

**FANTASTIC FRIDAY - FAVORITE POSES: PRACTICE, SELECT, AND/OR TEACH FAVORITE POSES**

**Supplies:** A-Z Cards for poses that have been taught so far (Wombat/Child's pose, Gato/Cat, Perro Abajo/Downward-Facing Dog, Tierra/Earth Pose, Mariposa/Butterfly, Flor Fuerte/Flower Power)



**WOMBAT/CHILD'S POSE  
A-Z CARD**



**GATO/CAT POSE A-Z CARD**



**PERRO ABAJO/DOWN DOG  
A-Z CARD**

T



**TIERRA/EARTH POSE A-Z  
CARD**

M



**LION'S BREATH POSE A-Z  
CARD**

F



**FLOWER POWER BREATH  
A-Z CARD**

## **FANTASTIC FRIDAY: FAVORITE POSES**

Welcome students to Mindful Body. Encourage them to find their Mindful Body posture so that they are ready to listen and learn.

Ask students what their favorite part of the Mindful Body week was. Encourage students to share their favorite pose they have learned so far

[Optionally show cards for the poses that have been taught so far as a reminder (Wombat/Child's Pose, Gato/Cat, Perro Abajo/Downward-Facing Dog, Tierra/Earth Pose, Mariposa/Butterfly, Flor Fuerte/Flower Power)].

Ask for volunteers to demonstrate their favorite pose while the rest of the class joins in. Ask students how each pose makes them feel today. Remind them that it might change day to day depending on what's going on in their lives.

"Those were all great poses. Did you notice how different students had different favorites? Sometimes our favorite might even change each day. Butterfly pose might feel good today, but tomorrow it could feel a little uncomfortable. Or Gato/Cat might not feel right today, but it'll feel great tomorrow. That's okay. Everyone's body is different, and that's what makes each of us special.

## **SHORT MINDFULNESS MEDITATION**

Ask the students to imagine they are a butterfly in a beautiful garden. What are five things they might see? Four things they could hear? Three things they can feel? Two things they can smell? One thing they can taste?

## **EXTENSION ACTIVITY**

**At home:** Students can draw butterflies or the butterfly life cycle and add their pictures to their personal Peace Place at home.

**In the Classroom:** Create a wall of butterflies or ask students to draw the butterfly life cycle.