


MINDFUL WAVE



Sitting quietly, cross-legged on the floor in a circle.

TAME your  by sitting in your Mindful Body.
Take a breath, **A**lign the spine, **M**ind on breath, **E**yes gently lowered.

Build Self-Awareness, Self-Management and Social Awareness



1. A leader will start the Mindful Wave with a movement. The person to the left or right of the leader will then copy the movement and it will continue to be sent around the whole circle.
2. When the movement returns to where it started, the leader will choose a new movement and this too will be sent around the circle.
3. Use your focused attention to ensure you don't miss the wave.
4. As soon as the person next to you has completed their movement, you'll need to start yours.



- If the person beside you isn't paying attention and misses their turn, gently tap them rather than call out across circle.

Just as a wave in the ocean does not stop, nor does our wave. Each person in the circle is extremely important. We are all part of a team that needs to work together to make the wave work.



How did you feel when the wave moved smoothly around the circle?

How did you feel if the wave stopped?

What were you focusing your attention on?

Were you able to move your body mindfully and calmly?

Did your mind feel any different after this activity?



Develops gross motor skills, fitness, balance, postural control, muscular strength, coordination, body awareness and muscle tone.



Learning through movement and develops focused attention.



I am present.

