seal 1*



Inhale lift up, Exhale
Inhale-Exhale 3x

Sleeping Crocodile*



Exhale come down
Inhale-Exhale 2x

Seal 2*



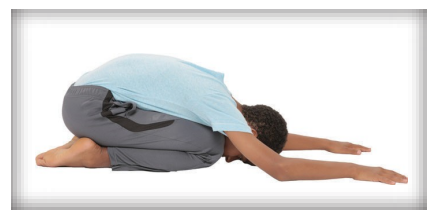
Inhale lift up, Exhale
Inhale-Exhale 3x

Sleeping Crocodile*



Exhale come down
Inhale-Exhale 2x

Rock*



Exhale
Inhale-Exhale 2x

Seated Mountain



Inhale-Exhale 3-5x

Guided Rest



Rest

Sequence Six



Mountain



Inhale-Exhale 5x

Half Opening Sequence A x3



Inhale-Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale

Mountain/Chair x3



Inhale-Exhale



Inhale



Exhale

Big Toe



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale-Exhale



Inhale-Exhale

Star into Triangle



Inhale-Exhale



Inhale



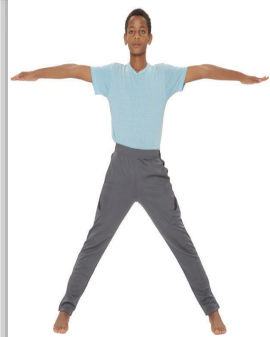
Exhale to enter
Inhale-Exhale 3x



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale



Exhale

Surfer into Reverse Wave into Wave

Repeat on opposite side



Inhale-Exhale



Inhale



Exhale to enter
Inhale-Exhale 2x



Inhale to enter
Inhale-Exhale 2x



Inhale



Exhale to enter
Inhale-Exhale 2x



Inhale



Exhale



Inhale sit up

Sandwich*



Exhale fold forward
Inhale-Exhale 3x



Inhale sit up, Exhale

Table*



Inhale lift up
Inhale-Exhale 3x



Exhale come down

Slide*



Inhale lift up
Inhale-Exhale 2-3x
Exhale come down

Butterfly*



Inhale-Exhale 3x

Flower*



Inhale-Exhale 3-5x



Exhale come down

Bridge*



Inhale-Exhale



Inhale lift up
Inhale-Exhale 3-5x



Exhale come down

Knees into Chest*



Inhale-Exhale 3-5x

Seated Mountain



Inhale-Exhale 3-5x

Guided Rest



Rest

Sequence Seven



Mountain



Inhale-Exhale 5x

Half Opening Sequence A x3



Inhale-Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale

Mountain/Chair x3



Inhale-Exhale



Inhale



Exhale

Big Toe



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale-Exhale



Inhale-Exhale

Star into Triangle



Inhale-Exhale



Inhale



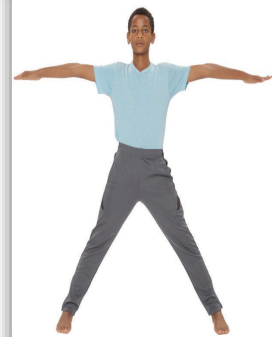
Exhale to enter
Inhale-Exhale 3x



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale



Exhale

Surfer into Reverse Wave into Wave

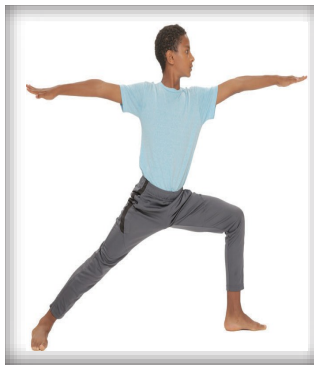
Repeat on opposite side



Inhale-Exhale



Inhale



Exhale to enter
Inhale-Exhale 2x



Inhale to enter
Inhale-Exhale 2x



