Mindful Movements

Health & Physical Activity Institute 2025

James Madison University

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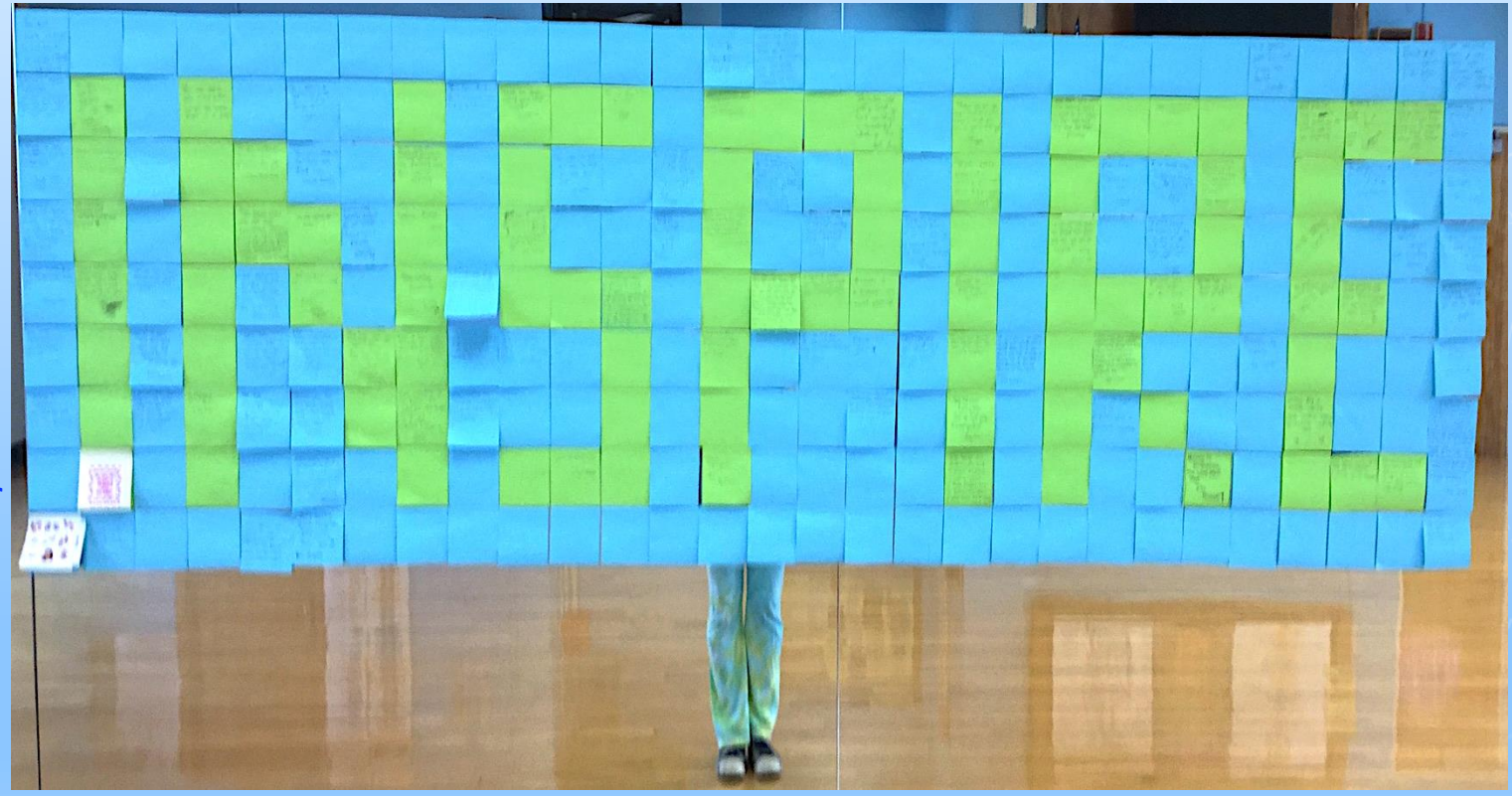


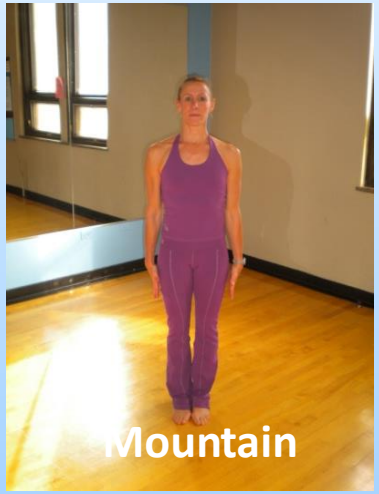
The BODY heals with play,

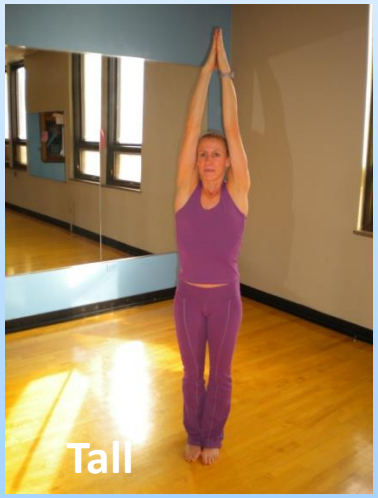
The MIND heals with laughter,

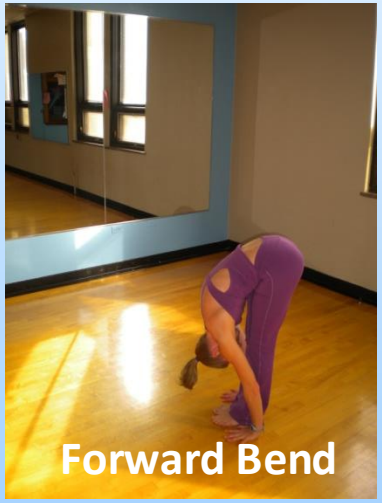
And the SPIRIT heals with joy.

