

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## ONE WORD WORKOUT EXERCISES

---

- **Accept** - Tricep Stretch
- **Alive** - Knee Raises
- **Ambitious** - Standing Parallel Thigh Work
- **Angry** - Chair Pose Series
- **Aware** - Tricep Dips
- **Build** - Pliés
- **Calm** - Swan Arm Series
- **Commit** - V-Position
- **Confidence** - Planks
- **Connect** - Plank/Push Up Series
- **Courage** - Balance Series
- **Dedication** - Clam Hold
- **Discover** - Desk Stretches (Wrists and Calves)
- **Empathy** - Standing March
- **Energy** - Jumping Jacks
- **Fearless** - Warrior Holds
- **Focus** - Standing Thigh Stretch
- **Freedom** - Core Stretch
- **Frustrated** - Squat Boxing
- **Grateful** - Sun Salutation
- **Grit** - Lunges
- **Happy** - Clap Squats
- **Imagine** - Drum Run
- **Love** - Heart Opener
- **Patience** - Hamstring Stretch
- **Peace** - Seated Relaxation
- **Perseverance** - Wall Squat
- **Power** - Jump Squats
- **Presence** - Standing Posture
- **Proud** - Shoulder Stretch
- **Release** - Rag Doll Stretch
- **Resilience** - Push Up/Down Dog Series
- **Respect** - Standing Leg Lifts
- **Safe** - Tilted Obliques
- **Solution** - Neck Stretch Series
- **Strength** - Push Ups
- **Success** - Standing Calf Raises
- **Think** - Stretch Series
- **Work** - Abdominal Routine
- **Worry** - Tree Pose

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## POSTURE

Proper posture is key to all of the exercises! You should explain the NaliniKIDS posture to students and demonstrate it physically with your own body, or have students stand up and give examples. It also may be helpful to have students line up with their backs, heads, and shoulders against a wall to understand how strong posture should feel.

### POSTURE SET-UP

1. Feet parallel and hips width apart
2. Toes in front of the heels
3. Tailbone down; abs pulled in tightly and up (lifting up tall out of the hips)
4. Chest open; shoulders back and down
5. Head in line with the spine; eye focus forward

### BREATH

Attention to breath is an important element of every ONE WORD exercise: it requires focus, discipline, and an understanding of the internal and external systems of the body. Conscious breathing is particularly useful in stretches and recovery, when students take breaks between sets or workouts.

Furthermore, every stretch has an element of opposition, which the teacher should reinforce to students: one body part is pulled up, while another is pulled down. A helpful visual is for students to think of the stretching muscle as a rubber band being pulled in two different directions. Connect the breath to the stretch, directing the inhale and exhale to opposing body parts.



### ONE WORD

Each exercise has both a name and an accompanying definition. Students should learn and internalize these definitions, working to emanate them as they complete the exercises. In doing so, they will establish a strong physical and emotional fitness connection.



# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## ACCEPT

**DEFINITION:** To accommodate or reconcile

**EXERCISE** Tricep Stretch

**TARGET** Triceps

### STEPS

1. Start in seated NaliniKIDS posture
2. Extend your right arm up to the ceiling (as if raising a hand in class)
3. Bend the right arm and lower your right palm behind your right shoulder blade
4. Lift and reach your left hand over to your right elbow
5. Lift your chest and head, and sit up tall
6. Lean to the left and pull your ribs to the right (imagine a rubber band in your tricep)
7. Hold and focus on your breath
8. Repeat (left side)



# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## ALIVE

**DEFINITION:** Alert and active; animated

**EXERCISE** Knee Raises

**TARGET** Total Body/Cardio Burst

### STEPS

1. Stand in NaliniKIDS posture
2. Keep your feet hips width apart and parallel, hands on your hips
3. Bring your right knee up toward your chest
4. Lower it to the floor
5. Bring your left knee up toward your chest
6. Lower it to the floor
7. Repeat, increasing your speed and raising your knees up higher each time



### SEQUENCE

- 10 reps (arms at sides)
- 10 reps (arms wide/T-shape)
- 10 reps (arms extend to ceiling)

