

Ready, set, focus

Recommended for grades:

K4 – 5th grade

Practice description:

This practice is designed to energize and focus our attention. It can be used for activities such as testing, working with others in groups, working independently or when energy is low.

Poses include: shark fin breathing, flying bird pose and washing out.

Transcript:

- *Chime sound*

Welcome to the Ready, set, focus practice.

Let's use our gentle attention to find energy and focus using shark fin breathing, flying bird pose and washing out.

- Pause 5 sec

When you are ready, stand strong, with your feet shoulder width apart, and your arms by your sides.

Do you know what a shark swimming fast sounds like? "Swish!" And that's the noise you'll make with this breath.

As you breathe in, extend your hands wide to your sides. Then raise your arms over your head until your palms come together. Stand tall, look up and reach up.

Lower your palms down in front of your heart, as you breathe out, and make the sound of a shark swimming, "Swish."

Again. "Swish."

Again, "Swish."

Again. "Swish"

- *Animations emphasize breath*

Again...“Swish”

Last time. “Swish.”

Relax your arms.

- *Pause 2 sec*

Now we’re going to practice Flying Bird Pose.

In flying bird pose, you will balance on one leg, switching between the left and the right.

When you are ready, begin by standing strong, with your feet shoulder width apart, and arms by your side.

Focus your eyes on one point to help you balance.

Shift your weight to your right leg, as your left foot comes off the ground... Let your arms float up to shoulder height. And balance for a moment.

Lower your left foot back to the ground, coming back to center.

Move your weight to the left leg, lifting your right leg to the side as your arms come up to shoulder height. Can you find your balance?

Come back to center and switch sides. Shift to your right leg, lift your left foot, and raise your arms. Hold ... breathe....

Now, back to the left side.

On the next one, stop and hold this balance on one leg for two breaths, in...and out.

- *Pause for 10 seconds*

Shift to the other side, and hold this balance.

- *Pause for 5 seconds*

Come back to center and relax your arms.

Have you ever looked inside a washing machine to see its center turning back and forth?

You are going to “wash out” your spine like a washing machine, gently swinging your arms, tapping yourself lightly as you twist from side to side.

When you are ready, stand tall, with your feet shoulder distance apart. Allow your knees to be soft, and your arms loose.

Keep your feet planted as you twist your spine from side to side, letting your arms gently swing around you... lightly tapping the sides of your body.

Continue swinging back and forth, letting your arms tap your sides gently, as though they're saying, "here I am."

- *Animation continues to show washing out motion*

Can you find a gentle rhythm as you rotate back and forth, washing out your spine?

- Pause 3 seconds

See if you can coordinate your breath with your twists, breathing in one way... and out the other.

- *Pause for 10 seconds*

And let's begin to slow down.... until you are still.

Be still for a moment...

Stand tall... and offer yourself a little smile. How are you feeling right now?

How are you feeling right now?

- *Show Sue Scale*
- *Pause 3 sec.*
- *Chime sound*

Sue Scale