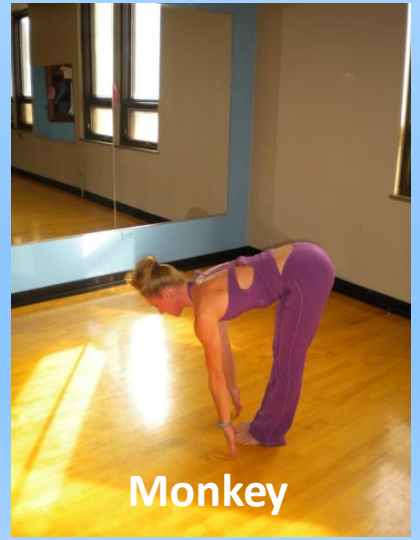
--Proverb

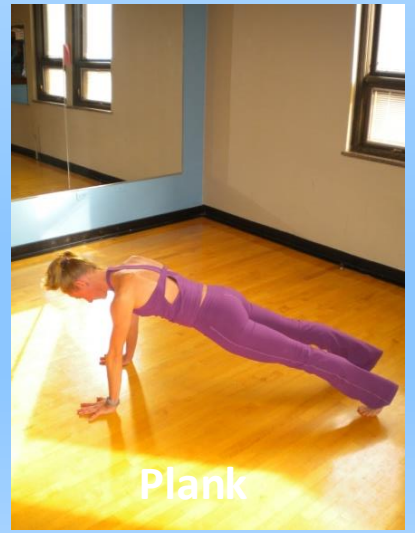
MODIFIED SUN SALUTATION

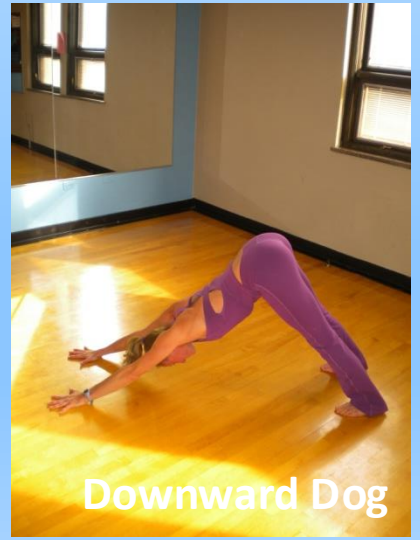












What is a Mindful Movement

Mindful movements are positive, inspirational songs set to yoga, functional fitness, and dance movements

The students create mindful movements for a great cardio workout
and to help stimulate discussion on SEL topics

We can use music, lyrics, and meaning of the song as a bridge for SEL
on topics like social justice, bullying, inequalities, etc., etc.

Using the music as the vehicle; thus, not addressing a person or group of people
Creating a safe learning environment to discuss hard topics

How to do a Mindful Movement

There is NO cueing, NO wrong way, BE Yourself☺

All the choruses have almost the same movements, giving time to regroup.

