

Mindful Movements



Mindfulness is the ability to be aware of what is going on both inside us and around us. Through mindfulness, we can bring about a sense of peace and calm and transform the world into a wonderful place.

To begin, stand with your feet firmly on the ground, shoulder-width apart. Make sure you have a little bit of space around you to move your arms. Stand upright and relax your shoulders, allowing your hands to fall down by your side.

Take a few moments to focus on your breathing. This is one way that you can develop peace in your mind and in your heart. With each breath in, notice that you are breathing in. With each breath out, notice that you are breathing out. When we breathe like this, our body and our mind can work together. And when our body and mind are working together, we are able to enjoy what is going on in and around us in each moment.

You might like to close your eyes, or lower your gaze to the floor, or stare softly at an object in the distance. Take a big breath in and notice how your chest rises up as your lungs fill with air. Then let your breath out softly, noticing how your chest drops back down again. Try that again, this time smiling as you breathe in, and smiling as you breathe out. You are feeling relaxed. You are feeling happy. You are feeling calm. You are enjoying this moment.

This time as you breathe in, lift your shoulders up, squeezing them up towards your ears. And as you breathe out, drop them back down again. Try that again. See how we are connecting our movements with our breathing, our body and our minds are working together. Keep breathing, lifting up and lowering down your shoulders.

Now, roll out your shoulders, shake out your hands, and let your shoulders relax with your arms down by your side. Breathing in, lift your arms up in front of you. In one continuous movement, stretch them all the way up to the sky. Breathing out, bring your arms slowly back down by your side. Try again. Breathe in, stretching your arms upwards, and breath out, slowly lower them back down. Try once more. You are feeling relaxed. You are feeling happy. You are feeling calm. You are enjoying this moment.

Now, place your hands on your hips. Keep your legs and knees soft and relaxed. Take a nice big breath in. As you breathe out, bend forward at the waist and begin to make a circle with your upper body, all the way around and back to where you started. Stand up tall and take another big breath in. As you breathe out, bend forward and make a circle in the opposite direction. Try one more time in either direction. You are feeling relaxed. You are feeling happy. You are feeling calm. You are enjoying this moment.

Now stand up straight and turn your heels in towards each other, and your feet out to form a 'V' shape. We're going to move up and down like a frog! Breathing in, rise up on your toes. Breathing out, bend your knees and lower down as low as you can. Breathing in, straighten your knees and come all the way back up on to your toes again. Breathing out, squat down like a frog. Try one more time. Use your hands to steady you if you need to. Remember to take big breaths, and to enjoy the moment.

Turn your heels back out and stand up straight. Breathing in, raise your right knee up high. Breathing out, lower it back down again. Try on the other side, breathe in as you lift your left knee up, and breathe out as you lower it back down again. Try again, can you lift your right leg higher this time? Remember to connect your movement with your breathing. Breathe out, lower it back down. One last time, lift your left leg as you breathe in, and lower it back down as you breathe out.

Now stand firmly on your two feet and breathe in and out normally. Feel your body relax. Shake out your fingers and your wrists. Shake out your feet. Shake out your shoulders. Can you shake out your whole body?

Now, allow your body to become completely still. Breathe deeply in, and softly out. All your friends are breathing too. Breathing together lets us feel peaceful and content. Our body and our mind are working together. We are feeling relaxed. We are feeling happy. We are feeling calm. We are enjoying this moment.

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