

## **Mindfulness Week 8**

**By mindfully observing their senses, students will become adept at sharpening their attention and using sensory experiences to enhance memory, problem solving, relationships, creativity, and physical performance**

### **Mindful Movement**

This week your child will focus their attention on internal physical sensations, in both a relaxed and an active state. They will also monitor their own heart rate and exercise control over breathing and heart rate.

Sit quietly with your child and listen to your pulse rate. Which pulse point do you find easiest to use? When is it easier to find your pulse rate? Discuss situations with your child when they may notice their pulse rate increasing. (e) watching a scary movie, when they are looking forward to something, before a test....

### **What is Mindful Movement**

How often are we conscious of putting weight on each part of the sole of our foot as we walk? Being alert to the sensations of the body, whether we are active or at rest, is a fundamental step in increasing mindful awareness. Our body and brain are partners. We get burned and the nerve cells in our skin send a signal to our brain that registers pain. We get nervous and tense about an important test and our brain sends a signal to our body to sweat and cell down. To move mindfully is to pay close attention to the sensations of our body when it is at rest and when it is active – the body gives us signals we can easily recognize to help s monitor physical and metal states such as exertion and stress.