



## Lesson Nine

In this lesson, students explore mindful movement by learning how to move their bodies slowly, gently, and with focus. Through a calming feather exercise and the interactive “Mirror Me” game, students practice body awareness, self-regulation, and respectful partner interaction. They reflect on how mindful movement helps them feel calm, safe, and focused. The story of Oliver and his friends reinforces the idea that slowing down and paying attention can help us feel more confident and less afraid.

### **At Home Practice: Trust Walk Adventure!**

Practice mindful movement, teamwork, and paying close attention—together!

1. Have your child close their eyes. Gently hold their hand or shoulders and guide them slowly around a safe space in your home or yard.
2. As you walk, encourage your child to use their other senses. What can they feel under their feet? Can they hear any sounds? Remind them to move slowly and notice their body.
3. Now switch roles! Let your child be the leader while you close your eyes and follow carefully.
4. When you're done, do a few simple stretches together and talk about your walk:
  - ~Did you like leading or being led?
  - ~How did it feel to walk with your eyes closed?
  - ~What did you notice with your body?