



MindfulMovementCALENDAR

Complete each mindfulness activity or movement.

*Note: some activities may take up to five minutes.

WEEK ONE

MONDAY

Be calm and breathe! Follow along and complete the mindfulness [Breathing](#) activity.

TUESDAY

Be grateful! In silence, have students close their eyes for one minute and think of 5 things they are grateful for (e.g. family/friends, pets, health, education, music, technology, food, weekends, seasons, etc.) If your students feel comfortable, have them share out loud with the class or a peer.

WEDNESDAY

Body Reset! Begin this stress reducing exercise by having students sit in a chair and slowly tense different muscle groups, hold for ten seconds, then release.

MUSCLE GROUPS:

- Hand (clench your fist)
- Right and left arms (tighten your biceps by drawing your forearm up towards your shoulder and “make a muscle”, while clenching fist)
- Glutes (tighten by squeezing your glutes together)
- Core (suck in your belly button bringing it close to your spine.)
- Chest (tighten by taking a deep breath)
- Neck and shoulders (raise your shoulders up to touch your ears)
- Mouth (open your mouth wide enough to stretch the hinges of your jaw)
- Eyes (close your eyelids tightly shut)
- Forehead (raise your eyebrows as far as you can)

Have students sit in relaxation once finished and ask students to share, if comfortable, how their body feels.

www.fitkids.org

THURSDAY

Practice the [Malasana](#) yoga pose and hold for one minute. Challenge yourself by seeing if you can get your feet flat on the ground and sit lower into the pose.

FRIDAY

Complete the [Quad Stretch](#). Play around with the stretch and see if the position of your hips and closeness of your foot to your glutes changes the stretch.



MindfulMovementCALENDAR

Complete each mindfulness activity or movement.

*Note: some activities may take up to five minutes.

WEEK TWO

MONDAY

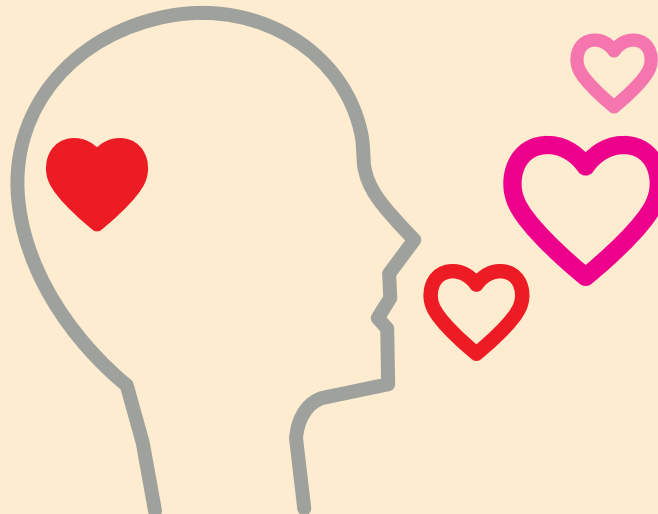
Follow along and complete the [Mindful Bubbles](#) activity.

TUESDAY

Be Strong! Have students complete 5 [Push Ups](#). Before lowering their body to the ground, have them repeat the affirmation, "I am strong!"

WEDNESDAY

Have all of your students stand with their feet hip width apart with their hands stretched out in front of them. With their eyes closed, instruct students to wrap their arms around their heart and chest giving themselves a big and tight hug. On a deep inhale, have students say silently or out loud "I" and on an exhale say "am loved" Have students take another deep breath in through their nose, hold, and exhale slowly. Ask your students to share what thoughts, feelings or emotions arise when they hug themselves?



www.fitkids.org

THURSDAY

Got Moves? Have students follow along with the [Dance of Shiva](#) yoga flow.

FRIDAY

Follow along and complete the [Tapping](#) mindfulness activity.



MindfulMovementCALENDAR

Complete each mindfulness activity or movement.

*Note: some activities may take up to five minutes.

WEEK THREE

MONDAY

Be grateful! Cultivating an attitude of gratitude can affect so many aspects of your life. Have students quietly reflect for one minute on someone they are grateful for and why. If students feel comfortable, have them share out loud with the class or a peer.

TUESDAY

Have students follow along with Coach Eve's [Sun Salutation](#) yoga flow. Pay close attention to her indications to inhale and exhale.

WEDNESDAY

Ask your students to think of a relaxing color and another color that represents anger, frustration, or sadness. Now, have your students close their eyes and imagine they are breathing in the relaxing color and letting it fill their entire body with happy thoughts. On the exhale, ask them to picture the "negative" color leaving their body.



www.fitkids.org

THURSDAY

Practice [Bridge Pose](#), think about raising your hips as high as you are able and breathing through your nose. For added difficulty keep your feet where they are, turn your toes inward and bring your knees to touch.

FRIDAY

Follow and complete the [Visualization](#) mindfulness video. Have students share out loud with the class or a peer, their favorite place including what they heard, saw, or smelled.



MindfulMovementCALENDAR

Complete each mindfulness activity or movement.

*Note: some activities may take up to five minutes.

WEEK FOUR

www.fitkids.org

MONDAY

Follow along and complete the [Mindful Posing](#) activity.

WEDNESDAY

Choose an instrumental or classical song for students to listen to and have them sit with their eyes closed as the song plays. Ask students to identify what they hear in the music, what feelings does it bring up? Have students share, if comfortable, with the class or a peer.

THURSDAY

Follow along and complete the [Peace and Kindness](#) mindfulness activity.

TUESDAY

Have students sit with their eyes closed and hold in their mind one thing that brings them joy. Is it a person, place, or thing? What is it about that person, place, or thing that brings them joy? Have students share out loud with the class or a peer.



FRIDAY

Complete the [Standing Side Reach Stretch](#). Deepen the stretch by using one hand to pull the other up and over. Remember to take large breaths.



MindfulMovementCALENDAR

Complete each mindfulness activity or movement.

*Note: some activities may take up to five minutes.

WEEK FIVE

www.fitkids.org

MONDAY

Reflect! Ask students to count on 5 fingers what they have learned about Mindfulness Movement over the past weeks.

TUESDAY

Practice **Wide-Legged Forward Fold**.

Be mindful in the pose and on your exhales deepen the stretch by sucking in your belly and pushing your upper body closer to your legs.

WEDNESDAY

Just listen! Have students sit quietly with their eyes closed for one minute and pay attention to what is going around them. Encourage them to focus on what they hear and notice if their thoughts wander. Check in with your students afterwards. Ask students what they heard, how they felt or what thoughts came to mind.

