

MOVING MINDFULLY at FOREST LAKE AREA SCHOOLS

Move Mindfully® integrates physical, mental, & emotional well-being. This integrated approach to wellness uses yoga-based movement, breathing techniques, & social/emotional skill development to improve children's focus, physical health, behavioral skills, & emotional stability.

14



school psychologists, counselors, & social workers from all seven elementary schools received 12 hours of Move Mindfully® training in September 2018

additional school staff & teachers were trained or participated in Move Mindfully® strategies from September - December 2018



200

700+



elementary students reached by Move Mindfully® strategies implemented in their classrooms, guidance lessons, & individual or group counseling sessions from September - December 2018

What's going well?

- "Teachers were engaged & had buy in to teaching their students"
- "Students leading breathing exercises"
- "Flexible presentation style"
- "Kids teaching kids"
- "Great for ending sessions, leaving students in a calm state ready to learn"



Anoka County
MINNESOTA

Respectful, Innovative, Fiscally Responsible



Supported by the Statewide Health Improvement Partnership, Minnesota Department of Health

Tools & Resources



Tree (#5)

When to Implement
After a difficult situation or before testing

Why?
A balanced body creates a balanced mind

The Science
Opens and stabilizes body through hugging midline



Integrative Lesson Plan Worksheet

Class Intention

- What is the objective of this lesson (calming, focus, transition, etc.)
- How will I set the tone to create a therapeutic environment?

CALM

Centering Activities

ACTIVE

Yoga-Based Movement

CALM

Integration/Relaxation

- Integrate physical, emotional and cognitive experiences of the Lesson Plan to help your students/clients transition to the next part of their day

Down Dog (#15)

When to Implement
After more energizing activities

Why?
Meet high energy and bring it down

The Science
Proprioceptive input, activates relaxation response

