



Welcome to the “Mindfully Moving” DIY Digital asynchronous Gluck offering! This PowerPoint is designed to prepare you for each of the activity components of the asynchronous activities. All activities are designed for pre-k-12th graders and can be done individually or in groups, with classmates at a distance or with your family members. My hope is that these activities will inspire in you a love of yoga and a desire to focus on how to infuse movement into your daily life! Let’s get started!

YOU WILL NEED...

- A quiet space to focus on your body and on your breath. Think about a space inside or outside of your home where you feel safe and calm and where you can do these activities.
- The space should be big enough for you to move your entire body freely without worry of bumping into anything.
- An updated version of Adobe Reader for the activities. Find the free download here: <https://get.adobe.com/reader/>.
- A computer or viewing device with functioning audio.
- You might want a yoga mat, but a mat is not required. A beach towel can work if you want a clear space for practicing yoga.



CYNTHIA GREER

Photo courtesy of: <https://www.inquirer.com/health/wellness/foeathing-exercises-coronavirus-covid19-20200507.html>

This workshop requires a couple components which are listed above. If you don't have a yoga mat but want to have a clear space for practicing yoga, you can always use a beach towel! A mat is a great thing to have, but not required!

STAYING HEALTHY & SAFE

- This workshop is physical and will involve some vigorous movement.
- To stay safe, make sure that you warm up before you start, that you have plenty of space and aren't near any sharp pieces of furniture, and that you are doing things that are within your own capabilities.
- While this workshop will be challenging, you don't want to push yourself too far outside of your comfort zone!
- Do what feels good to your body! If it doesn't feel good, **don't do it!**



Image courtesy of:
<https://www.vectorstock.com/royalty-free-vector/safety-first-sign-on-white-background-vector-19690417>

It is important that you have enough space to move, and that you aren't doing anything too far outside of what feels comfortable. In every workshop setting I teach in, whether I am working with toddlers or senior citizens, I remind participants that: you are in charge of your own body. This means that you are in charge of doing what feels good to you, and if things don't feel good, you shouldn't do them. We will be learning some fun and challenging yoga poses, and they may not feel good to you. Do what works for your body. At the end of the day, you know your body better than anybody else, and no one has a body like yours. So listen closely to your body as you tune into your breath, and back off if anything feels painful or uncomfortable. If there are poses that you would like to try with adult supervision, ask your grown ups for help! Sometimes having the support of friends or family members can make a challenging task feel more doable! Don't be afraid to ask for help throughout this workshop from your family members.

WHY MINDFULNESS?

- Mindfulness, according to Kids Health.org, means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way" (see link in notes for more information).
- Mindfulness helps you:
 - Pay better attention
 - Stay calm under stress
 - Slow down instead of rush
 - Increase your patience
 - Feel happier!
 - Sleep easier!
 - Lower blood pressure



Image courtesy of: <https://www.headspace.com/mindfulness>

Mindfulness has incredible, long-term benefits to your health. For more information on mindfulness, visit:

<https://kidshealth.org/en/kids/mindfulness.html#:~:text=Mindfulness%20means%20paying%20full%20attention,in%20a%20relaxed%2C%20easy%20way>. These activities

are designed to help you tune into your body and your breath, and really listen to what is going on internally. The speed of our daily life doesn't always give us time to slow down. During this pandemic, it is increasingly more important to slow down and listen to what is truly going on for you. Mindfulness can take many forms. Read on to learn more about mindfulness!

WHY MINDFULNESS, CONTINUED

- Studies have shown that just five minutes a day of mindfulness can help you relax and live a healthier, longer life! (See notes for link to study). The Elephant Breath audio guide is an attached activity that is 6.5 minutes long. These 6.5 minutes are designed to help you listen to your body and breath and ground yourself in the present!
- Meditation is the training ground for learning mindfulness. Mindfulness won't eliminate stress, but by becoming aware of these stressors, mindfulness helps develop choices in how to react.
- Mindfulness helps us understand how to respond in calmer, more empathetic ways.



By devoting at least 5 minutes a day to mindfulness, you can become healthier and happier and more supportive to those around you. During this pandemic, it is even more important to find ways to declutter your mind. When doing the Elephant Breath audio guide, try to find an incredibly quiet space that is uncluttered. An uncluttered space will help you unclutter your mind and feel more relaxed.



Image courtesy of: <https://www.nor.ora/sections/health-shots/2014/01/07/260470831/mindfulness-meditation-can-help-relieve-anxiety-and-depression>

MEDITATION SECRETS

- Meditation isn't easy! It takes time to quiet your mind! It's okay to fail the first couple times you try!
- Don't get discouraged; allow your returning thoughts to stay with you momentarily, and then send them away almost as quickly as they arise.
- Counting can help eliminate thoughts going through your mind.
- Focusing on your breath can also help with quieting your mind.

The Elephant Breath audio guide will ask you to quiet your mind and focus on your breath, but sometimes quieting our minds can be challenging! Here are some strategies that can help you focus.

WHY MINDFUL MOVEMENT?

- Many of us are familiar with competitive movement environments. These competitive sports do not give athletes a chance to focus on breath or remaining in the moment. The end goal is winning.
- With mindful movement, there is more than one end goal and a non-competitive environment is fostered.
- Mindful movement helps increase:
 - Stability
 - Strength
 - Flexibility
 - Blood and oxygen flow
 - Awareness of breath



Image courtesy of: Susan Verde's "I am Yoga," and <https://www.yogajournal.com/practice/yoga-and-visualization-poses-for-kids/?id=610707568e4d1826208e0f1e1e0008>

There are so many physical activities and sports that look at winning as an end goal. Mindful movement, or yoga, in this case, offers so much more than winning. Rather than focusing on creating a competitive environment, mindful movement gives participants a chance to create a space that feels safe, peaceful and fruitful for growing and learning. Mindful movement is something that can be done at all times of day and at each time of day, offers different qualities, from energizing in the morning, to relaxing you at night.

