

MOVEMENT TUESDAY - BUTTERFLY

Supplies: Mariposa/Butterfly Card from A-Z Deck; Mariposa/Butterfly Coloring Page

**Welcome students to Mindful Body**

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

“Today we’ll learn a new pose called Butterfly. This pose stretches the insides of our legs.”

Play video or read the instructions here: [Show Mariposa/Butterfly Card from A-Z Deck]

- Sit with your legs stretched out in front of you.
- Breathe in and bend your knees to bring the bottoms of your feet together.
- Sit up straight and tall. Lift your chest proudly. Take three deep breaths to help you feel calm and focused.

“What color are your butterfly wings? How do your legs feel in this pose? Let’s carefully flap our butterfly wings!” [Gently move knees up and down]

“This is a great pose to warm up the muscles in our legs, stomach, and lower back. If you were a butterfly, what plant would you land on?”

Send home the Mariposa/Butterfly Coloring Page for students to review and add to their Personal Peace Places.

Pose Modifications This pose can also be done while sitting in a chair or up against a wall.