

**MOVEMENT TUESDAY - CAT/COW POSE**

**Supplies:** Cat/Gato Card from A-Z Deck

**Welcome students to Mindful ME**

**Encourage them to find their Mindful Body posture so that they are** ready to listen and learn. Use finger-touching from Monday to help students center their attention.

“Today we’ll learn a new movement called Cat/Cow. These poses help to strengthen and stretch your backbone.”

[Show Cat/Gato Card from A-Z Deck and/or play Cat/Cow video below]

- Start on your hands and knees.
- Place your hands in line with your shoulders.
- Look at the Earth and breathe in.
- As you breathe out, round your back toward the sky, pulling your belly button to your backbone. Look toward your belly button. This is Cat/Gato pose. You can say, “Meow!”
- As you breathe in, drop your belly button toward the Earth. If it feels comfortable, look up. This is Cow Pose. You can say, “Moooooo!”
- Repeat the sequence, going from Cat to Cow several times.
- Pause with a neutral spine and then sit back on your heels or in criss-cross.
- Notice how you feel after doing the pose.

"Cat/Cow can be a great pose to do when you first wake up in the morning or when parts of your body are feeling tense or tight.

Stretching and strengthening your backbone is important. Your backbone helps to hold you up."

### **Pose Modifications**

This pose can also be done while seated-- either on the floor or in a chair. Students can place hands on knees or desk and then arch and flex their spines while seated.

### **Send Home**

Cat/Gato Coloring Page