

## PARENT WORKBOOK ACTIVITY 4: Practice at Home! Mindful Movement

### Practicing Mindful Movement

For this Mindful Movement activity:

- As a whole group we will be practicing mindfully moving.
- The activity is called “mirror movement.”
- As if you were looking into a mirror, follow the movements of the presenter as best you can.
- Notice the sensations of your body, and see if you can focus your attention on the movement.
- Once completed, think of ways you could incorporate mindful movement into your daily life as a family. How could you use this activity with your children?

### Mindful Movement

There are few things in the world that are beyond dispute. One is that exercise and moving our bodies is valuable for all of us. The physical benefits have been chronicled for many years: lower blood pressure, less risk of type 2 diabetes, healthier hearts, etc. Newer on the horizon is a body of research that confirms a significant link between physical exercise and positive academic, mental health and social outcomes. No matter what it looks like for your family, how can you “move a body” every day?

### MindUP™ Family Activity Ideas:

#### Mindful Seeing Fun—All Ages

- Play “Jenga” as a family. Take turns mindfully moving the blocks.
- Teach your child to balance a beanbag on his head and raise a knee to create a balancing position. Remain for 60 seconds, breathing deeply, and notice the sensations in the body.
- Do a “Dopamine Dance”- put on music that makes you all happy and enjoy wiggling, turning, shaking your bodies, and dancing together.
- Wii Fit- If you have this technology make sure to try the yoga, bowling, running and tennis games.
- Vintage outdoor fun- bring it back! Teach your children kick-the-can, freeze tag, hide and seek, capture the flag, Frisbee, red light green light, etc.

Parent Workbook Activity 4 :

### MindUP™ For Parents

As a MindUP™ parent, once a day:

Take short breaks with your children to move...a wiggle moment, or shaking out, or jumping jacks. This wakes up the brain, releases positive neurotransmitters, and generally functions as a reset button.

Parent Workbook Activity 4 :

### Further Reading and Resources

#### Learn More . . .

Great senses-based books for kids:  
Ages 4-6

Great senses-based books for kids:  
Ages 7-10

Great senses-based books for teens:  
Ages 11-14

#### Good Books . . .

**Senses in the City**  
*By Shelly Rotner*

**Sleepy Little Yoga**  
*By Rebecca Whitford*

**“Slowly, Slowly, Slowly,” said the Sloth**  
*By Eric Carle*

**Magic School Bus Explores the Senses**  
*By Joanna Cole and Bruce Degen*

**The Monster Health Book: A Guide to Eating Healthy, Being Active & Feeling Great for Monsters & Kids!**  
*By Edward Miller*

**Can You Hear It?**  
*By William Lach*  
*(The Metropolitan Museum of Art)*

**Eat Fresh Food: Awesome Recipes for Teen Chefs**  
*By Rozanne Gold*

**Breath: Yoga for Teens**  
*By Mary Kaye Chryssicas*