**NOTE:** Right/left = one rep

### COMMON PHYSICAL ISSUES

Not comfortable with high impact

### MODIFICATION

March in place, swinging your arms

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## AMBITIOUS

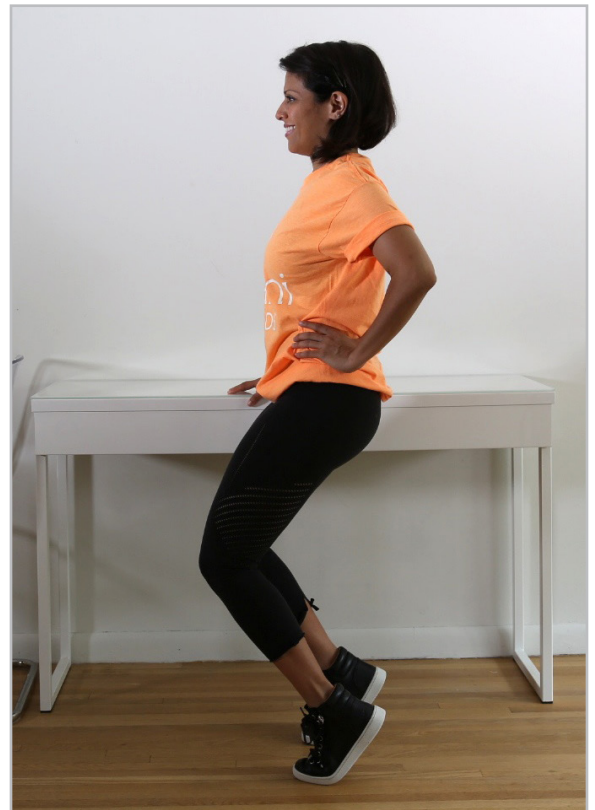
**DEFINITION:** Having or showing a strong desire and determination to succeed

**EXERCISE** Standing Parallel Thigh Work

**TARGET** Thighs

### STEPS

1. Stand in NaliniKIDS posture
2. Keep your feet hips width apart and parallel; rest your hand on a desk or chair for balance and the other hand on your hip
3. Stand tall, shoulders back and down
4. Raise your heels all the way up
5. Bend your knees forward without dropping your heels
6. Keep your shoulders in line with your hips and your hips in line with your heels, chest open
7. Lower your hips down and up (don't drop your heels!)



### SEQUENCE

- 10 double count
- 10 single count
- 10 pulses
- 10 second hold (outside arm extends to the ceiling)

### COMMON PHYSICAL ISSUES

Knee discomfort or pain

### MODIFICATION

Decrease the bend in your knees or keep your feet flat on the ground

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## ANGRY

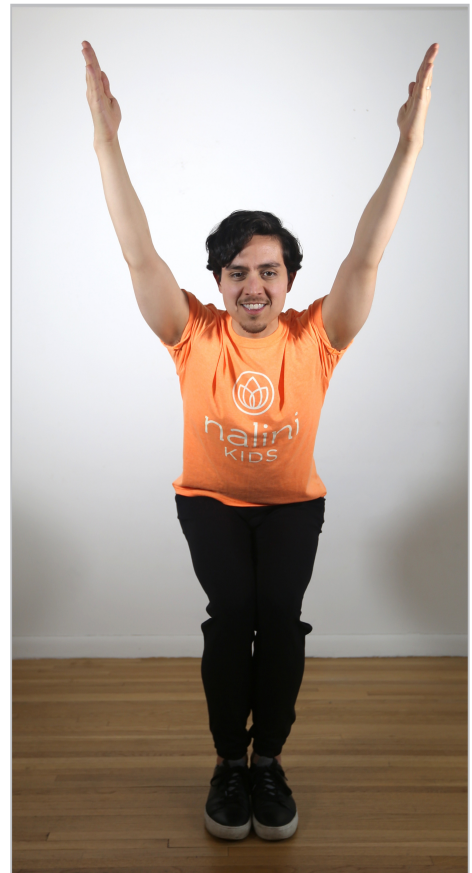
**DEFINITION:** Having a strong feeling of annoyance, displeasure, or hostility

