

Online Resource 6.3 • Consciousness Curriculum Integration Planner

ACTIVITY	GRADE LEVEL	SUBJECT/CONTEXT	ADAPTATION/NOTES
Balance warm-up	Grades 5–12	Challenges—such as a literature story, a lesson from history, or the challenge a scientist or mathematician faced in making a discovery	<p>During the week when a unit is taught, at appropriate times, some of the exercises from this chapter can be introduced and practiced.</p> <p>Challenge students with the ability to keep their legs up for a longer period of time in each position.</p> <p>In this case, the discussion will be concerning the “physical challenge.”</p>
Long deep breathing or heart centered breathing	Pre-K	Story time	<p>Place a stuffed animal on each child’s belly.</p> <p>The child gives the animal a “ride” so that the stuffed animal moves almost like a roller coaster as the child inhales and exhales.</p> <p>This is a useful activity before nap time; a good calming activity.</p>
Breath of Fire	Ages 16+	A great breath to use when tiredness sets in or when additional alertness is needed	<p>Remind students that they can shift to regular breathing if needed.</p> <p>Also, this breath can be used in different yoga postures such as cobra.</p>

Retrieved from the companion website for *Cultivating Happiness, Resilience, and Well-Being Through Meditation, Mindfulness, and Movement: A Guide for Educators* by Christine Mason, Jeffrey Donald, Krishna Kaur Khalsa, Michele M. Rivers Murphy, and Valerie Brown. Thousand Oaks, CA: Corwin, www.corwin.com. Copyright © 2022 by Corwin Press, Inc. All rights reserved. Reproduction authorized for educational use by educators, local school sites, and/or noncommercial or nonprofit entities that have purchased the book.