“Be mindful, even when your mind is full.”

Mindful Movement

SHAPE America
SEL Regional Convention
SWBAT OR TWBAT

• Engage in a variety of activities to promote mindful physical education
• Dialogue with colleagues about how to improve and grow as physical educators in a SEL mindset
• Understand importance of different elements necessary for a mindful program
• Implement strategies in their own classrooms and buildings
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PLAY IS OFTEN TALKED ABOUT AS IF IT IS A RELIEF FROM SERIOUS LEARNING. BUT FOR CHILDREN, PLAY IS SERIOUS LEARNING. - FRED ROGERS
“Bee” Tag

- Taggers must use noodle below shoulders and with gentleness
- If tagged, stop or freeze and put hands up in air
- If you see anyone that is frozen with hands in air, you can tell them a “BE STATEMENT” to unfreeze them
Follow Up

• Stand in a group of 2-4
• Introduce yourself to your group
• What “Be Statements” did you say or hear during the game?
• Share something your partner said
• “Part of the game”
Back to Back

Idea from
Donald Glover & Leigh Anderson

• Character, Collaboration, Growth Mindset, SEL
• Communication
• Success and Failure
Peer Assessment

• Students are in groups of 2-3
• One student is the performer and the other student will assess the performance
• Thumbs up and tell them something they did well
• Thumbs down and tell them something they could improve
The right learning environment can transform more than the classroom.
Lights
Noise
Calm Corner
Classroom management is not about having the right rules... 
... it's about having the right relationships.
Post Expectations

- Reference as needed
- Keep simple
- Easy to identify
- Relevant to your space

#1
HAVE FUN
ENJOY PHYSICAL ACTIVITY
GROW & LEARN
“IT’S JUST A GAME”

#2
DO YOUR BEST
PLAY FAIR
WORK HARD
DON’T CUT CORNERS

#3
TAKE CARE OF YOU
LISTEN TO DIRECTIONS
ARE YOUR SHOES SAFE?
LOOK WHERE YOU GO

#4
TAKE CARE OF OTHERS
THROW LOW AND SLOW
WATCH FOR OTHERS
FOLLOW RULES OF GAMES

#5
TAKE CARE OF EQUIPMENT
LEAVE THE EQUIPMENT AS GOOD AS YOU FOUND IT (OR BETTER)
Purpose
- Standards
- How and Why
- High Expectations
- Relevance

Mindfulness
- Relationships
- Responsive Culture
- Inclusivity
- Environment

Results
- Assessments
- Curriculum
- Reflection
- Sustainable
Physical Literacy

Fun

Competence

Challenges that provide success & failure

Participation

Confidence

Motivation
SHAPE America GLOs

Lesson Plans
Kids who feel safe at school don’t just feel better, they do better.
• How to handle an active class
• Policy and procedures
• Expectations
• Safe environment
• Equipment use
• How to apply rules to a game
• How to handle successes and failures
• Where to go and strategies if they do feel overwhelmed

“Challenging behavior occurs when the demands and expectations being placed upon a child outstrip the skills he has to respond adaptively.”

Ross Greene
Students have to Maslow before they can Bloom.
TRAUMA INFORMED SCHOOLS

Zones of Regulation (or similar)
- Check-in and Check-out
- Tap sign as enter and/or leave
- Use magnets
- Use plickers
- Use simple hand gestures
**OPERATIONALIZE THIS INFORMATION**

- The mood or emotions that students are feeling as they enter or leave
- You can reinforce preferred emotions and help those that are struggling
- More aware of what issues students are dealing with
- Builds relationships
- Avoids negative behaviors in/after class

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<thead>
<tr>
<th></th>
<th>Blue</th>
<th>Yellow Green</th>
<th>Red</th>
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<tbody>
<tr>
<td></td>
<td>Walk or jog two laps</td>
<td>Perform exercises</td>
<td>Come to me to get equipment</td>
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<tr>
<td></td>
<td>Get a drink and join activity</td>
<td>Start an introductory activity</td>
<td>Come to me to pick two exercises before joining activity</td>
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<td></td>
<td>Get equipment</td>
<td>3 laps of your choice</td>
<td>Perform some calming exercises</td>
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Why Mindfulness?

Mindfulness is a whole body-mind state of awareness that involves ‘tuning in’ to the present moment, with openness and curiosity, instead of ‘tuning out’ from experience.
Why Mindfulness?

Mindfulness is a state of being fully awake to life – being aware and undistracted in the present moment. It is about focusing attention on the present, rather than thinking about the past or worrying about the future...which is often our brain’s default mode.
Mindfulness training

• Increases connectivity in the frontal lobe of the brain, which can improve attention, memory processing and decision-making abilities.

• Involves tuning in to internal and external experiences with curiosity resulting in increased self- and social-awareness, and self-confidence.
Mindfulness training

• Increases children’s ability to self-regulate their emotions, even difficult ones like fear and anger, through breathing and other grounding techniques.

• Has been shown to improve empathy or the ability to understand what another person is thinking or feeling, which improves children’s awareness of others and helps them to build positive relationships.
Brain Development

From the very beginning the brain develops and passes certain milestones.

If all milestones are reached in a timely manner the brain is considered balanced, both hemispheres of the brain work together...