Inhale



Exhale to enter
Inhale-Exhale 2x



Inhale



Exhale

Stork

Repeat on opposite side



Inhale-Exhale



Inhale-Exhale 3x,
Inhale



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



Inhale leg
back to center



Exhale

Butterfly*



Inhale-Exhale 3x

Flower*



Inhale-Exhale 3-5x



Exhale come down

Half Boat*



Inhale sit up, Exhale



Inhale-Exhale 3-5x



Exhale come down

Seated Tree*

Repeat on opposite side



Inhale sit up



Exhale fold forward
Inhale-Exhale 3x



Inhale sit up

Bridge*



Inhale-Exhale



Inhale lift up
Inhale-Exhale 3-5x



Exhale come down

Knees into Chest*



Inhale-Exhale 3-5x

Seated Mountain



Inhale-Exhale 3-5x

Guided Rest



Rest

Sequence Eight



Mountain



Inhale-Exhale 5x

Half Opening Sequence A x3



Inhale-Exhale



Inhale



Exhale



Inhale



Exhale



Inhale



Exhale

Mountain/Chair x3



Inhale-Exhale



Inhale



Exhale



Big Toe



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale-Exhale



Inhale-Exhale

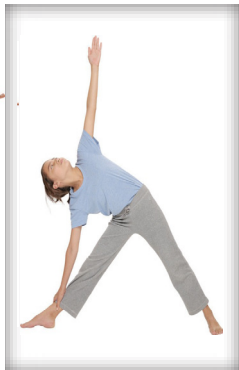
Star into Triangle



Inhale-Exhale



Inhale



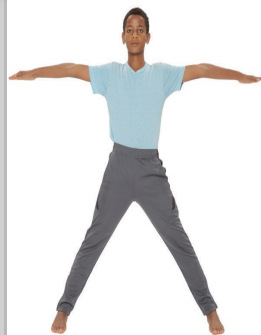
Exhale to enter
Inhale-Exhale 3x



Inhale



Exhale to enter
Inhale-Exhale 3x



Inhale



Exhale

Surfer into Reverse Wave into Wave

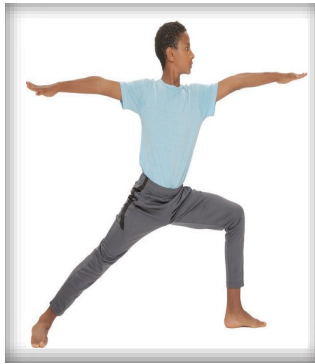
Repeat on opposite side



Inhale-Exhale



Inhale



Exhale to enter
Inhale-Exhale 2x



Inhale to enter
Inhale-Exhale 2x



Inhale



Exhale to enter
Inhale-Exhale 2x



Inhale



Exhale

Figure Four

Repeat on opposite side



Inhale-Exhale



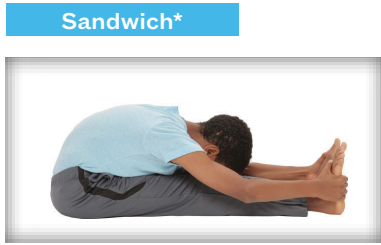
Inhale-Exhale 3-5x



Exhale



Inhale sit up



Sandwich*

Exhale fold forward
Inhale-Exhale 3-5x



Inhale sit up

Table*



Inhale lift up
Inhale-Exhale 3x



Exhale come down

Slide*



Inhale lift up
Inhale-Exhale 2-3x
Exhale come down



Exhale come down

Seated Tree*

Repeat on opposite side



Inhale sit up



Exhale fold forward
Inhale-Exhale 3x



Inhale sit up

Half Boat* or Boat*



Inhale sit up, Exhale



Inhale-Exhale 3-5x



Exhale come down

Knees into Chest*



Inhale-Exhale 3-5x

Seated Mountain



Inhale-Exhale 3-5x

Guided Rest



Rest

List of Sequences



New postures are indicated in **bold text**.