**EXERCISE** Chair Pose Series

**TARGET** Thighs/Shoulders

### STEPS

1. Stand in NaliniKIDS posture
2. Keep your feet, knees, and hips together
3. Bend your knees and sink your hips down, like you're sitting into a chair
4. Cross your arms over your chest, keeping your chest up and pulling your elbows toward your ribs
5. Keep your shoulders back and down; head is in line with the spine
6. Drop your hips a bit lower as you press more weight into the back of your heels
7. Lower your hips down and up



### SEQUENCE

- 10 single count (arms crossed)
- 10 pulses (arms extend to ceiling)
- 10 second hold (arms stay up)
- Rest
- 10 single count (arms crossed)
- 10 pulses (arms extend to ceiling)
- 10 second hold (arms stay up)

### COMMON PHYSICAL ISSUES

Knee discomfort or pain

### MODIFICATION

Separate your feet hips width apart  
Reduce the bend in your knees and make sure your weight is in your heels

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## AWARE

**DEFINITION:** Having knowledge; conscious; cognizant

**EXERCISE** Tricep Dips

**TARGET** Triceps

### STEPS

1. Start in seated NaliniKIDS posture with your glutes at the edge of the chair — glutes across from the knees, knees in line with the ankles (forming a 90-degree angle)
2. Place your hands on the chair, underneath your shoulders, with your palms and fingertips turned out
3. Press your feet into the floor and lift your hips up off the chair
4. Walk your feet forward so that your glutes are off the chair
5. Shift your upper body back so your shoulders are behind your wrists
6. Bend your elbows straight back behind you, and then straighten them as you lower your body down and up (bend the elbows in slightly, toward each other)



### SEQUENCE

- 10 single count
- 10 pulses
- 10 single count
- 5 second hold

### COMMON PHYSICAL ISSUES

Wrist/shoulder discomfort or pain  
Set-up is incorrect (palms are misplaced or elbows are turned out rather than in)

### MODIFICATION

Stay seated on your chair and continue the exercise without lifting and involving your hips (just leaning back and forth)



# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## BUILD

**DEFINITION:** Establish and develop something over a period of time

**EXERCISE** Pliés

**TARGET** Thighs/Glutes

### STEPS

1. Stand in NaliniKIDS posture
2. Step your feet out into a wide second position (feet much wider than your hips)
3. Turn your feet out to a 45-degree angle
4. Bend your knees as you drop your hips down into a deep plié, aligning your knees with your ankles
5. Keep your chest lifted and your shoulders back and down, as if your back were against a wall
6. Bring your arms out to the sides, making a T-shape
7. Lower your hips down and up (keep your knees in line with your toes!)



### SEQUENCE

- 10 single count (legs only)
- 10 single count (arms only)
- 10 single count (arms and legs together)
- 10 second hold (heels up)

### COMMON PHYSICAL ISSUES

Knee discomfort or pain

### MODIFICATION

Take a narrower stance and/or turn your feet in (less than a 45-degree angle)

Decrease the bend in your knees and be sure to double-check your form (knees in line with the toes)



# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## CALM

**DEFINITION:** Pleasantly free; peaceful and not disturbed

**EXERCISE** Swan Arm Series

**TARGET** Upper Body/Warm-Up

### STEPS

1. Stand in NaliniKIDS posture
2. Keep your arms by your sides and flip your palms up
3. Inhale and make a big circle with your arms, as you connect your palms above your head
4. Exhale as you turn your palms out and press your arms down, returning them by your sides
5. Pull your shoulders back and keep your head up, eyes focused forward
6. If you want, close your eyes as you continue the sequence, and remember to keep breathing!

