



# Move with Me: Mindfulness for Energy and Expression (Printable Cards)

**ACTION** FOR  
HEALTHY  
KIDS 

Mindful movement helps us develop strong mind-body awareness, refocus, energize and move with intention.

**Take note of how you feel before, during and after these exercises. What does your body feel like? What is your energy level? Anchor to the moment and feel each part of these movements.**

# 3 Mindful Movement Exercises

Practice these exercises together for an energizing sequence or individually for a quick mindful movement break.

# #1 – Breath of Joy

The Breath of Joy is an exercise practiced in yoga that awakens and nourishes the whole body.

**Variation:** If balance is a challenge or you experience high blood pressure or head or eye issues (e.g. migraines), practice this exercise with just the breath and arm movements – removing the forward fold - while sitting in a chair.

Come to a standing position.

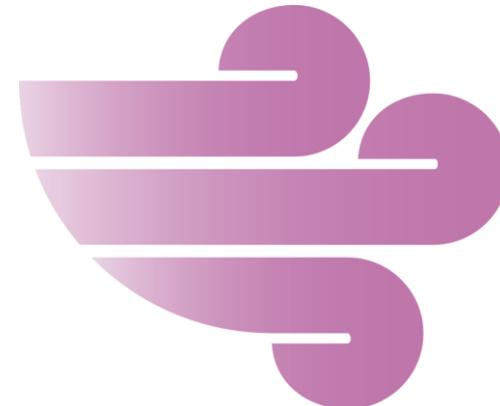
Inhale 1/3 of your full breath, lifting the arms up above the head forming an "I" position.

Inhale another 1/3 of your full breath, raising the arms out to the sides forming a 'T' shape.

Inhale the last 1/3 of your full breath, lifting the arms up above your head forming an 'I' shape.

Exhale, releasing a big sigh, and fold forward – gently bending the knees and drawing arms back

Repeat the four-part breath 5 times.



## #2 – Rock the Boat

Just like a boat rocking on the waves, Rock the Boat (or toes up, heels up) uses balance and opposite lines of energy to wake up body.

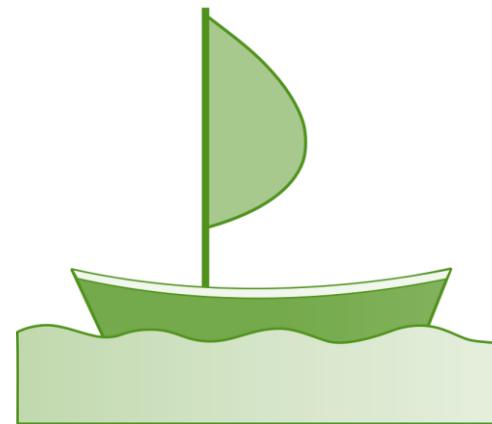
**Variation:** If balance is a challenge, use a chair or wall to brace with one hand.

Come to a standing position.

Inhale as you rise up on the toes  
– pressing the balls of the feet down as you stretch up and reach out through the crown of the head. Imagine growing taller and taller as you stretch up, up and up.

Exhale, returning to a standing position and rock back on the heels.  
Press back as you reach forward and out through the fingertips.

Repeat for 5 deep breaths.



# #3 – Sway and Twist

Moving the spine is not only invigorating but it also helps us to become more aware of our neutral spine and reset after sitting in one position for long.

**Variation:** If balance is a challenge, practice this exercise while sitting in a chair. Avoid forcing or pushing a twist and instead allowing your body to move at a pace and in a way that feels the most comfortable.

Come to a standing position.

Inhale and raise your arms out to the side forming a 'T' shape.

Exhale, twist from your hips towards the right and raise your arms up over head forming an 'I' shape.

Inhale, untwist and return to the center with arms out to the side forming a 'T' shape.

Exhale, twist from your hips towards the left and raise your arms up over head forming an 'I' shape.

Repeat for 10 breaths (5 times on each side).