FRIST time through will be a learning experience☺

SECOND time through , you will AMAZE yourself how much you've picked up☺

THIRD time through YOU will be ROCKIN ' it

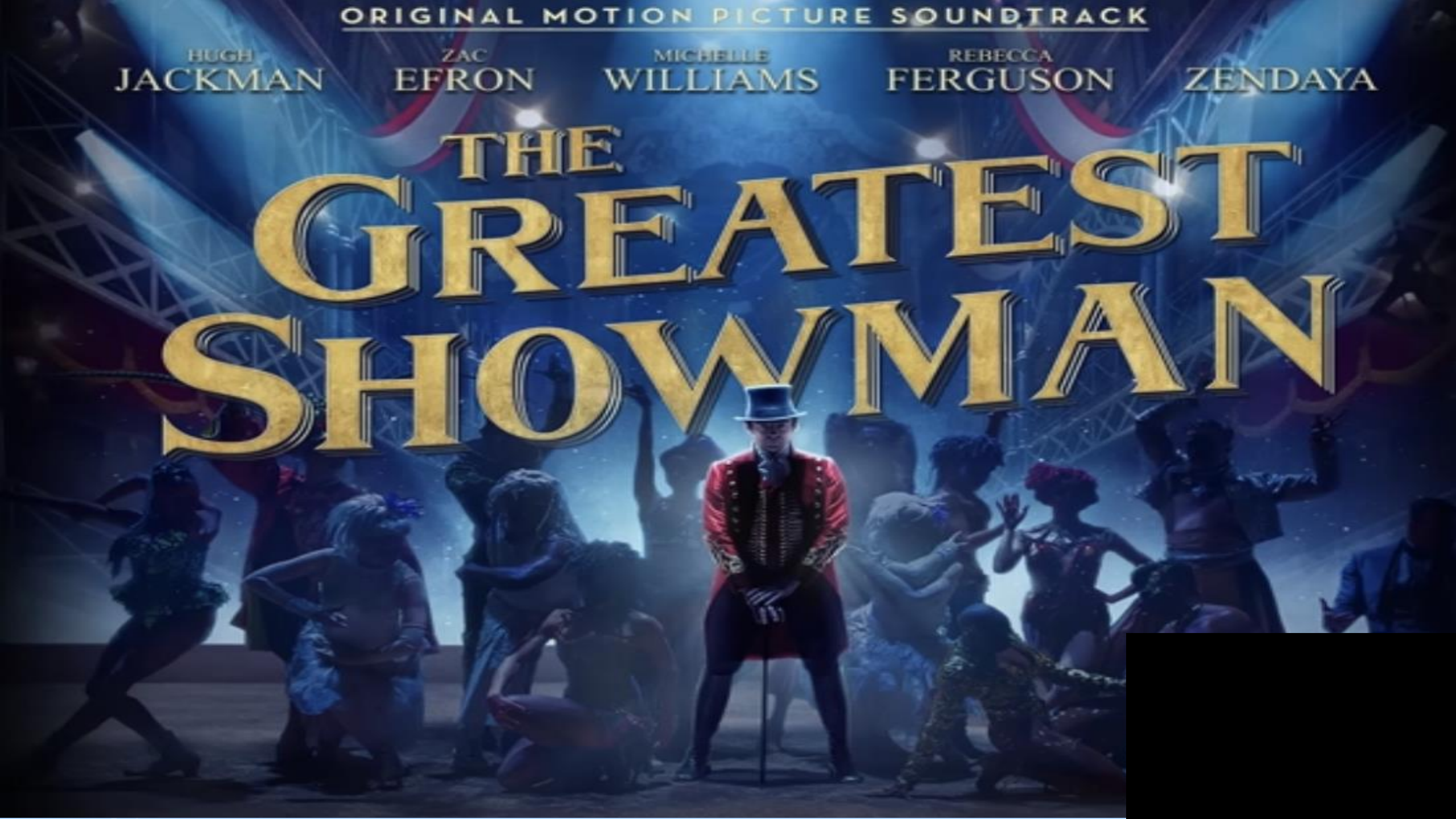
THE
FLOWER

The original photograph of a flower and a gun, often associated with the "Flower Power" movement,

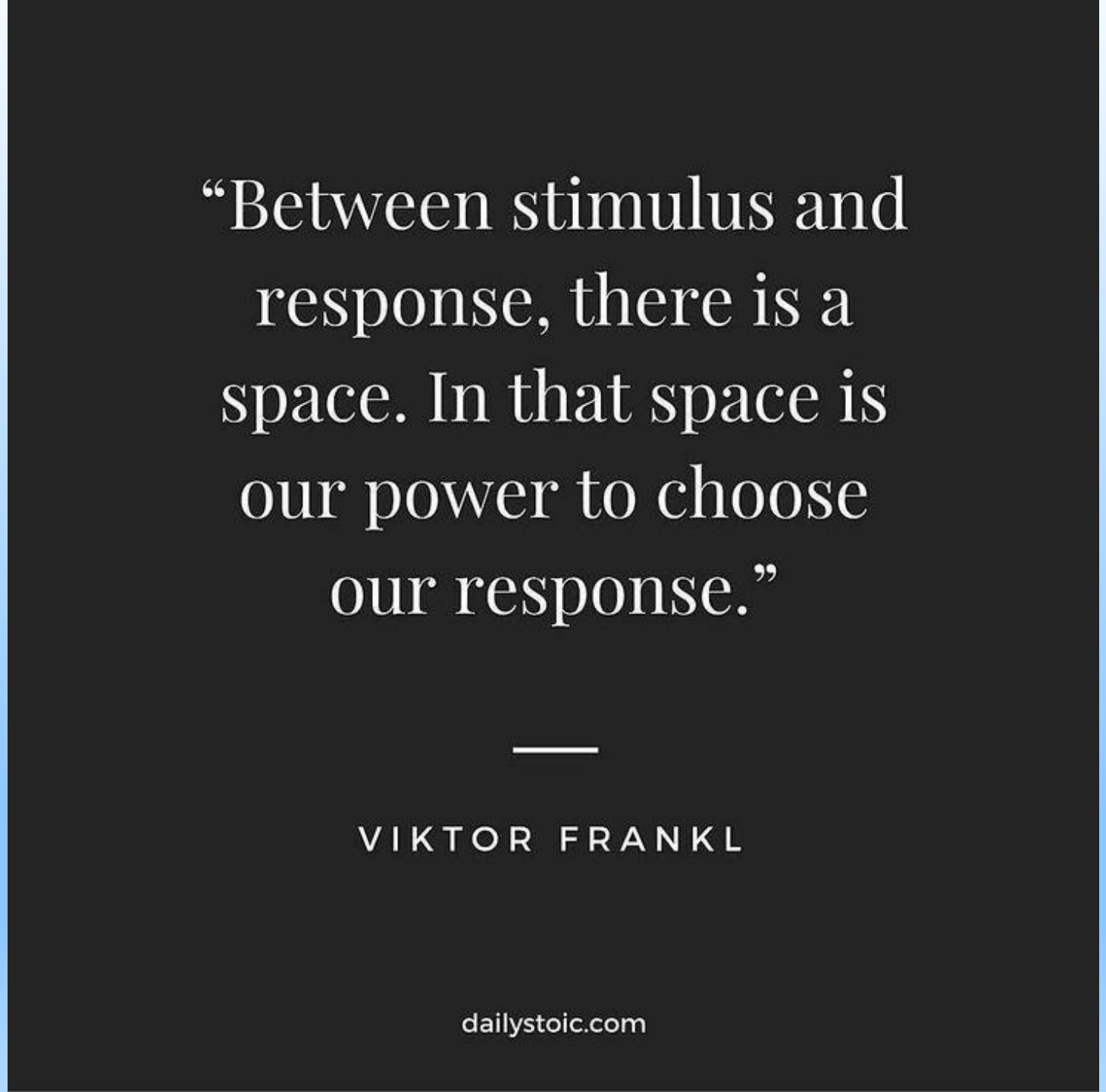
The photograph was taken by Bernie Boston during a large protest against Vietnam War at the Pentagon on October 21, 1967.

