

**MOVEMENT TUESDAY - TIERRA/EARTH POSE****Supplies:** Tierra/Earth Pose A-Z Card, Tierra/Earth Pose Coloring Page

**[Optional]** Zen Garden, Class Plant, and/or Model Earth (blow up, picture, stuffed) for classroom Peace Place (Care for the class plant can be a class job. Snake plants are a good option that requires little sunlight and water only when soil is completely dry. Succulents are a good choice if a window is available. Do not have students water the succulent-- mist with a spray bottle.)

**Virtual Classroom:** Create a virtual peace place background for your zoom calls. Create a virtual peace place on a Google document; students can send you pictures of items they find at home in nature

**Reading Connection:** The Wondrous Workings of Planet Earth: Understanding Our World and Its Ecosystems by Rachel Ignotofsky

**Welcome students to Mindful ME**

Welcome students to Mindful ME. Encourage them to find their Mindful Body posture so that they are ready to listen and learn. Encourage them to find their Mindful Body posture so that they are ready to listen and learn. This week, use a bell or soft music to help students focus on getting ready for Mindful ME time.

“Yesterday, we learned a tool to help us be mindful and take care of ourselves and our thoughts. Today we are going to think about caring for the Earth.

Play the Earth Pose video below (0:28) or show the Tierra/Earth Pose A-Z Card and read the following instructions.

### **Earth Pose**

- Lie down on your back
- Breathe in, bend your legs, and bring your knees into your chest
- Breathe out, wrap your hands/arms around your legs, and hug yourself”
- Remain still in this position or rock back and forth along your spine
- Take three or more deep breaths here
- Pause to notice how you feel after doing Tierra/Earth Pose

Have students share ways we can take care of the earth gently.

If time allows, share a page from *The Wondrous Workings of Planet Earth: Understanding Our World and Its Ecosystems* and discuss ways to support ecosystems around the world.

### **At home**

Ask students to find five items in nature that make them feel good. Remind them not to pick items -- collect items that have already fallen or are inorganic. This is a way to be gentle with the earth. Students can add these to their at-home Peace Places.

### **Modifications**

Earth Pose in a chair

- Sitting in a chair
- Breathe in and bring your feet up onto the seat
- Bend your knees and bring your legs into your chest
- Breathe out and wrap your arms around your knees

### **Send home**

Tierra/Earth Pose Coloring Page