

BRAIN / BODY THURSDAY - OHMAZING® ROLLBACKS**Supplies:** Earth / Tierra / Apanasana Pose A-Z Card**EARTH / TIERRA /
APANASANA
A-Z CARD****Reading Connection:** *The Wondrous Workings of Planet Earth: Understanding Our World and Its Ecosystems***Welcome students to Mindful ME**

Encourage them to find their Mindful Body posture so that they are ready to listen and learn. This week, use a bell or soft music to help students focus on getting ready for Mindful ME time.

“We have been learning ways to take care of ourselves and the earth this week. Why do you think that is? [Take ideas] All of you are right! It is good to take care of the Earth, and helping the Earth helps everyone who lives here. Earth is OHMazing®! Today we are going to learn a way to celebrate and acknowledge that we are OHMazing®.”

Play OHMazing® Rollback Video below (6:09) or read the instructions here:

“First what is OHMazing®? OHMazing® is a word that is made up of 2 different words. Om, which is a word in Sanskrit that means everyone and everything on this earth is connected. I am connected to you because we are both in this class together. You are connected to your classmates because you are in the same grade.

We are all connected to the earth because we live here. And there are probably other ways we are all connected, right? The second word is ‘amazing’ and what does that mean? [Elicit answers]

That’s right! So OHMazing® is those two words together. How great it is that everything in the universe is connected! How OHMazing®!”

“We are going to use the Earth Pose we learned earlier this week and create an “OHMazing®” Pose.”

I am OHMazing® Pose

- Start in seated Earth Pose with your knees pulled up into your chest.
- Chant + Clap, "I, I, I am..."
- Roll back onto your back and then back up into seated Earth Pose, saying "OHMazing®"

"Now we can do it again with 'Somos,' which means 'We' because we are ALL OHMazing®!"

- Repeat with "Somos"
- Chant + Clap, "Somos, Somos, Somos..."
- Roll back onto your back and then back up into seated Earth Pose, saying "OHMazing®"

Variations

You can say each student's name before rolling back ("Araceli, Araceli, Araceli is OHMazing®!). For a challenge, students can start standing up and then roll back on before returning to standing.

Ask students how they feel after practicing OHMazing rollbacks. "This is a great way for us to celebrate each other and our OHMazing®-ness. This pose and tool can also give us more energy and help us get ready for our day or the next thing we need to do."

As time allows, share another page(s) from *The Wondrous Workings of Planet Earth: Understanding Our World and Its Ecosystems*. Discuss OHMazing® facts that the class learned from the pages.

Modification

OHMazing® Pose in a Chair

- Hug your knees in tight
- When ready, release your legs and arms like a star saying, "I am OHMazing®," "You are OHMazing®," "Somos OHMazing®"