# 3 Standing Yoga Poses with Positive Affirmations

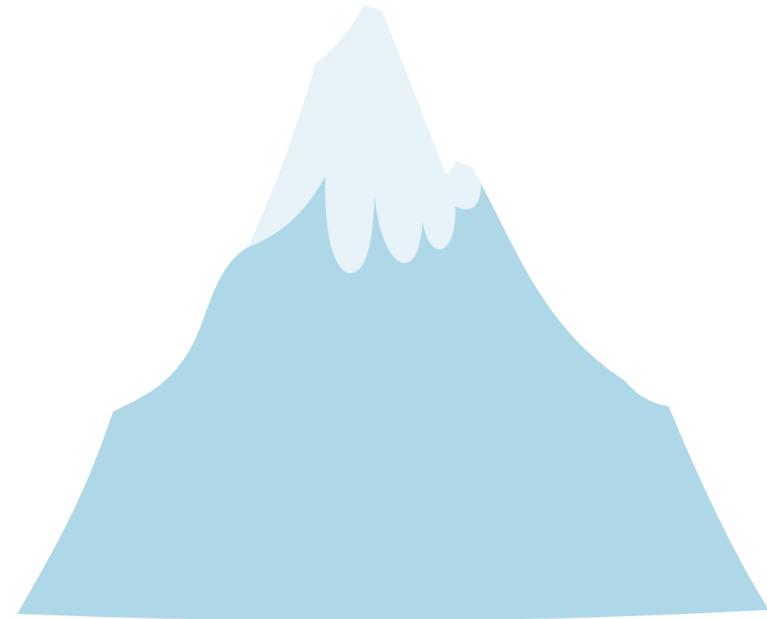
Practice these yoga poses for a quick, energizing sequence or practice individually for focus and reflection. Repeat the positive affirmations while in the yoga poses to build confidence.

# #1 – Mountain

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Stand with your arms relaxed at your sides and your palms faced outward in a gesture of openness. Stand tall, like a balloon is lifting you up. Sweep the arms up over head – reaching out through the fingertips.

**Variation:** Use the back of a chair to support a standing mountain pose for balance. While seated in a chair, press the feet firmly on the ground while stretching up and out through the crown of the head.



I am strong.

As you hold your mountain pose say , "I am strong".

## #2 – Warrior

From a standing position – step one foot back, slightly pointing it outwards and open your chest to the front of the room. Bend your front knee and bring your arms out to the sides – reaching out through the fingertips. Repeat on both sides.

**Variation:** Straddle a chair sideways with the back of the chair to your right side. Bend the right knee and slowly straighten into the back leg – keeping toes on the floor. You can also remain seated forward and open the chest and raise arms.



I am brave.

As you hold your warrior pose, say "I am brave".

## #3 – Tree

From a standing position, shift your weight onto one foot. Lightly lift the other foot to check for balance. Place the bottom of your foot on the inside of your thigh or at the shin of the other leg. Be sure to avoid the knee. Hold your palms together or grow your branches tall. Repeat on both sides.

**Variation:** Use the back of a chair to support a standing tree for balance. While seated in a chair, bring the toe to the opposite ankle and repeat on both sides.



I am grateful.

As you hold your tree pose, say "I am grateful".

# More Resources

- » [Action for Healthy Kids Activity Library - Social Emotional Health](#)
  - Resources and activities for mindful movement, play based yoga, and more.
- » [Action for Healthy Kids Breathe with Me: Printable Mindful Toolbox](#)
- » [Social-Emotional Learning at Home and at School](#) (Action for Healthy Kids)
- » [Yoga for Kids \(en español\)](#) (Cosmic Kids)
- » [Yoga Ed Video Library](#) (Yoga Ed)
- » [Mindful Remote Learning](#) (Yoga Foster)
- » [SEL Journeys at Home](#) (EduMotion)
- » [Free Digital SEL Resources for Families and Schools](#) (SEL Providers Council)
- » [Compassion, Character, Mental Wellness: Free Digital SEL Lessons](#) (EVERFI)
  - [Digital Lessons for Families and Remote Learning](#) (EVERFI)

# Questions?

Contact Info:

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