### SEQUENCE

- 5 reps (focus on breath)

**NOTE:** Arms up/down = one rep



# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## COMMIT

**DEFINITION:** To pledge or engage oneself

**EXERCISE** V-Position

**TARGET** Thighs/Glutes/Calves

### STEPS

1. Stand in NaliniKIDS posture next to a chair or desk
2. Place your heels together and your toes apart, making a small v-position with your feet
3. Bend your knees and raise your heels an inch off the floor, keeping your heels together (use the chair or desk to help with balance)
4. Lean your upper body back to maintain your NaliniKIDS posture, dropping your tailbone and keeping your shoulders back and down (as if you were leaning against an imaginary wall)
5. Pull your abs in, lift your chest, and keep your head up
6. Lower your hips down and up (don't drop your heels!)

### SEQUENCE

- 10 double count
- 10 single count
- 10 pulses
- 5 second hold (arms extend to ceiling)



### COMMON PHYSICAL ISSUES

Knee/ankle discomfort or pain  
Leaning forward and collapsing the upper body

### MODIFICATION

Keep your heels on the ground

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## CONFIDENCE

**DEFINITION:** Belief in oneself and one's powers or abilities; self-confidence; self-reliance

**EXERCISE** Planks

**TARGET** Core/Shoulders

### STEPS

1. Stand in NaliniKIDS posture
2. Place your hands shoulder width apart on a chair with a firm grip
3. Raise your heels up and walk your feet back enough so that you are leaning into the chair
4. Make sure the weight of your body is in your hands, to avoid pushing the chair forward
5. Squeeze your glutes, tighten your abs, and keep your back flat
6. Tuck your hips under as you pull your abs in more
7. Pull your shoulders back and keep your head up, eyes focused forward (form a straight line with your body from the top of your head to your heels)



### SEQUENCE

- 10 leg lifts (left leg only)
- 5 second hold (left leg up)
- 10 leg lifts (right leg only)
- 5 second hold (right leg up)
- 10 second hold (plank position)

### COMMON PHYSICAL ISSUES

Wrist discomfort or pain

### MODIFICATION

Turn your palms out — if the pain persists, use the floor and do the plank on your forearms without any variations (only do the hold sequence!)

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## CONNECT

**DEFINITION:** Bring or join together; provide access and communication

**EXERCISE** Plank/Push Up Series

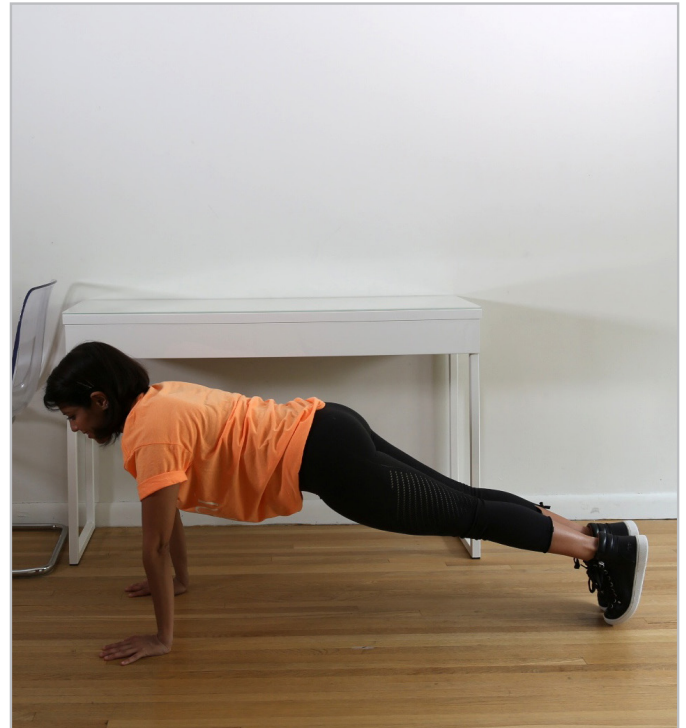
**TARGET** Chest/Arms/Core

### PLANK STEPS

1. Start in plank position, with your hands a little wider than your shoulders
2. Keep your feet and thighs together, legs straight
3. Tip your heels forward, keeping your back flat
4. Tuck your hips under, squeeze your glutes, and pull your abs in
5. Keep your fingers spread apart, your head in line with your spine, and your eyes focused forward
6. Keeping your back flat, bend and stretch your knees only (on the count!)

