

**BRAIN / BODY THURSDAY - ACKNOWLEDGING CHANGE: BUTTERFLY
MOVEMENT SEQUENCE**

Supplies: A-Z Cards for Wombat / Child's pose / Balasana, Gato / Cat / Marjaryasana, Perro Abajo / Downward-Facing Dog / Adho Mukha Svanasana, Tierra / Earth Pose / Apanasana, Mariposa / Butterfly / Baddha Konasana, Flor Fuerte / Flower Power / Pranayama

Reading Connection: The Butterfly by Anna Milbourne and Cathy Shimmen (K-2)

Science Connection: Butterfly Life Cycle (Link Below)



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



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



**PERRO ABAJO /
DOWNWARD-FACING DOG /
ADHO MUKHA SVANASANA
A-Z CARD**



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



**BUTTERFLY / MARIPOSA /
BADDHA KONASANA
A-Z CARD**



FLOWER POWER BREATH / FLOR FUERTE / PRANAYAMA A-Z CARD

Acknowledging change: Butterfly Movement Sequence

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

Play the National Geographic video of a butterfly's life cycle (<https://www.youtube.com/watch?v=kVm5k99PnBk>) or read the book "The Butterfly" by Anna Milbourne and Cathy Shimmen.

Ask students about what changes happened to the caterpillar. Encourage them to think about how the caterpillar might have felt about these changes. How did the caterpillar's body change?

"Just like the caterpillar, we go through changes in life. Change can happen in a lot of different ways. It could be a change in your family, like adding a new sibling or moving to a new city.

Our bodies also change. You grow taller, you get stronger, or maybe you just get a different haircut. Often, we are excited about changes, but I know that sometimes we can also feel a little anxious or nervous about changes. That is completely normal. Sometimes I get anxious when I don't really know how things are going to be different.

Let's try an exercise that helps us to deal with changes the best we can!"

Show the video for the Butterfly Sequence video below or guide the students yourself.

You can display the following A-Z Cards to show the order of poses:

(1) Wombat/Child's pose (2) Gato/Cat (3) Perro Abajo/Downward-Facing Dog (4) Tierra/Earth Pose (5) Mariposa/Butterfly (6) Flower Power

"The sequence leads through the changes of a butterfly's life cycle starting from the egg." If time allows, ask students what they know about a butterfly's life cycle and the changes it goes through.

Read the instructions here:

- “Begin in Wombat/Child’s Pose. This is the caterpillar’s egg. Imagine what it would be like inside of an egg.
- Breathe in and slowly unfold your body and move into Gato/Cat pose. Arch your back like a caterpillar coming out of an egg and seeing the world for the first time. Take a breath here.
- Breathe out, curl your toes under, and lift your hips into Perro Abajo/Downward-Facing Dog. Now you’re a caterpillar learning to crawl along your leaf looking for food. Try walking your hands and feet forward and back while you’re in Downward-Facing Dog.
- Now that you’ve had enough to eat, it’s time to form your chrysalis. Breathe out, lower your knees to the ground, cross your ankles, bring your legs through, and lie on your back in Tierra/Earth Pose. Imagine what it might be like to be inside a chrysalis.
- Take a few breaths in Tierra/Earth Pose.
- Breathe in and then slowly roll up to a seated Mariposa/Butterfly Pose. Now you’re a butterfly. You’ve changed a lot in a short amount of time!
- Butterflies need food, so imagine flying to a bright flower to drink the nectar. Let’s do Flower Power Breath together.” (Take several Flower Power Breaths as a group.)
- Repeat the sequence one or more times, reminding students to link the poses with their breath. If time allows, play some slow music and ask students to move through the poses at their own pace.

Discussion

Lead a short discussion about the sequence: “We imagined moving through many of the changes a caterpillar experiences. As you pay attention to how movement makes you feel, you can choose poses or movements that help you when you feel anxious or worried about change.

Ask students how it felt to link several poses together. Encourage them to practice this sequence on their own time (at home or in the classroom Peace Place).

“Notice how we arranged different poses to create a sequence or story. You can experiment with putting poses in different orders and creating new stories. Be sure to pause to notice how each sequence makes you feel.”