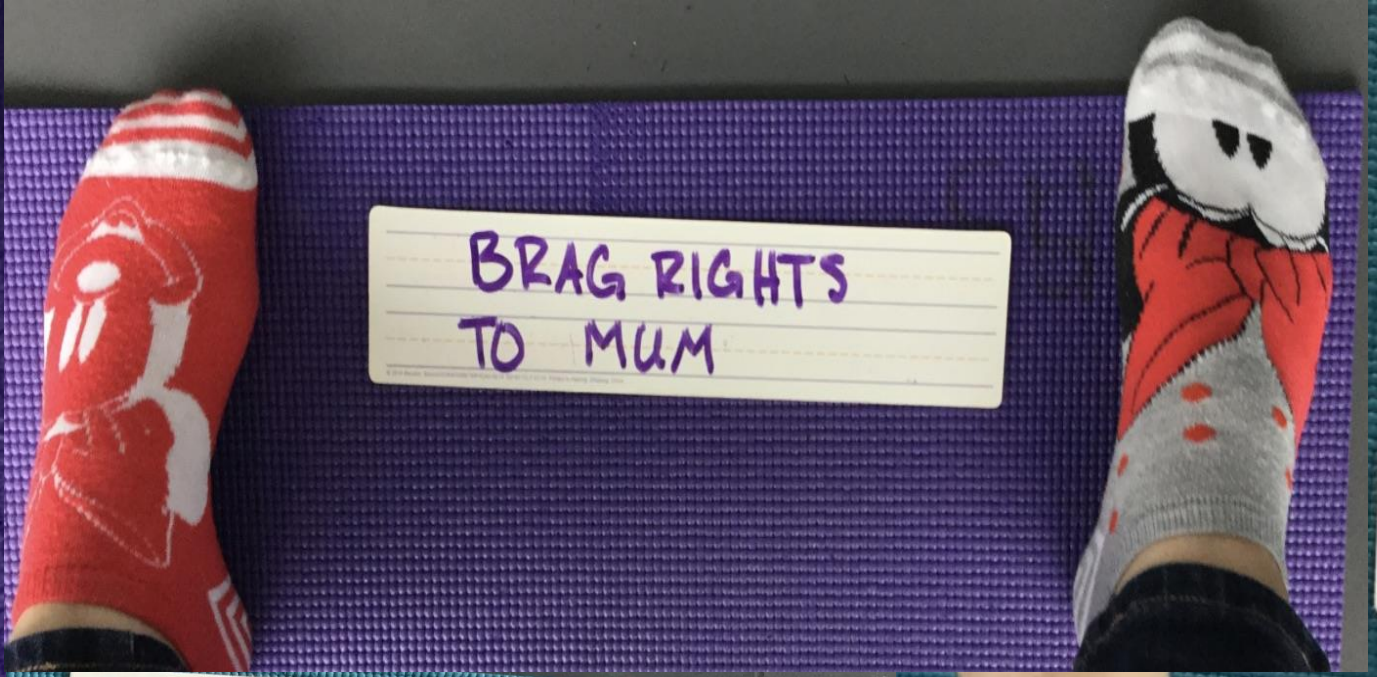
The photo depicts an 18-year-old protester, George Harris, placing carnations into the barrels of rifles held by National Guard soldiers.

