

MOVEMENT TUESDAY - WARRIOR 2 WITH RAINBOW ARMS

Supplies: Surfeo/Surfing Pose Card from A-Z Deck, Surfeo/Surfing Coloring Page

**SURFING / SURFEO /
VIRABHADRASANA
A-Z CARD****Warrior 2 with Reverse Warrior 2 (Rainbow arms)**

Welcome students to Mindful ME time.

Begin by having students take three breaths, and then find one thing in the room that is (color of teacher's choice). This will provide an opportunity to center and review the color meditation from Monday.

"Today we are going to learn a pose called Warrior 2 with Rainbow Arms. This pose can help us feel strong and energized. When might you want to feel strong and energized?"

[examples: When I'm feeling tired and need to pep up; When I'm feeling sad and need some strength; When I'm feeling good and I want to celebrate that.]

Play Warrior 2 with Rainbow Arms video below or read the instructions here.

Reference the card from the A-Z Deck but note additional instructions below for today's Rainbow Arms. Note "Pose Modifications" for seated and kneeling variations.

Warrior 2 with Rainbow Arms Instruction (Full Standing)

- Breathe in and jump or step your feet wide apart. Reach your arms out and up from your sides.
- Point your right toes in the same direction as your right fingertips.

- Breathe out and bend your right knee deeply. Keep your knee in line with your ankle.
- Breathe in and tilt your upper body away from your bent knee, reaching the top arm overhead, and placing the lower arm around your belly. Think about RED.
- Breathe out and tilt toward the bent leg, switching the arms. Think about the color ORANGE.
- Repeat this alternating motion/breath for the whole rainbow of colors.
- Breathe in and extend your arms straight out and up from your sides. Breathe out and look over your front fingertips. Say to yourself, "I am strong."
- Straighten your front leg and carefully walk your legs back together.
- Repeat the entire Warrior 2/Rainbow Breath sequence on the other side
- Breathe in and move your feet together. Stand straight and tall. Pause to notice how you feel after doing. "Ask volunteers to share how they feel after doing the pose."

Pose Modifications

Seated Variation

Sit tall in criss-cross position. Inhale arms up and out from your sides. On the next inhale, tilt one way, reaching that arm overhead and wrapping the lower arm around the belly (Red) Exhale, tilt the other way (Orange)...

Kneeling Variation

From kneeling, bring one leg out to the side, toes in line with the knee. The arms will be the same as if standing.

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