Reset to Get Set

Recommended for Grades:

6-12th grade

Practice Description:

This practice is designed to reset our mind and body through grounding poses and breathing exercises. It is useful after testing, long periods of sitting or other demanding occasions.

Poses include: sunshine breath, tree pose, shoulder rolls and heart breath.

Transcript:

Welcome to the reset to get set practice!

Together we will refresh our attitudes using the sunshine breath, tree pose, shoulder rolls and heart breath.

We'll start with the sunshine breath, using our arms to make the shape of a bright summer sun as we breathe in and out!

When you are ready, stand with your feet shoulder width apart.

Take a moment to notice your attitude and how your body feels.

Extend your arms up and out to your sides, shoulder height and reach wide with your hands. Slowly circle your arms up and over your head as you breathe in.

Circle down with your arms, as you breathe out slowly, taking your time.

Again, arms up and reach up… breathe in, and try feeling like a big sun.

Then arms down, letting your hands swing gently across your body as you slowly breathe out.

Feel your arms reaching up ….

Allow your knees to soften as your arms come down and cross each other.

Breathe in…. And out.

Relax your arms down by your sides.

How do you feel? Energized? Relaxed?

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Next, we will stand in tree pose. Tree pose helps you find physical balance and focus your attention. Your balance and focus may vary day to day...this is normal.

To help your body feel stable, stand firmly on both feet. Bring your hands to your hips.

Shifting your weight to your right leg, “plant” your right foot firmly down onto the floor. Imagine it is growing roots into the ground as your leg gets strong, like a tree trunk.

When you are ready, bring your left foot to rest on your right ankle, with your left knee pointing out … or you can try to bring your foot up higher to your calf.

To keep your mind steady, pick a specific spot on the floor to focus your eyes. Or, you can look at the images on the screen.

- *Pause for 5 seconds*

Remember to breathe.

Is your standing leg strong like a tree trunk?

If you choose, add branches to your tree by reaching up with your arms and spreading your fingers wide.

Do you have to pay attention to your body to find a steady position? If you lose your balance, begin again. Strong and tall… like a tree.

One more breath in…. and out….

Release your left foot so you’re standing on both feet. Notice how tree pose felt. Try to appreciate that your ability to balance and focus can change depending on whether you are focused or distracted.

Let’s balance on the other leg.

Plant your left foot firmly on the floor. Feel your leg get strong as you imagine your foot growing roots into the ground.

When you are ready, bring your right foot to your left ankle, with your right knee pointing outward … or you may try to bring your foot up higher to your calf.

Find a place to focus and steady your eyes.

When you feel steady, you may choose to add branches to your tree. Spread your fingers wide.

Remember to breathe.

- *Pause for 5 seconds*

Do you feel a gentle sway as you balance on one leg?

If you lose your balance, begin again. Engage all your muscles and focus your eyes.

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Take a couple more breaths.

Release your right leg…. and then your arms.

How was your balance and focus on this leg? Could you balance better on one side?

Now, let's do some shoulder rolls and gently release any tightness in your neck.

Starting backwards, bring them first up toward your ears…. back…. and down…and forward.

Again, continue rolling ….back up to your ears…. Then back…. down and forward, feeling your shoulders creating circles as they move around.

Animations continue to show shoulders rolling backwards

Last time, rolling up…. back…. down and forward.

Let's reverse directions.

Bring your shoulders up to your ears, and roll them forward, down and back.

Make big circles with your shoulders.

Remember to track the circles with your attention.

Last time in this direction. Moving up…forward…. down...and back.

Now take your shoulders way up… and way down….and release.

Consider thanking your shoulders for carrying so much responsibility!

Using Heart Breath, we'll bring our attention to the feeling around our hearts as we breathe in and out.

Reach to the sides with your arms, extending your fingers so they feel long and strong.

As you breathe out, bring your palms together in front of you. Then pull them in towards your heart.

Keeping your palms together, reverse that movement. Extend your palms out in front of you, and then open your arms out to the sides.

Again, bring your palms together and in towards your heart, as you breathe out.

Breathing in, palms extend forward and then to the sides.

Repeat this three more times.

- *Pause for 20 seconds*

Hold here for a moment… and release.

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Stand strong. Imagine giving yourself a smile of appreciation for supporting your body so well!

And relax.

How do you feel? Energized? Calm?

Notice your attitude.

- *Chime sound*

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