Young Audiences • Arts for Learning • Virginia
60 YEARS 1955 – 2015

MINDFUL MOVEMENT:
Teaching our students how to live and learn happy through body-mind practices and creativity to boost cognition, coordination and awareness!

3 M
mindful
meditation
movement

Helping students embrace a mindful approach to living and learning by teaching them how to identify when they need meditation or movement based on their environments. This workshop engages body-mind practices and creativity to boost cognition.

"So much of life takes place in our head."

-Pico Iyer, novelist

We rely on our mind. We depend upon our mind to learn, give back and perform its best, and yet the wellbeing of our mind is left completely out of education.

According to a recent Harvard study, 47% of the time, our minds are wandering. (Killingsworth & Gilbert, 2010)

I. Kinespheric Space: Focused on grounding and understanding the body in space and time.

II. Present-moment story: Students are read the book *What Does It Mean to be Present?* by Rana DiOrio. Discussions are facilitated by the teachers on what presence looks and feels like to the individual students.

III. Mandala Art: Students work on a mindful arts project which helps them understand setting intentions and focus.

IV. Back-to-back breathing: Students will sit with a partner back to back to learn about our breath and how the breath works on a cellular level within our bodies. Students will also explore vowel sounds and how our language is created within our bodies.

V. Guided visualization: Students will create a story that takes them on a journey and engages all 5 senses: touch, sound, sight, taste, hearing. Then the students will close their eyes, listen to their story read aloud by the teacher, and visual the experiences.

Learning Goals for Students:

"I am mindful." Students will learn how to *self-assess* their emotions and determine their personal physical experience within space and the world around them.

"I can live in the present moment." Students will learn how to *focus their attention*, push away distractions, and how to wake up their bodies when they're feeling tired or withdrawn.

"I can explain what I am doing and why it is beneficial for me" Students will learn how to *articulate their thoughts, feelings and plans* and why it is important to their individual growth.

SOLs covered in Mindful Movement:

ENGLISH: Using *guided imagery* (the use of words and music to evoke positive imaginary scenarios in a subject with a view to bringing about some beneficial effect) the students will experience oral language helping to develop phonological awareness. The students will *generate ideas* and use *descriptive language* to practice articulating personal feelings, thoughts, plans and physical space.

SCIENCE: In guided discussion of *anatomy*, the *human nervous system*, and an *investigative approach to personal experience*, the students will develop and design a way for them to individually assess and alter their experience with the world around them.

PHYSICAL EDUCATION: Through movement, the students will be challenged to understand their physical ability and how to move from point A to point B. The students will develop attitudes, skills and behaviors on how to live an active, healthy life.

To Bring Mindful Movement to You:

Mindful Movement is a **50-minute workshop** taught by Angela Taylor. Students will need space to move.

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MEET ANGELA: Angela is mother of two and a RYT 200 and RCYT with her Children's training through the YogaKids program. She studied children's meditation level 1 and 2 through the Connected Kids Program. Angela is a graduate of the Yoga for the Special Child in order to help facilitate yoga to children with special needs. Her teaching style is playful and relaxing for both children and adults. She is a graduate of Mindful Schools Mindfulness Fundamentals. Angela strives to live in the present moment and enjoying all the benefits life has to offer. **Angela has worked with children of ages and abilities to help them develop a healthy, happy life.**