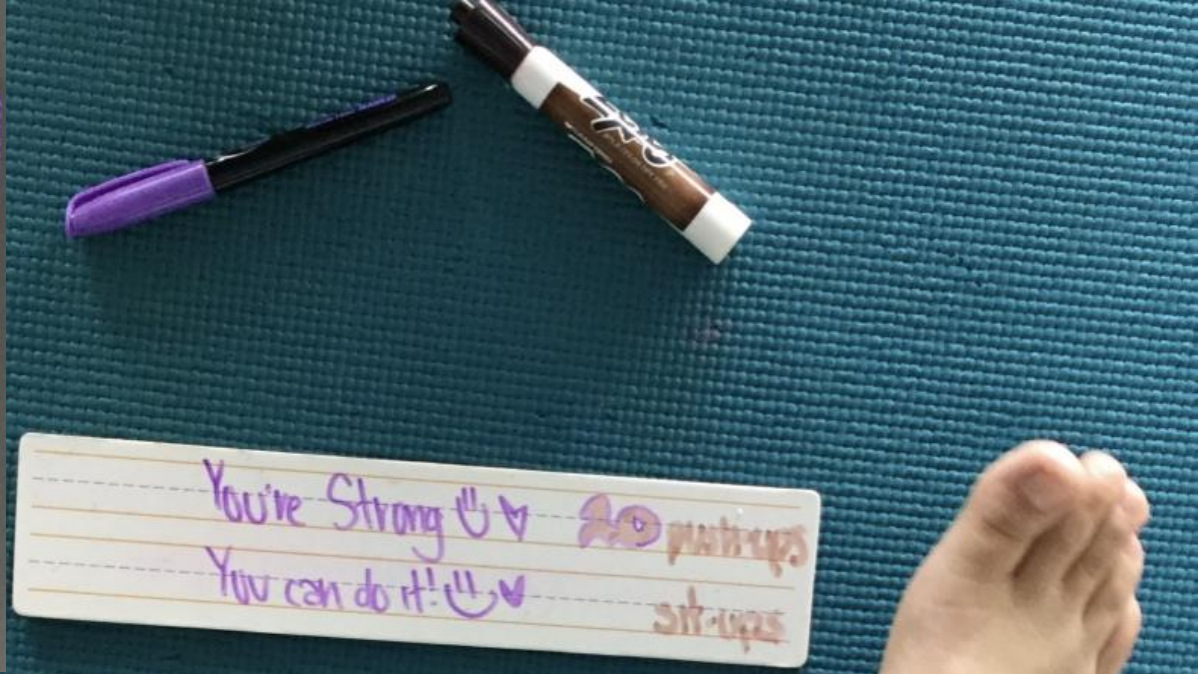
Imagine Dragons: Thunder


ORIGINAL MOTION PICTURE SOUNDTRACK
HUGH JACKMAN
ZAC EFRON
MICHELLE WILLIAMS
REBECCA FERGUSON
ZENDAYA
THE GREATEST SHOWMAN

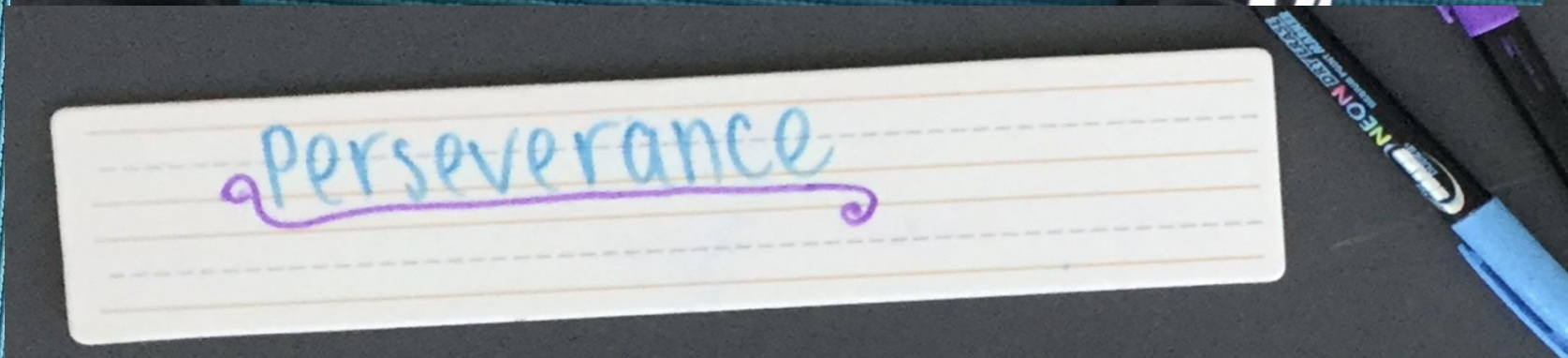
WHAT IS THE WHY……TO THE WHY☺☺


“Between stimulus and response, there is a space. In that space is our power to choose our response.”
VIKTOR FRANKL
dailystoic.com

