



## Morning Movement Kindergarten – 2<sup>nd</sup> Grade Routine

1. Amoeba: ( Breath) Breathe in and out. Let your breath move your body. Respiration is the beginning of all life and underlies everything we do as a foundation.
2. Starfish: (Core-Distal) Curl into your center, where your belly button is then stretch out into a wide star shape feeling energy flowing through all you extremities or distal parts (hands, feet, head, and tail bone). Repeat three times. Physically this movement gets the blood flowing to your extremities. Psychologically this movement helps us transition between inner and outer focus, shifting from relating to self to world and back to self.
3. Fish: (Head-Tail) Connect to the ground. Imagine roots growing from your feet into the Earth. Feel the connection between your head and your tailbone through your spine moving like a piece of seaweed in the ocean. Curve spine front and back feeling a connection from head to tail. Physically, this movement engages the spine, our backbone which holds us up and lets us do all the things we do all day long. Psychologically, the spine bears a lot of weight and tension. Gently moving the spine releases tension and reenergizes us.
4. Frog: (Upper-Lower) Split body at the waist between your upper body and your lower body. Identify upper body and bend at the waist three times. Identify lower body and bend and the hips and the knees three times. Put them together for three in control frog jumps in your self space. Physically, this movement engages the vestibular system and is great for engaging all of the muscles.
5. Lizard: (homo-lateral connection) Split body down the midline into right and left sides. Move the right side several times keeping the left side still. Move the right side up, down and away from the body and back in each time. Stretch the right side long reaching diagonally through the body. Repeat with the left side. Finish with “lizard” walks lifting one side and then the other with homo-lateral movement. This movement establishes sidedness and directionality which are crucial steps in developmental movement as well as brain development.

6. Mammal: (cross-lateral connection) Slowly paint big X's in front of your body making sure to cross the midline of the body. Engage the shoulder blades. Finish with "human being" walks swinging arms in opposition with walking legs. Cross-lateral movement helps integrate the left and right hemispheres of the brain for optimal brain function.
7. Shake out: Release tension throughout body by shaking the body part by part: head, shoulders-hands-fingers, middle, hips, legs and feet. Shake body as a whole letting go of any tension or unfocused energy.
8. Meditation: Breathe deeply into the abdomen creating stillness in the body. Make sure to notice the body, turning the focus inward. Invite participants to close eyes if that is comfortable. Think of a positive message or visualization.
9. Namaste: Say "Namaste" with the Namaste movement as a way to say goodbye to the whole group and have a good day.