

## Mindfulness & Movement Summary

**The Wellness Advisory Committee partnering with administration and Hennepin County Public Health to increase the use of Mindfulness and Movement in our schools. The aim is to improve student health and well-being, increase movement and the use of mindfulness during the school day, and create an environment that reinforces the development of healthy habits.**

Elementary teachers are being trained in Mindfulness & Movement through 1000 Petals in a 3-part Wellness 1-3 Series. The first session is informational; giving the why and the science and research on how mindfulness and movement can give students strategies to regulate themselves when they are feeling anxious or overwhelmed. Wellness 2 builds on that knowledge and is hands – on how to teach the strategies to students. Wellness 3 adds Social and Emotional learning games to the practice.

**1. Mindful Listening:**

Ring the chime, have students listen to the sound. When they don't hear it anymore, put their thumbs up.

**2. Breathing:**

Use the Hoberman (Breathing) Sphere to illustrate taking deep breaths in and out of your nose; 4 count inhale & 4 count exhale. Have student leaders use the ball and decide how many breaths the group should take. 1 student can manipulate the ball while another student counts as the sphere closes.

**3. Movement:**

Use the sequences learned in training for Focusing, Grounding, and Stillness and lead students through a brief series of movement.

**4. Breathing:**

Use finger tracing, Hoberman Sphere, "smell the roses, blow out the candles", to take a few more breaths.

**5. Mindful Listening:**

Repeat step one to close the session.

*This series can be done in under 10 minutes and is great for morning meeting, transitions, after recess, or anytime students need to re-energize and focus.*

***Eden Prairie Schools has a dedicated group of community members, students and staff who are working to promote wellness. Together, we can make a difference.***

For more information on the policy go to:

<https://www.edenpr.org/site/handlers/filedownload.ashx?moduleinstanceid=7401&dataid=6985&FileName=District-Policy-533-Wellness.pdf>

[or visit the Eden Prairie Schools Wellness Committee at:](#)

<https://www.edenpr.org/Page/2837>