

Name:

Grade:

Date:

Mindful Walking

Objective:

To learn mindful walking.

Materials:

- Comfortable clothes

Instructions:

1. Organize students in such a way that they are all standing facing the teacher.
2. Share with students the following actions asking them to be fully conscious of their movements.
 - a. The robot: It consists on walking slowly, like robots, one step at the time feeling the weight of the body as each foot is lifted and placed on the ground again.
 - b. The flamenco: This is a static equilibrium exercise on one foot. The foot must be lifted very slowly and kept in the air, paying attention on the strength and balance that must be done by the legs, the arms and the core to keep the body steady.
 - c. Mindful walking: To walk slowly to create body awareness, noticing how each part of the body must work together to give each step.

You may choose to change the rhythm and feel the difference between doing the exercises slowly and fast. You may also choose to try them with their eyes closed, making it harder to stay balanced, and allowing them to focus on themselves.