### PUSH UP STEPS

1. Start in plank position, with your hands a little wider than your shoulders
2. Keep your feet and thighs together, legs straight
3. Tip your heels forward, keeping your back flat
4. Tuck your hips under, squeeze your glutes, and pull your abs in
5. Keep your fingers spread apart, your head in line with your spine, and your eyes focused forward
6. Keeping your chest open and shoulders down, bend your elbows down/up as you lower your body down/up



### SEQUENCE

- Plank: 10 single count (bend/stretch)
- Push Up: 10 single count
- Plank/Push Up: 10 combinations (bend/stretch + push up)

### COMMON PHYSICAL ISSUES

Back discomfort or pain  
Lack of upper body strength  
(inability to do a full push up)

### MODIFICATION

Complete all the moves with your hands on a chair or against a wall  
(see CONFIDENCE workout)



# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## COURAGE

**DEFINITION:** The ability to do something that frightens; strength in the face of adversity

**EXERCISE** Balance Series

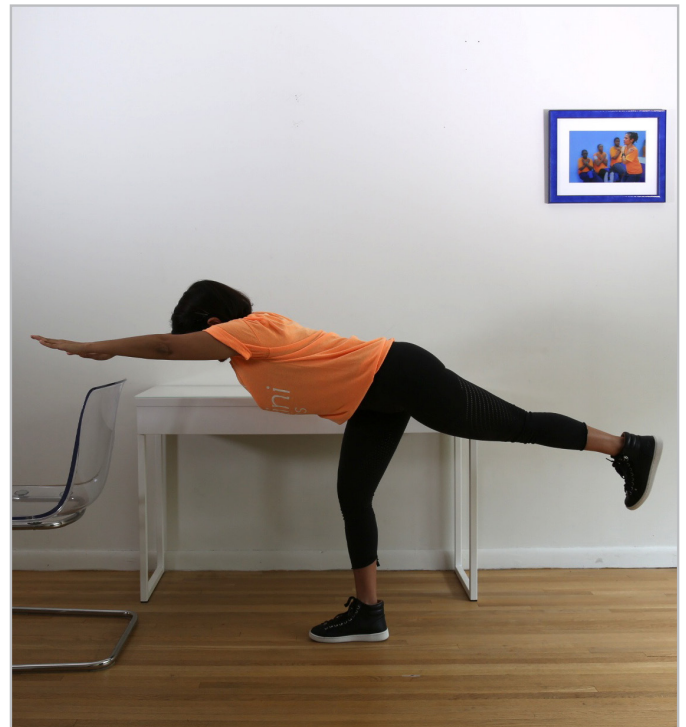
**TARGET** Total Body/Core/Alignment

### STEPS

1. Stand in NaliniKIDS posture
2. Keep your feet hips width apart and parallel, hands on your hips
3. Lean forward with a flat back and bend both your knees
4. Step your right leg back about 3 feet
5. Lift your right leg up off the floor, straighten your leg, and flex your right foot
6. Strive to create a straight line with your body by tilting your upper body down toward the floor, and lifting your right leg up toward the ceiling
7. Extend your arms straight behind you
8. Try to get your arms in line with your hips and your feet (a straight line)
9. Hold and focus on your breath
10. Extend your arms straight in front of you
11. Repeat the entire sequence (left leg lifted)

### SEQUENCE

- 10 second hold (hands on hips)
- 10 second hold (arms extended behind you)
- 10 second hold (arms extended in front of you)
- Repeat (left side)



### COMMON PHYSICAL ISSUES

Imbalance  
Frustration  
Tight hamstrings

### MODIFICATION

Keep your elevated leg closer to the floor  
Put a chair or desk in front of you and hold on for balance

