

## Standing Balances

**Practice Description:** This practice is designed to develop focus, physical coordination and balance energy. It can be useful before testing, with the introduction of new materials or new situations, and in social settings where a connection to oneself or others is required.

Poses include: Twist and breathe breath, eagle wisdom pose, chair pose, and mountain pose.

**Age Group:** K4-5 Grade

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### Voiceover Script

- *Chime sound*

Welcome to the Standing Balances practice.

Together we will balance and focus using the twist and breathe breath and chair pose.

Let's begin The Twist and Breathe Breath by standing with both feet firmly planted on the floor.

When you are ready, make tight fists with your hands. Really tight. Can you feel the tension? Now, release your fingers. Now what do you feel?

Once more, fists tight.

Now release. Are your hands warm? Tingly? It's important to notice when your muscles are tight or relaxed.

Clasp your fingers together in front of you. Pull your clasped hands apart and notice the feeling in your shoulders.

Clasp your hands again and twist to the right and gently look in that direction.

Now, twist to your left and gently look to your left. Keep your back nice and straight.

Let's do 4 more twists to each side, keeping your hands clasped.

*Animations show the movements four more times*

Back to center, and let your arms rest at your sides.

Let's turn your body into a chair in chair pose.

To help your body feel stable, "plant" your feet firmly on the floor, shoulder width apart.

## Standing Balances

Pretend you're about to sit down in a chair. Bend your knees and sit back. Only go as far as you comfortably can.

Keep yourself in the chair pose and reach up toward the sky with your arms, and look up.

Bring your arms down to your sides, but keep your legs strong in chair pose.

Again, reach up and breathe in.

Bring your arms down and breathe out.

Release your legs and stand tall on both feet.

Take a moment to appreciate your strong body!

How do your legs feel? Is your heart beating fast?

You have now completed the standing balances exercise. Take a moment to think about how you feel.

- *Show Snap scale.*
- *Chime sound*