Sequence One

Mountain

Mountain/Sunrise x 2-3

Big Toe

Star into Triangle

Tree

Cat/Cow 3-5x*

Rock*

Seated Mountain

Guided Rest

Sequence Two

Mountain

Mountain/Sunrise x 2-3

Half Opening Sequence A x3

Big Toe

Star into Triangle

Tree

Cat/Cow 3-5x*

Pointing Dog*

Rock*

Seated Mountain

Guided Rest

Sequence Three

Mountain

Mountain/Sunrise x 2-3

Half Opening Sequence A x3

Big Toe

Star into Triangle

Tree

Cat/Cow 3-5x*

Pointing Dog*

Rock*

Butterfly*

Seal 1 & Seal 2*

Sleeping Crocodile*

Seated Mountain

Guided Rest

Sequence Four

Mountain

Mountain/Sunrise x 2-3

Half Opening Sequence A x3

Big Toe

Star into Triangle

Tree OR **Forest***

Sandwich*

Table*

Butterfly*

Seal 1 & 2*

Sleeping Crocodile*

Seated Mountain

Guided Rest

List of Sequences



Sequence Five

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

Sequence Six

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

Sequence Seven

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

Sequence Eight

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

Breathe

- For young students (K-2) start by breathing in the nose and exhaling out the mouth, and build up to using nasal breathing for both inhalation and exhalation. “Smell the rose, blow out the candle” is a good way to introduce this skill.
- For grades 3-5, introduce nasal breathing on inhalation and exhalation. Once comfort with nasal breathing is established throughout the sequence, Ocean Breath can be introduced but not over-emphasized.

Ocean Breath

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

Move

Here are some pointers for teaching movement.

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

Rest

Use this script to teach Guided Rest.

Guided Rest

1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling and close your eyes.
2. Put your attention on your forehead. Feel your forehead relax.
3. Put your attention on your eyes. Feel your eyes relax.
4. Put your attention on your cheeks and jaw. Feel your cheeks and jaw relax.
5. Put your attention on your neck. Feel your neck relax.
6. Put your attention on your shoulders. Feel your shoulders relax. (Repeat for arms, wrists, hands, fingers)
7. Put your attention on your chest, feel your chest relax.
8. Put your attention on your back. Feel where your back touches the floor (or the chair).
9. Put your attention on your belly. Notice how the breath moves the belly softly up and down.
10. Put your attention on your hips. Feel your hips relax. (Repeat for legs, knees, ankles, feet, toes).
11. Bring your awareness to your breathing, and notice where you feel the breath in your body. Maybe you notice it in your nostrils. Maybe you feel it in your chest. Maybe you feel it in your belly.
12. See if you can get really quiet, maybe you will even feel your heart beating inside your body.

13. Let students rest in silence for a few moments.
 14. Ring Chime.
 15. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
 16. Open your eyes and slowly return to a seated position.
 17. Notice how you are feeling.
- Rest should last 3-5 minutes (longer if time allows). If necessary, you can shorten the exercise by leaving out some body parts.
 - Lying on back is the ideal position for helping the body to relax in this exercise. Students who do not feel comfortable lying on their back may lie on their bellies. Rest can also be practiced in a sitting position if lying down is not possible.
 - Optional variation for k-2: using a soft stuffed animal or beanbag as a “breathing buddy” can help students relax. The breathing buddy can rest on the student’s belly and help the student to notice their breathing.
 - Optional variation: start at the feet and end at the head.



The Society of Health and Physical Educators (SHAPE) established America's National Standards & Grade-Level Outcomes for K-12 Physical Education to define what a student should know and be able to do as a result of a highly effective physical education program. States and local school districts across the country use the National Standards to develop or revise existing standards, frame-works and curricula. Pure Edge Mindful Movement aligns to all five SHAPE National PE Standards, and 23 out of 98 grade-level outcomes for middle and high school students.

Table 1: SHAPE National PE Standards

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

Table 2: Outcomes for Elementary School Students

S1.E7	Nonlocomotor (stability) Balance
S1.E8	Nonlocomotor (stability) Weight Transfer
S1.E10	Nonlocomotor (stability) Curling and stretching; twisting and bending
S1.E11	Nonlocomotor (stability) Combinations
S2.E1	Movement Concepts Space
S2.E4	Movement Concepts Alignment and muscular tension
S3.E2	Engages in Physical Activity
S3.E3	Fitness knowledge
S3.E4	Fitness knowledge (warm-up/cool-down)
S4.E1	Personal responsibility
S4.E2	Personal responsibility
S4.E3	Accepting feedback
S4.E4	Working with others
S4.E5	Rules and etiquette
S4.E6	Safety
S5.E2	Challenge



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