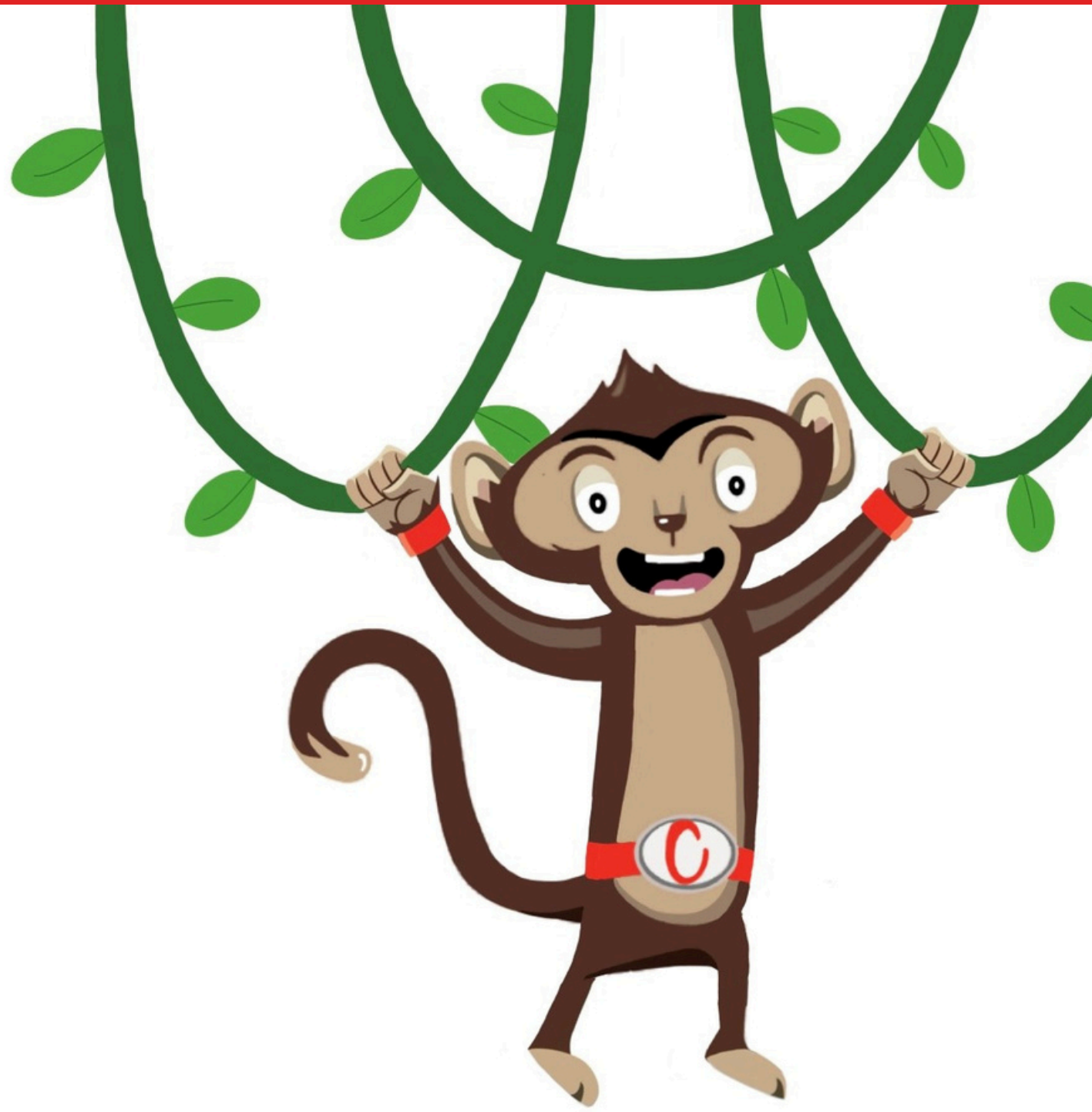


Mindful Movement



Chill with Chester



5 Minutes

Instructions

Only a small space is required for this activity. Teachers guide pupils through a range of different poses, helping pupils to bring awareness to their breath, whole body and helping to clear their mind. See our activity example sheet for more information.

Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity, especially if taking place in a playground
- Remind pupils of their own spatial awareness
- Ensure pupils know who to tell if they feel unwell while exercising
- Give clear instructions

Teacher Tips

Suitable for all ages.

Foundation & KS1: can focus on bringing their attention to the different parts of their bodies relaxing while using their imagination.

KS2 : can focus on helping pupils clear their minds and focus their attention

Give your pupils lots of encouragement along the way and think of explaining the instructions softly and slowly.

Chest
Heart &
Stroke

Mindful Movement

Guide pupils through the following poses. There will be a script alongside the activities that you can follow along to. This can help pupils feel present in the moment and allow them to relax their body and mind. Ask pupils to find a space in the classroom away from their desks.

Foundation & KS1 Examples:



Imagine you are an elephant, interlock your fingers out in front of you. This is your trunk. Slowly reach down towards the floor, bend your knees and imagine you are going to take a big sip of water with your trunk. Now you are going to stand up, take a deep breath in and breath out as you slowly and spray the water, then sway side to side keeping your hands interlocked. (Then repeat)



Imagine you are a snail, lie down on your tummy and rest your head into your hands. Take a deep breath here. Then bring your head up with your forearms still on the the floor giving your back a nice stretch. From here sit back onto your heels and make yourself as small as possible, like the shell on your back. Take 2 deep breaths here, can you hear your breath feel your back expand as you breathe. (Then repeat)

Now sit on your bottom. Imagine you have a soft squishy ball in each of your hands. I want you to squeeze the ball as tight as you can, squeeze, hold tight (3,2,1) and relax. Can you feel all of your muscles in your hands and arms relax? Now put your feet out in front of you and this time you are going to squeeze the muscles in your feet and legs as tight as you can. Ready squeeze, hold tight (3,2,1) and relax. Can you feel the muscles in your toes and legs relax?



KS2 Examples:



Stand up nice and tall, with your feet as wide as your hips. Let your arms drop by your sides. Transfer your weight from side to side, notice how your toes wiggle inside your shoes as you feel the floor. Now rock forwards and backwards again paying attention to your feet. Standing still, now relax your shoulders. You can close your eyes here or just lower your gaze to the floor. Wiggle your fingers gently by your sides, can you feel the air move through your fingers? Is it warm or cold? Now open your eyes if you had them closed. Now I want you to roll your shoulders backwards nice and slowly, as you raise your shoulders up take a big deep breath in. As you roll them backwards breath out through your nose.



Now I want you to imagine you are a really tall tree. Feel your feet rooted into the floor. This time bring one foot to your calf or out the ball of your foot beside the other. Really concentrate and focus on your balance here. When you have your balance think about bringing your hands together and placing them into your chest. Take a big deep breath in through your nose and press your hands towards the sky like branches, as you breathe out release your hands slowly back down by your sides. Then bring your hands back to the center of your chest, take a big deep breath in and take your hands up towards the sky, as you breathe out relax your hands slowly down by your sides and return your feet to the floor. Wiggle all your muscles, by giving your whole body a shake.

