



MOVEMENT TUESDAY: LET'S GET TOGETHER

Supplies: poster board or paper, pencils, markers, optional CHAMPS Mini Poster from the link below

Virtual Learning: Google Document shared with group members

CHAMPS Poster Creation

Setting up a social contract for practicing mindfulness will create clear expectations and empower success within your groups. The students will work in groups to make CHAMPS Posters for the following mindful / yoga settings:

- Mindfulness Lessons/Practices
- Mindful Movement
- Breathing
- Independent Work
- Group Work

For each of these settings, students should work in groups to determine the appropriate:

C - Conversation Level

H - Help (How do we ask for it?)

A - Activity (What are we working on?)

M - Movement (What are we doing with our bodies?)

P - Participation (How does the teacher know we are participating, including if a student has chosen the "alternative activity"?)

S - Success (What does success look like in this setting?)

[If you are short on time, give each student a CHAMPS Mini Poster and create the expectations together with you leading the conversation. Teachers Pay Teachers free CHAMPS Mini Poster resource: <https://www.teacherspayteachers.com/Product/CHAMPS-Student-Poster-5957262>]