

Mindful Position on the Floor

Practice Description: A mindful position is a way of sitting which sends a message to your brain that you are paying attention in a relaxed, yet alert way. It can also be used to naturally calm your mind and body.

Age Group: K4-1 Grade

Voiceover Script

Welcome to the Mindful Position on the floor exercise.

Let's start by preparing our bodies to be mindful by sitting "crisscross applesauce" on the floor.

Let's wiggle our fingers.

- *Pause for 2 seconds*

Wiggle our toes.

- *Pause for 2 seconds*

Now, let's roll our shoulders.

- *Pause for 2 seconds*

Wiggle your bottom side to side on the ground.

- *Pause for 2 seconds*

Now, let's take one big breath in... and let it out with a sigh. Say, "Ahhh."

Now that we've gotten the wiggles out, let's get into a mindful position.

To begin, we'll sing a rhyme together.

When you hear one hand, raise one in the air. When you hear two hands, raise them both in the air. Then, follow the instructions in the rhyme.

One hand, two hands, put them in your lap, sitting up tall, with a long strong back.

- *Pause for 3 seconds*

Let's do the rhyme one more time.

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One hand, two hands, put them in your lap, sitting up tall, with a long strong back.

Take a moment to notice how this feels.

- *Pause for 3 seconds*

Now, take some slow, deep breaths as you feel your whole body sitting on the floor, still and quiet, if you can.

- *Pause for 10 seconds*

Your “mindful body” is a way of pausing, or slowing down, to pay attention to yourself.

Knowing how you feel is important!

When you are ready, bring your attention back to the room around you.