



Mindfulness with Aloha Breath

Lesson 9 – The Hands (Lima) & Feet (Wāwae) Mindful Movements

Grade Level: Pre-K-2

Objectives:

- Empower students with a research-based, socio-emotional tool (mindfulness) that are grounded in the values of aloha/aloha breathe (AB).
- Develop students' growth mindset and resiliency skills by increasing students' awareness, connection, and relationship with their hands and feet.
- Strengthen social-emotional learning by encouraging students to notice how movements are influenced by the three parts of their brain (Dino, Hippo, and Bear Awareness).

CCSS Benchmarks: HE.K-2.1.1/HE.K-2.3.1 (Mental/Emotional Health), HE.K-2.1.5 (Personal Health/Wellness), HE.K-2.5.2/HE.K-2.5.4 (Communication Skills), HE.K-2.6.1

Materials: *Mindfulness with Aloha Breath* storybook, chime/bell

Purpose:

- Increase academic excellence by providing students with research-based attentional training strategies that strengthen the prefrontal cortex.
- Foster students' ability to cultivate healthy self/emotional regulation, prosociality, and better decision-making by encouraging students to pause and become aware of their inner/interpersonal experience before acting/reacting.

Mindful Movement with Hands

- Start students with a centering practice by doing 3 deep AB's.
- Introduce the vocabulary and meaning of "impulse," like how one trips over one's feet and the body tries to find its balance really fast, without even thinking- it's an automatic response.
 - Connect "impulse" to Dino the defender, the protector. Dino is the natural, deep, instinctive part of us that helps us to survive. Dino is the old part of our brain unlike Bear Awareness who is the newer part of the brain.
- Expand discussion to connect with the three brain parts/characters.

- Dino. "If Dino is in charge, what happens? Show me with your hands (tight fist, quick violent motions). Dino reacts quickly to protect you. However, sometimes you are not in danger, and Dino jumps in anyway like when you hit someone who calls you a name you don't like. That's why Dino needs Bear Awareness to help make better choices like to go get help from your teacher instead of using your hands to slap/hit."
- Hippo. "What happens to your hands if Hippo is in charge? (Maybe you eat too many malasadas like in the story? Or you feel angry and want a toy and grab it away from someone.). If your "I want it, I want it's" are taking away from and hurting other people, that's not good. We cannot have what we want all of the time...The impulse of Hippo may be to do that grabbing without thinking."
- Bear Awareness. "If Bear Awareness is in charge, what happens to our hands?"
 - "Like carrying very full cup, sometimes we need to slow down, be aware, and balanced. How would Bear Awareness carry a cup, versus Dino?"
 - "When you're planting a seed, or petting a puppy, how should your hands be? (Being kind, tender, careful.) Or when a friend is sad, you give them a loving hug- you don't grab and claw like a crazy cat!"
- Practice moving the hands slowly and bringing all awareness, focus, and attention to the sensations in the hands as they move. "Let's feel it! Flex your hand muscles as tight, tight, tight, as they can be! For 5,4,3,2,1... Now, relax your hands like you have fallen asleep, so calm, but Bear Awareness is Aware! Awake! Not asleep- just soft, open... can you feel your hands with Bear Awareness? Keeping them so relaxed, like a jellyfish flowing in the water, gently wave your hands to feel the air/breeze."

Mindful Movements with Feet

- Ask students to reflect on the role the feet played in the story, their function in life, and reasons they are grateful for their feet.
- Expand discussion to connect with three brain parts/characters:
 - Dino. "If Dino is in charge, what happens? Show me with your feet. If you are being attacked and you are in danger, what do you do? You run away or your kick back. Dino is super helpful! However, sometimes you may feel like you are threatened or in danger (like someone says something unkind to you), so you kick that person. That's really not good behavior, but that's because Dino is in charge and does that to protect you. Dino reacts impulsively."

- Hippo. "What happens to your feet if Hippo is in charge? Hippo remembers where you like to go, and takes your feet there. Hippo remembers that it likes to dance, ride the bicycle so makes your feet go this way and that way."
- Bear Awareness. "What happens when Bear Awareness, the wise observer, who notices everything with aloha is present with feet? It tells your feet to slow down, to walk slowly, so that you can feel all the sensation, from the bottom of your feet to how your feet move. Let's do some mindful walking exercises!"
 - Mindful/Ninja Walking-"Like a superhero- be balanced, alert, relaxed, and super aware of every step you take as you walk from one side of class/outside to the next. Start slo-mo, feeling your feet as you walk as if you can feel every cell, every part of the sole of your foot as it touches the Earth. You can pause, balanced on the left, then slo-mo bring the right foot to the ground, and vic versa. Walk backwards, still balanced, feeling every moment of your feet being connected to the ground."

Activity Assessment:

- Assess what students noticed during the mindful movement practices. Assess whether are students are deepening their understanding between acting impulsively (Dino is in charge) vs. with attention and focus (Bear Awareness is in charge).

Reflections

*A classroom is its own ohana, an intimate space in which all members are valued, supportive, and supporting the community's well-being.

LESSON PLAN ASSESSMENT:

Please scan this QR code or click the link and provide us with a quick, anonymous assessment of the lesson plan:



[Lesson Plan Assessment Link](#)

CONTACT US:

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