



Lesson Nine

Cross-Curricular Activities and Resources:

1. **Physical Education: Balance Beam** - Set up several “balance beams” using painter’s tape or planks of wood on the ground. Invite students to take turns walking along a beam mindfully and slowly, using their arms for balance. Have students think about placing their feet with care and intention as they walk slowly and purposefully along the beam, rolling their feet from heel to toe.
2. **Music: Freeze Dance** - Play gentle, flowing music. Have students stay rooted to one spot like Tree, but otherwise make any movements they wish while the music plays. Play the music for a minute or two. When the music stops, students should freeze. Have students notice and describe how they feel before, during, and after the activity.
3. **Science: Animal Stretches** - Show students videos of animals such as cats and dogs stretching. Explain that just like people, animals stretch. Stretching can help the blood flow and loosens tight muscles. Lead the students through a few gentle stretches inspired by animals, such as reaching for the sky like a giraffe’s neck and arching their backs on all fours like a cat. Prompt students to notice how they feel during and after the stretches.
4. **Social Studies: Memory Map** - Tell students they are going to be mapmakers. Take a slow, mindful walk around the schoolyard with the class. Invite the students to notice and pay attention to the things they see. Periodically, stop and have students describe what they are looking at. When you return to the classroom, have students draw a simple map of the schoolyard from memory.
5. **Language Arts: Story Walk** – For a different way of experiencing a story that is connected to movement, set up a story walk in a hallway. Take apart a picture book with simple text (you will need two copies). If possible, laminate the spreads so you can use them again and again. For each spread, identify an activity students can do that is related to the spread. For instance, they can act out a movement that is happening in the story, or count objects they see on the page. Put up the spreads and activities along the hallway and lead groups of students through the story. A story walk helps students connect and stay present throughout a story.