THE BENEFITS OF YOGA AS MINDFUL MOVEMENT

- Yoga helps with **so** much! It can:
 - Help you learn techniques for self-health, relaxation and inner fulfilment
 - Encourage self-esteem and body awareness in a noncompetitive environment
 - Foster cooperation and compassion
 - Enhance flexibility
 - Increase strength
 - Help with coordination and body awareness
 - Increase concentration abilities
 - Enhance sense of calm and relaxation
 - Help you connect deeply to your inner self and develop a relationship with natural world
 - Help you focus on your inner light!
- There are many forms of yoga, and all of the forms are low impact which means that you won't be putting any added strain on your body.
- Yoga can also help you build community and make friends!



Images courtesy of: Susan Verde's "I am Yoga," and
<https://www.yogajournal.com/practical/yoga-and-imagination-poses-for-kids/?id=0207548e4d1826208nid=amyoga8>

There are so many benefits to yoga! I've included a couple here, but know that there are even more. A primary benefit of yoga is that it will instill in you agency in trusting your own body and pushing it beyond its limits. Your flexibility and strength and coordination will increase every time you practice yoga, even if that is only 10 minutes a day. Yoga is also a great way to build community and make friends and widen your world. Even during this pandemic, you can practice yoga safely at a distance outside with family and friends and experience its benefits together.

LEARNING TO LEAD!

- The Sun Salutation video which is one of the activities will give you both something that you can return to every day if you like as well as a chance to lead and teach others!
- By teaching others this sun salutation, you become the Yogi Master, and become the master teacher, and you continue to increase your knowledge of yoga.
- Once you start to teach, you'll be hooked! You'll want to continue learning yoga poses, and will want to continue practicing yoga with your family and friends.
- This sun salutation is simple enough to remember after doing it a couple times, and is an easy introduction to leading and teaching others. Remember that when you are teaching others, everyone needs to have enough space and be at least 6 feet apart.
- Start small and simple with your teaching!



Image courtesy of: <https://www.susanorrieter.com/leading-yoga-retreats-in-thailand/>

Learning to lead is easy! The Sun Salutation video is designed to be an activity that you can do on your own after you have watched and done the video a few times. There are thousands of yoga resources online, once the teaching bug bites, and you want to continue adding onto this sun salutation. Teaching this sun salutation will help you increase your ability to demonstrate and talk at the same time, and will also give you a chance to give feedback on the poses to those you are teaching. You can give adjustments or modifications without being hands on. Just like a sport, teaching and yoga get easier the more you do them, so give yourself time to grow into your teaching practice and into leading. Start small and simple, and work your way up to working with more people and more complex yoga poses.



Image courtesy of Susan Verde's "I am Yoga," and <https://www.yogajournal.com/practice/yoga-and-imagination-poses-for-kids/#id=cc0207568e40182620&pid=iamyoga8>

MORE RESILIENT, MORE CONFIDENT!

- Yoga and mindfulness can help us become more resilient when things don't go our way.
- During this pandemic, everyone's sense of normal has shifted and will continue to shift.
- Each of these activities is designed to help you get to know your whole self better. With all of this time at home, now is the perfect time to treat yourself to some mindful movement and meditation!
- Resiliency helps us grow and become strong in the long term. Yoga involves many poses that involve weight shifts. We're shifting a lot in our lives right now, and finding a way to echo that in our bodies is important!

Yoga can help you feel taller, more confident, and more resilient. By listening to our bodies and finding poses that feel good and make us feel like the 6 foot version of ourselves, we set ourselves up for success once this pandemic is over. Lean into what feels good and push yourself to really grow during this time!

BUILDING A YOGA PRACTICE!

- So what's the first step? How do you get into regularly practicing yoga every day?
- The first step is figuring out the best time of day for you to do some of the attached activities. That might be right when you wake up in the morning, or before bed as a way to wind down.
- The activities that are attached are fun and interactive and will be activities you'll want to come back to and do on a regular basis.
- One way to build your practice is to share your practice with family or friends, and to learn alongside others.
- Start simply, and then deepen your practice. Decide how much time you want to begin with, and then add on incrementally.
- Don't be too tough on yourself if you miss a day!
- Remember to breathe, listen to your body, and have fun!



Image courtesy of Susan Verde's "I am Yoga," and <http://www.yogajournal.com/practice/yoga-and-imagination-poses-for-kids#:q=020754&ed=0187&2008&url=iamyoga>

Building a practice takes time. The first step is figuring out the best time of day and the amount of time you can devote to your practice that day. Part of practicing yoga is learning, and listening to what your body needs. There may be days where you spend 10 minutes doing yoga or 50 minutes. Listen to where you are each day as you tune into your body and your breath. If you miss a day of practicing, don't worry! Your practice is unique to you, just like your body is unique to you. It will look different until you figure out what works best for you.

ACTIVITIES INCLUDED

- Here is a list of the asynchronous activities:
 - Sun Salutation Video
 - Elephant Breathing PDF
 - Yogi Says PDF
 - Elephant Breathing Audio Guide (6.5 minutes)
- There is no particular order to these activities. You can do them in any order and as frequently as you'd like!
- Enjoy!

Here is a list of all of the asynchronous activities. Give them a try on your own and with family and friends. I hope you'll enjoy and will find a way to create your own yoga and mindfulness practice! Remember to be patient with yourself as you learn! Enjoy!