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## DEDICATION

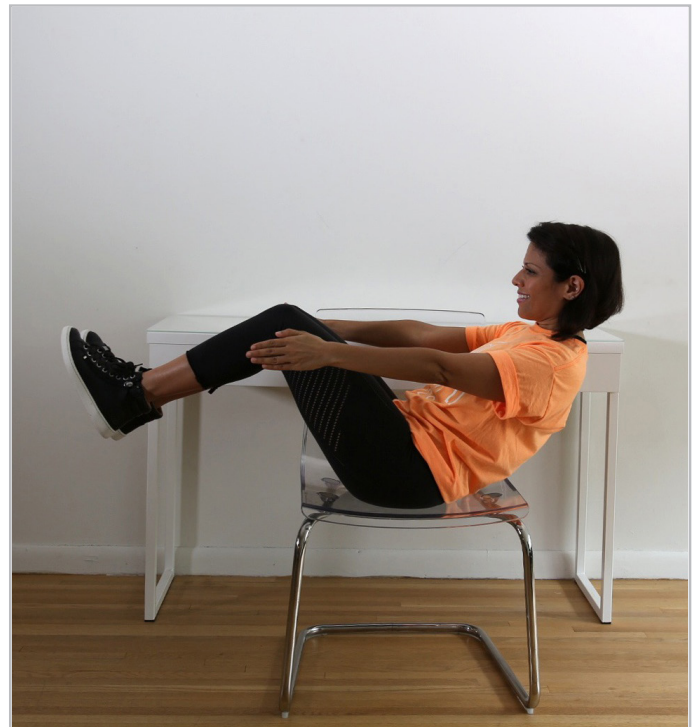
**DEFINITION:** The quality of being dedicated or committed to a task or purpose

**EXERCISE** Clam Hold

**TARGET** Core

### STEPS

1. Start in seated NaliniKIDS posture, facing sideways at the edge of a chair
2. Place your hands underneath your shoulders at either end of the seat of the chair
3. Turn your palms out and hold the edges of the chair with your fingertips
4. Lean back; using your abs, lift your legs up from the floor
5. Balance on your glutes, keeping your thighs and feet together and your abs activated
6. Keep your abs pulled in tightly, shoulders back and down
7. Lean back more and pull your legs out further to increase the challenge as you hold



### SEQUENCE

- 30 second hold
- Rest
- 30 second hold

### COMMON PHYSICAL ISSUES

Back discomfort or pain

### MODIFICATION

Sit straight up in your chair (instead of leaning back) and lift only your legs off the floor



# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## DISCOVER

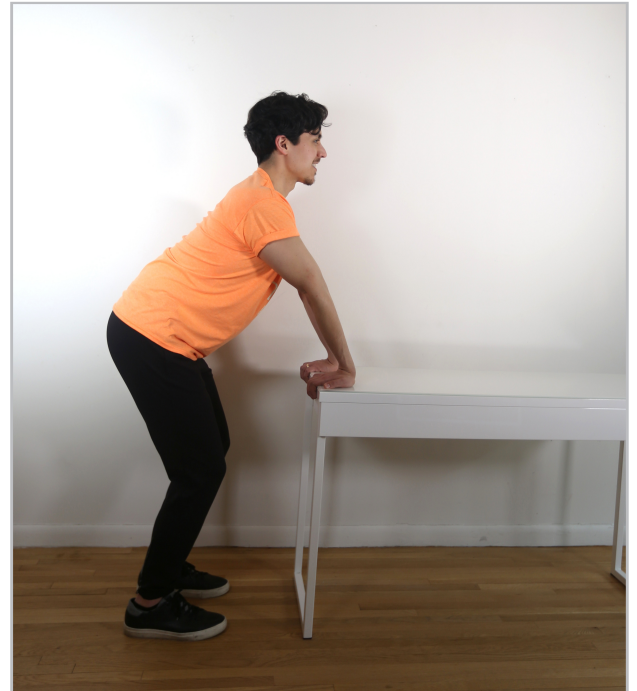
**DEFINITION:** To find something unexpectedly in the course of a search

**EXERCISE** Desk Stretches (Wrists and Calves)

**TARGET** Joint Mobility/Circulation

### WRIST STEPS

1. Stand in NaliniKIDS posture a foot or two away from a desk
2. Reverse your hands and place your palms on top of the desk, with your fingertips spread and pointed toward your body
3. Keep your arms straight
4. Keep your feet hips width apart and parallel
5. Bend your knees and drop your hips down, slowly stretching the back of your wrists to a desired comfort level (make sure your arms stay straight)
6. Repeat with the backs of your hands pressing down onto the desk, slowly stretching the front of your wrists to a desired comfort level (make sure your arms stay straight)