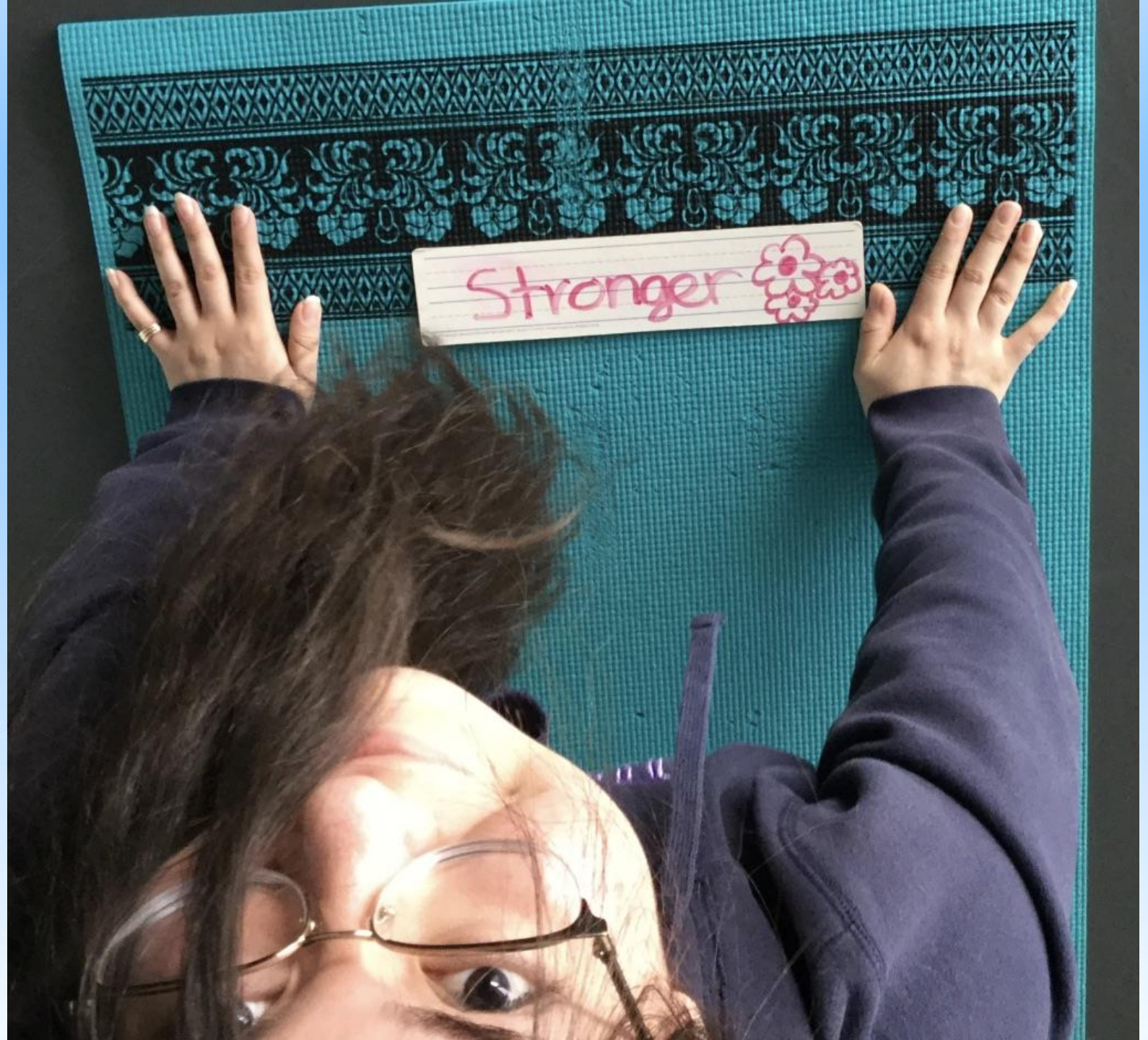

BRAG RIGHTS
TO MUM


You're Strong
You can do it!
20 push-ups
sit-ups

Inspire


Perseverance

POWER STRENGTH !!
keep going
you can do it


Stronger

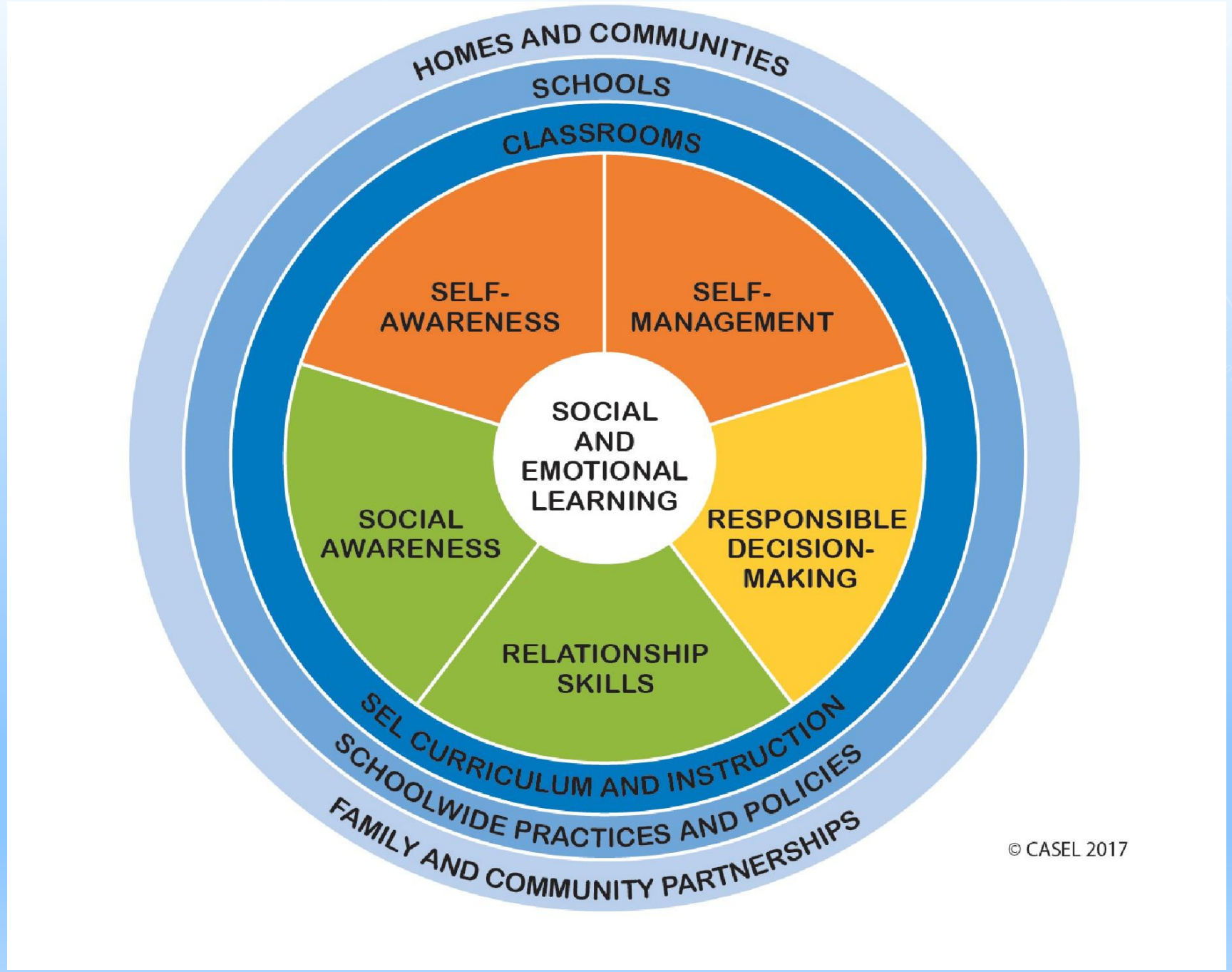
What

My **WHAT** is empowering students through lifetime activities in creative, fun ways supporting each other individually and as a group in and out of the classroom.

WHY

Celebrating each others' strengths and differences Helps develop happy, health relationships with each other and the Self

The gifts of
movement, laughter
& play cross all
CULTURES
My joy is helping
sculpt young people
to **BELIEVE**
in themselves & make
the **WORLD** a better
place


