

Mindful Movement Lesson Plan

Objective: Students will develop mindfulness and focus while practicing balances from the Balance It app, either using printed balance cards or their own devices, and incorporate deep breathing and relaxation techniques.

Materials:

- Balance It app (installed on individual student devices or printed balance cards)
- Gym mats or designated safe spaces
- Timer or stopwatch
- Calming music (optional)

Lesson Procedure:

1. Introduction (5 minutes)

- Explain the objective of the lesson and introduce the Balance It app.
- Inform students that they will be focusing on mindfulness and deep breathing while practicing balances from the app.
- If using individual devices, ensure students have the app installed and ready. If using printed balances, have the cards available for reference.

2. Warm-Up (5 minutes)

- Lead students through a gentle warm-up, incorporating slow, controlled movements and deep breathing exercises to prepare their bodies and minds for the balancing activities.

3. Mindful Movement Instructions (5 minutes)

- Explain the concept of mindful movement, emphasizing the importance of being present and focusing on each movement and breath.
- Demonstrate how to incorporate deep breathing into the balancing exercises, inhaling and exhaling slowly and steadily.

4. Balance It Mindful Movement Practice (35 minutes)

- Allow students to explore the Balance It app (or printed cards) and select various individual and paired balances to practice.
- Encourage students to focus on their breath and the sensations in their bodies while practicing each balance, maintaining a calm and mindful state.
- Monitor students as they work, providing feedback and assistance as needed.
- Optional: Play calming music during the mindful movement practice to create a soothing atmosphere.

5. Cool Down (5 minutes)

- Gather students together and lead them through a cool-down, incorporating stretches and deep breathing exercises targeting the muscles used during the balancing activities. This can include forward bends, quad stretches, and shoulder stretches.

6. Reflection and Discussion (5 minutes)

- Facilitate a group discussion, asking students about their experience with the Balance It app and the mindful movement practice.
- Encourage students to share which balances they found challenging and which ones they enjoyed the most.
- Discuss the importance of mindfulness and deep breathing in physical fitness and overall well-being.

Assessment: Observe students as they practice the mindful movement balances, providing feedback and assistance as needed. Assess students' understanding of mindfulness, deep breathing techniques, and their ability to incorporate these elements into the balancing exercises.

This 60-minute lesson plan focuses on mindfulness and deep breathing while practicing balances from the Balance It app, promoting mental focus and overall well-being. The lesson can be adapted for use with printed balance cards or individual student devices, accommodating various classroom setups and resources.