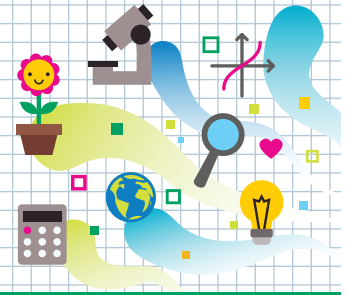




# HEADS IN, HEARTS IN

## Slow Stretch Instructions for Set-Up



### Supplies

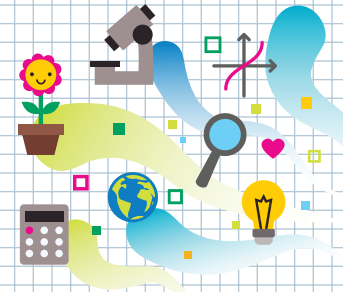
- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Slow Stretch” handout (1 per family)
- Display table

### Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print one copy of the “Slow Stretch” handout per family.



# HEADS IN, HEARTS IN



## Slow Stretch Guide for Families

### Learning Objectives

#### What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

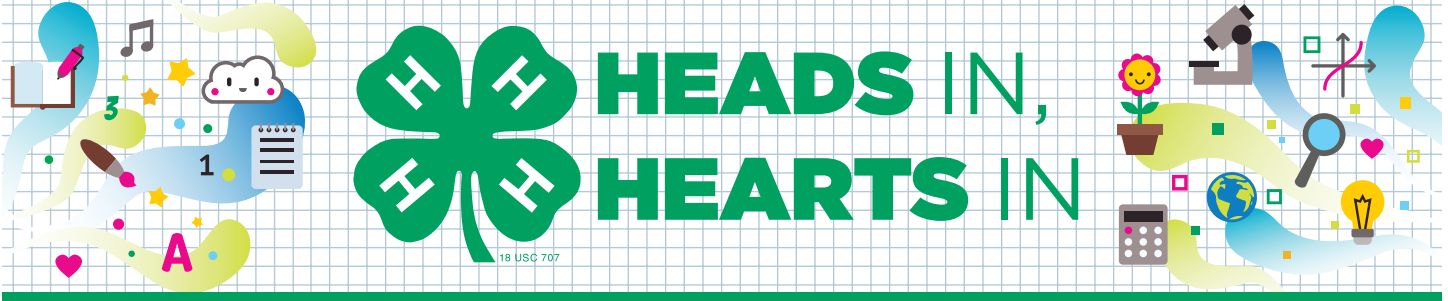
Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

#### What you will do and learn:

In this activity, you will practice pairing your breathing with gentle movements. The goal is not to complete the activity quickly or be the one with the deepest stretch or the longest breath. Instead, the goal is to do the activity in the way that is best for your body and where you are today. Modify or change the activity in any way you need to for it to be comfortable for you.

### Instructions

1. Begin by lying down on your back. You may choose to lie on an exercise mat or a blanket to be more comfortable.
2. Each movement will be paired with a breath, so you will move while inhaling and move while exhaling.
3. Inhaling, bring both of your knees in toward your chest. If it's comfortable for you, you can place your hands on your shins or wrap your arms around your legs and pull them closer to your body.
4. Exhaling, stretch your legs out straight on the floor.
5. Inhaling, bring both of your knees in toward your chest.
6. Exhaling, if it is comfortable for you, you can place your hands on your shins or wrap your arms around your legs and pull them closer to your body.
7. Inhaling, stretch your arms out to your sides in a “T” shape and rest them on the floor.
8. Exhaling, drop your knees down toward the floor on your right, keeping your knees together if it's comfortable. Your knees and legs do not need to touch the floor.



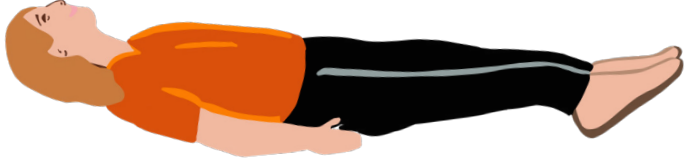

# Slow Stretch

## Guide for Families, continued

9. Inhaling, bring your knees back up to the center.
10. Exhaling, drop your knees down toward the floor on your left, keeping your knees together if it's comfortable. Your knees and legs do not need to touch the floor.
11. Inhaling, bring your knees back up to the center.
12. Exhaling, stretch your legs out straight on the floor.
13. Rest here for three deep breaths in and out, keeping your body very still.
14. Repeat these stretches as many times as you would like. Add or substitute with your own movements.

# Slow Stretch

## Slow Stretch Handout

| Inhale  | Exhale   |
|---|--|
| <p>Inhaling, bring both of your knees in toward your chest.</p>                                    | <p>Exhaling, stretch your legs out straight on the floor.</p>    |
| <p>Inhaling, bring both of your knees in toward your chest.</p>                                  | <p>Exhaling, if it is comfortable for you, you can place your hands on your shins or wrap your arms around your legs and pull them closer to your body.</p>            |
| <p>Inhaling, stretch your arms out to your sides in a "T" shape and rest them on the floor.</p>  | <p>Exhaling, drop your knees down toward the floor on your right, keeping your knees together if it's comfortable.</p> <p style="text-align: right;"><b>RIGHT</b></p>  |

# Slow Stretch

## Slow Stretch Handout, continued

### Inhale

Inhaling, bring your knees back up to the center.



### Exhale

Exhaling, drop your knees down toward the floor on your left, keeping your knees together if it's comfortable.

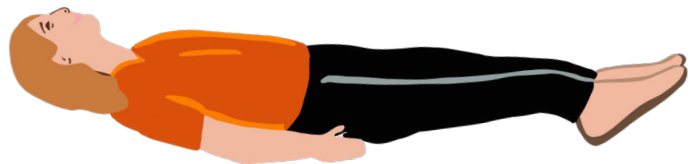
### LEFT



Inhaling, bring your knees back up to the center.



Exhaling, stretch your legs out straight on the floor.



Rest here for three deep breaths in and out, keeping your body very still.

## BREATHING DEEP 1, 2, 3