HOMES AND COMMUNITIES
SCHOOLS
CLASSROOMS
SELF-AWARENESS
SELF-MANAGEMENT
SOCIAL AND EMOTIONAL LEARNING
SOCIAL AWARENESS
RESPONSIBLE DECISION-MAKING
RELATIONSHIP SKILLS
SEL CURRICULUM AND INSTRUCTION
SCHOOLWIDE PRACTICES AND POLICIES
FAMILY AND COMMUNITY PARTNERSHIPS
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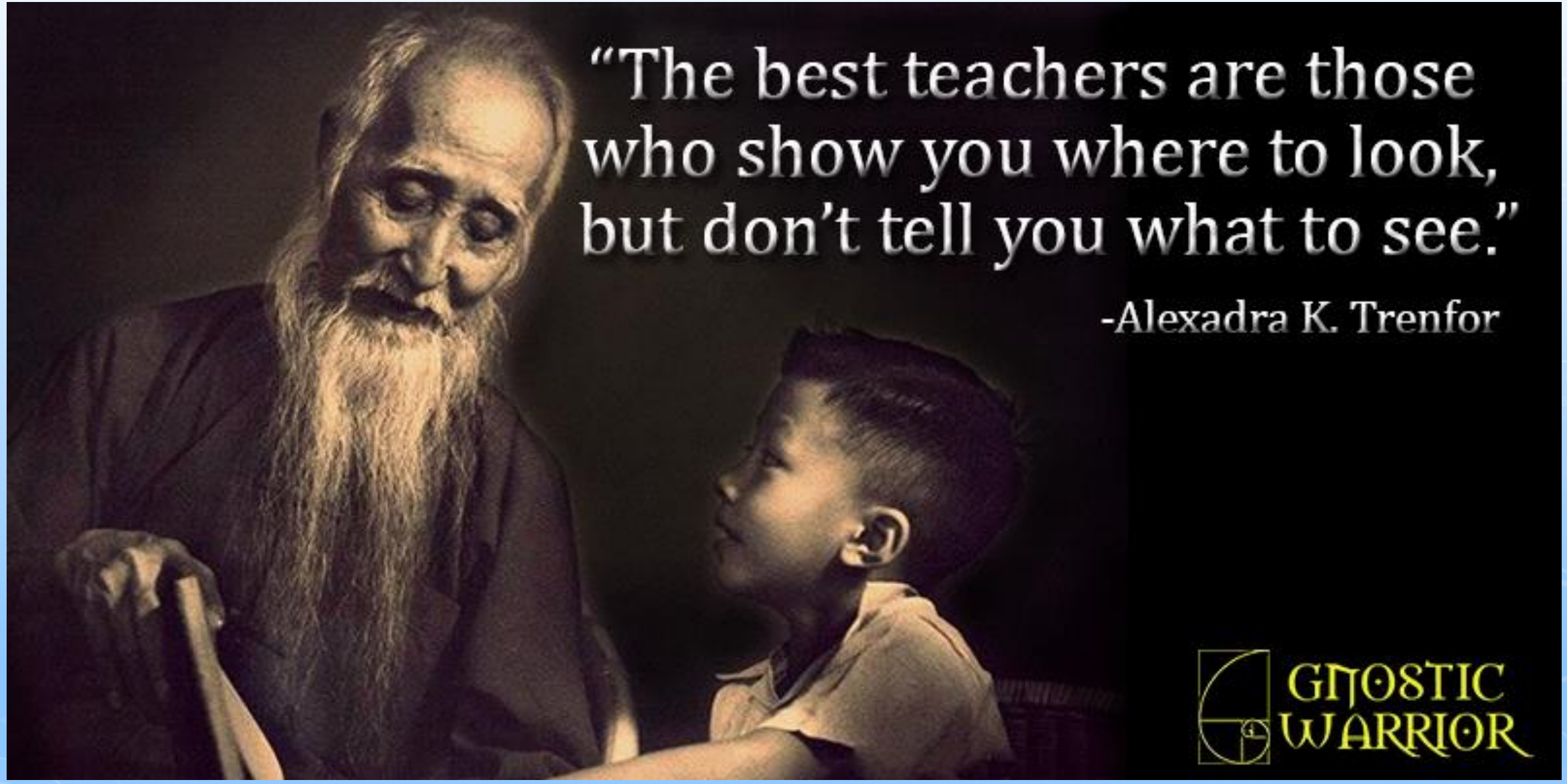
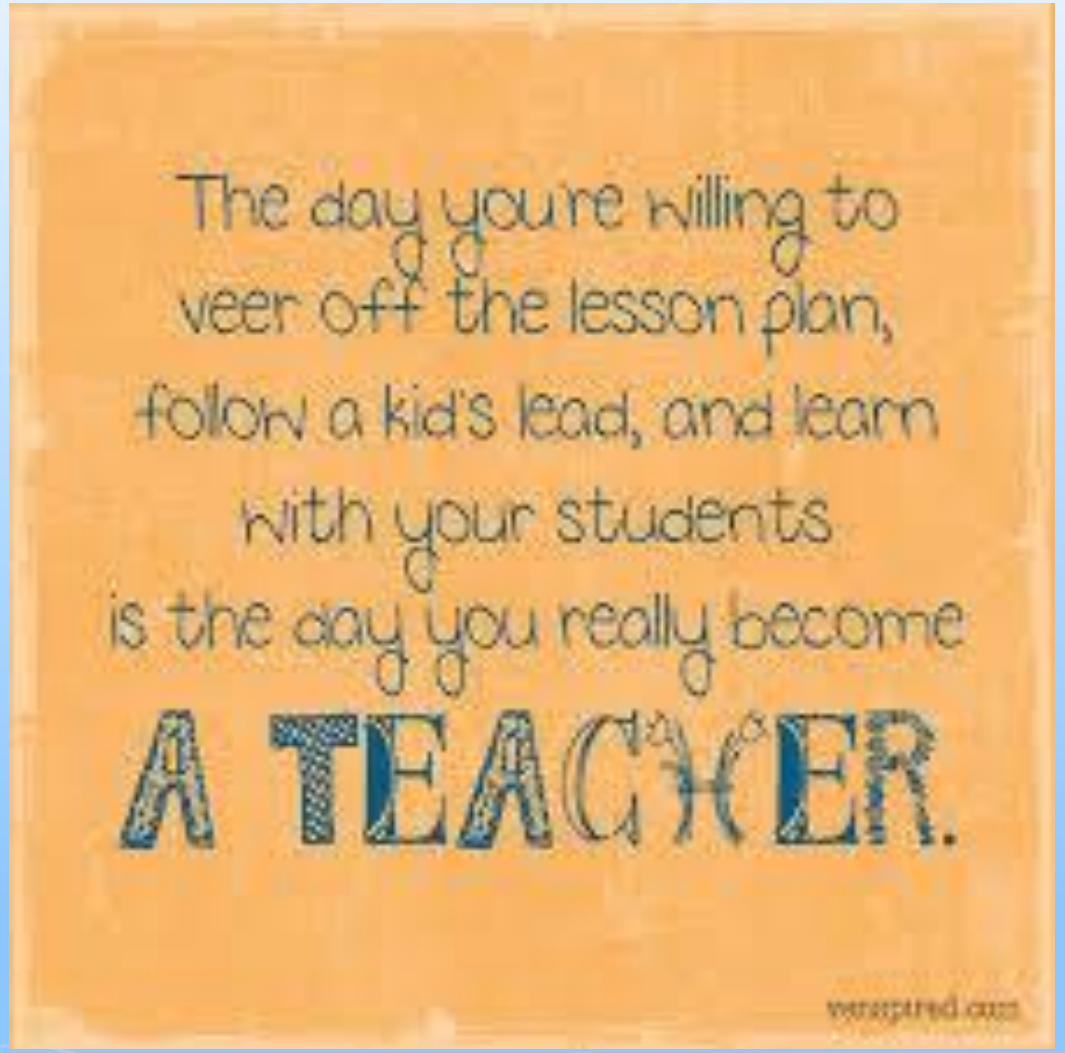

"The best teachers are those who show you where to look, but don't tell you what to see."
-Alexadra K. Trenfor
GNOSTIC WARRIOR



What is your WHY to the WHY;)