

MOVEMENT TUESDAY - MINDFUL OF SOUND WITH A BELL

Supplies: Wombat/Child's Pose Card from A-Z Deck and Child's Pose Coloring Page; Bells

**Welcome students to Mindful ME**

Encourage them to find their Mindful Body posture so that they are ready to listen and learn. Start each session this week with ringing the bell to come into Mindful Body.

"Today we are going to learn a pose called Child's Pose or Niño Dormido."

[Show the picture on the A-Z Card and read the instructions or play the Child's Pose Demonstration Video - Below]

Child's Pose Instructions

- Start with your hands and knees on the floor.
- Touch your big toes together and sit on your heels.
- Separate your knees as wide as your hips. Breathe out and fold forward so that the front of your belly is on your thighs.
- Rest your forehead on the Earth. Place your arms beside you or stretch your arms out in front of you.
- Take at least 3 deep breaths in this pose. Feel your belly move as you breathe.

“Now slowly sit up. Let’s pause to notice how we feel after doing Child’s Pose. What do you notice about your body and your breath right now?”

“Let’s do Child’s Pose again. This time, I will ring the bell 3 times while you’re in the pose. When you hear the end of the third chime, slowly begin to sit up. You might want to come up after the first chime, but try to wait until the third one.” [Many students will really want to pop up to check on things after the first bell. Gently remind them to return to the pose to wait for the third chime.]

“We are practicing this pose with ringing bells to help our bodies and brains become more aware of sound and the information our 5 senses bring in.”

“When we pause to pay careful attention to sounds, it can help us reset our focus and concentration.”

[Continue practicing this strategy, varying the number of chimes or the sound you choose to use.]

Pose Modifications

Some students may feel uncomfortable with their eyes down. Honor their need to keep eyes open and on you so that they can see what’s going on. From criss-cross, they can stretch their arms out in front of them with hands on the floor. Or try the pose sitting and pulling knees into the chest.

Send HomeWombat/Child’s Pose Coloring Page - Download Below

Discussion

“How did the sound change as you listened? What did it feel like to listen all the way to the end? Was it challenging to keep your voice quiet?” [Elicit answers]

“Today, let’s pay attention to the sounds we hear and how they make us feel.”

[If time allows, students can name their favorite sounds, sounds they find relaxing, sounds they find energizing, and sounds that they dislike or that cause them to feel anxious.]