### CALF STEPS

1. Stand in NaliniKIDS posture a foot or two away from a desk
2. Flex your right foot and press your toes against the desk, keeping your heel on the floor
3. Lean your upper body forward slightly, keeping your back flat and your chest open
4. Keep your right leg straight and your hips square, as you bend your left knee and turn your left hip in
5. Repeat (left side)

### SEQUENCE

- 10 second hold (back wrists)
- 10 second hold (front wrists)
- 10 second hold (right calf)
- 10 second hold (left calf)

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## EMPATHY

**DEFINITION:** The ability to understand and share the feelings of another

**EXERCISE** Standing March

**TARGET** Total Body/Warm-Up

### STEPS

1. Stand in NaliniKIDS posture
2. Raise your right knee up toward your chest and then lower your leg back down
3. Repeat on your left side
4. Continue marching, and then add your arms to the movement
5. Reach your arms up toward the ceiling, then pull your elbows down toward your lifted knee, twisting your upper body slightly (don't twist your lower body!)
6. Keep your lower body marching as your upper body switches from side to side (coordination is key in this exercise!)



### SEQUENCE

- 10 second march (approx. 10 marches)
- 10 second march (add arms)

### COMMON PHYSICAL ISSUES

Incorrect posture  
Lack of coordination

### MODIFICATION

March in place only and don't lift your arms with your legs

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## ENERGY

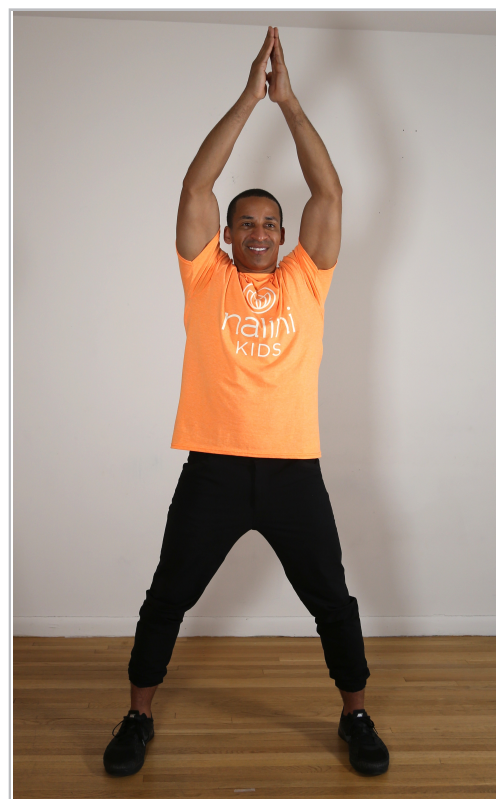
**DEFINITION:** The capacity for vigorous activity; available power

**EXERCISE** Jumping Jacks

**TARGET** Total Body/Cardio Burst

### STEPS

1. Stand in NaliniKIDS posture
2. Jump your legs out and separate your feet wider than your hips, as you extend your arms and clap your hands above your head
3. Jump back into the original position with your feet together and your hands by your sides



