

# MINI MOVERS

**LEND  
your  
CALM**



The tension, stress and uncertainty in our world today are not unseen or unfelt by our children. They see it for themselves, learn about it in school, and sense it's effects on you.

We focused on finding our calm today which slowed down our heartbeat, blood pressure and allowed us to be more present with the children.

What can you do?

Most importantly, Dr. Clinton says, is to **lend children their calm.**

**"We need to FIND our CALM to be able to LEND children their CALM" - Dr. Jean Clinton**

# MINI MOVERS



You've probably noticed that children **LOVE** to get moving! How do we connect this to being mindful?

This week, we engaged in some simple mindful movement and activities to help with relaxation and calmness.



## WE NOTICED HOW OUR BODIES FELT WHILE WE WERE MOVING!

### STANDING BALANCES

Supports focus, physical coordination, and balance energy. Helpful with new situations and in social settings where a connection is needed.

### RESET TO GET SET

Resets our mind and body through breathing exercises and grounding poses. Helpful with anxiety and long periods of sitting.

### READY, SET, FOCUS

Energizes and focuses our attention. Helpful for group settings, working independently or when energy is low.

### STRENGTH AND FLEXIBILITY

Brings strength and flexibility to ourselves physically and emotionally. Helpful with viewing situations differently, creating an open mind and paying attention to those around us.

### DANCE FOR THE SUN

Warms up our bodies and helps to strengthen muscle groups. Helps to develop focus and a playful experience.