What happens if the milestones are not reached and the hemispheres can’t work together?
Learning Ladder

Nutrition and Environment

- Sensory Development: Tactile, Vestibular & proprioceptive,
- Balance & Stability
- Awareness of Self & outside stimulus
- Integration of left & right side of the body, midline
- Directionality
- Auditory and Visual Perception & processing
- Time, Rhythm & Sequencing
- Organization
- Memory
- Academics
what we see

- gross locomotor deficiencies
- fine locomotor deficiencies
- break downs/tantrums
- can not tie shoes
- can not sit still
- frustration
- no core strength
- behaviors
- aggression
- focus issues
Why
Why

- Full day preschool/daycare to no preschool/daycare
- Routines/help at home to no structure/no help
- Basic needs issues (food, clothing, shelter)
- Underdeveloped neurological systems
- Behavioral problems
- Developmental differences
- Too much screen time and baby gadgets
- Decreased unstructured play - restricted recess
- TRAUMA!!!
Mindful Movement

Mindful movement is exercise performed with awareness. It involves mental focus, to train your body to move optimally through both athletic activities and everyday life.
physical activity

- Limited Physical Education time was the inspiration
- Hallway placement for all students
- 30-60 second involvement
- Used with other programs and initiatives
- Involve physical education standards
- Can include skills needed in the classroom
- Also provide breathing posters for self-regulation
Flash Fitness

Walk tall and hold your breath to the corner

Flash Fitness

Hop on right foot 15 times and left foot 15 times
The future...

- Use success of Flash Fitness
- More purposeful movement opportunities
- 60 or 90 second time limit - focus on control
- Use new Wellness Room, classroom sets, or hallways
- Help our younger students meet developmental levels
- Help our older students who may be struggling academically/behaviorally
Inspiration

Presentation by Sally Schulte (sallyschulte@wsdr4.org)
Many ideas...

- Visual tracking - ability to move eyes and track objects
- Balance - stand or move while keeping control
- Vestibular - related to the perception of body position
- Reflexes - automatic response to a stimulus
- Proprioception - perception of movement and spatial awareness
- Tactile awareness - information received through touch
- Locomotor skills - basic ways to move (coordination building blocks)
- Motor pathways - voluntary movements, posture, and reflexes
Flash Fitness & Movement Maintenance
My Amazing Classroom Teachers, Staff, and Administration
- PowerPoint with sight words and exercises
- Kindergarten wants to incorporate a parent’s day of Active Learning with students
- Wellness Room
- Before school activities
- Kindergarten Pathways
- Second Chance Breakfast
- Advice for tough classes/Classroom ideas
Brain Gym

A specific set of movements, processes, programs, materials, and educational philosophy.

Midline Movements, Energy Exercises, Deepening Attitudes and Lengthening Activities

It is a registered trademark of the Educational Kinesiology Foundation (Brain Gym® International) in Ventura, California, USA.
Bal-A-Vis-X

A series of Balance/Auditory/Visión exercises, of varied complexity, most of which are deeply rooted in rhythm. These exercises require full-body coordination and focused attention.

Bal-A-Vis-X requires focused attention, demands cooperation, promotes self-challenge, and fosters peer teaching. It is school friendly and just plain fun.
Bal-A-Vis-X

- Approximately 300 exercises
- Equipment: beanbags and/or racquetballs, Bal-A-Vis-X or similar balance board
- Mid-line crossings in three dimensions
- Steadily rhythmic
- Pronounced auditory foundation
- Executed at a pace that naturally results from proper physical techniques
https://www.calm.com/schools
FREE full-access account to educators!

fitBoost  Go Noodle
fitFlow   Go Noodle Flow

GoNoodle PLUS
Miles & Miles

- Important for students to set tough goals to achieve
- Students, teachers, staff, & administration all involved
- Variety of ways to earn laps
- Several ways to encourage and help others
- Big learning curve for me logistically to make it work
- Great buy in from teachers
- Meet goals each year
Miles & Miles

Last year we walked, jogged, rolled, and ran a lot of miles.

How many miles will you do this year?

Talk with your teacher about setting a goal for the Miles & Miles Club.
Move to Give

• Replacement to Jump Rope for Heart program
• No trinkets or trash...no prizes or incentives
  Students collect donations for others without expectation of anything in return
• Donations raised go to
  • KAHPERD
  • School
    • The Neighbors Store
    • Ronald McDonald House
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Use of TVs

SMART

SPECIFIC
MEASURABLE
ATTAINABLE
RELEVANT
TIME-BOUND

GOAL SETTING
This or That

Be a good person or not…

the choice is yours.

Show who YOU are by your words, your actions, your choices.
Social-Emotional

I can't. I won't figure it out. I'll never get it.

I can do this. I have skills to use. I can ask for help.

WAAAH!!! No fair! I lost! I hate this game!

I can't wait to tell mom and dad about the game. We lost, but I had fun and I did my best.

What kind of person am I?

It's not fair. This game is hard. I should give up.

I'm not very good YET, but I'll practice to get better.

She started it. It's her fault. She did it. Not me.

My bad. I'm sorry. Totally my fault. I'll do better.

Ha! Ha! You missed that shot. You are so bad at this game.

Way to go! You are getting better every game!!

I won! You lost! I am the best!!

Wow, you played great! Good job!!
Contact me
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