### SEQUENCE

- 20 jumping jacks

### COMMON PHYSICAL ISSUES

Knee discomfort or pain

### MODIFICATION

March in place, swinging your arms

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## FEARLESS

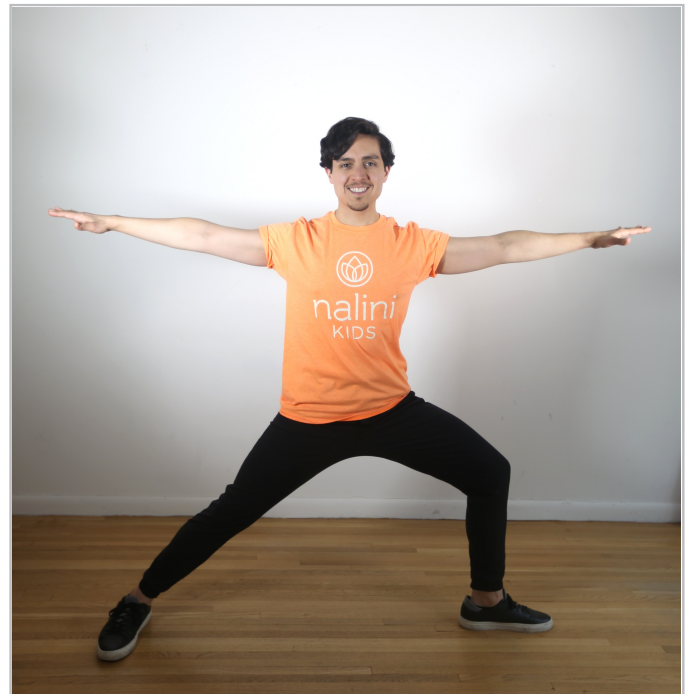
**DEFINITION:** Lacking fear or concern

**EXERCISE** Warrior Holds

**TARGET** Thighs/Hips/Balance

### STEPS

1. Stand in NaliniKIDS posture
2. Step your feet out into a wide second position (feet wider than your hips)
3. Turn your right foot out 90 degrees, keeping your left foot as is (left toes pointing forward)
4. Bend your right knee to be in line with your right heel
5. Square off your hips (pull your left hip back)
6. Raise your arms up into a T-shape across from your shoulders and reach strongly through your fingertips
7. Realign your posture, making sure your shoulders are in line with your hips as you continue to reach your arms away from one another; head is in line with the spine
8. Repeat (left side)



### COMMON PHYSICAL ISSUES

Knee discomfort or pain

### SEQUENCE

- 20 second hold (right side)
- 20 second hold (left side)

### MODIFICATION

Adjust your back foot to make the angle of your knee more comfortable

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## FOCUS

**DEFINITION:** To direct one's attention or efforts

**EXERCISE** Standing Thigh Stretch

**TARGET** Thighs/Balance

### STEPS

1. Stand in NaliniKIDS posture
2. Place your right hand on a chair or desk for stabilization
3. Balancing on your right foot (keep the right knee slightly bent), use your left hand to grab ahold of your left foot
4. Bend your left elbow and draw your left foot toward your left glute
5. Stand tall and don't look down, keeping the chest lifted
6. Pull your left knee down as you pull your left hip up, stretching your left thigh (imagine a rubber band in your thigh)
7. Hold and focus on your breath
8. Repeat (right side)





# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## FREEDOM

**DEFINITION:** The absence of or release from ties or obligations

**EXERCISE** Core Stretch

**TARGET** Shoulders/Upper Back/Core

### STEPS

1. Start in seated NaliniKIDS posture
2. Interlace your fingers, turn your palms out, and extend your arms up toward the ceiling
3. Reach up tall as you tilt your body to the right side, imagining a rubber band in your left ribs
4. Hold and focus on your breath
5. Return to center, arms still extended up to the ceiling
6. Switch sides, tilting toward the left and feeling the stretch on your right side
7. Come back to center and tilt back, arching your back





# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## FRUSTRATED

**DEFINITION:** Feeling or expressing distress and annoyance

**EXERCISE** Squat Boxing

**TARGET** Total Body/Cardio Warm-Up

### STEPS

1. Stand in NaliniKIDS posture
2. Separate your feet wider than your hips
3. Bend your knees and drop your hips down into a low squat
4. Bend your elbows; bring your arms in front of your torso and make fists with your hands (boxing stance)
5. Alternating sides, upper cut right and left, coming back to center each time
6. Stay in a low squat as you continue moving just the upper body, keeping your abs in



### SEQUENCE

- 10 reps (heels down)
- 10 reps (heels up)
- 5 second hold (heels up)

**NOTE:** Right + left = one rep

### COMMON PHYSICAL ISSUES

Knee/ankle discomfort or pain

### MODIFICATION

Keep your heels down for all reps and decrease the bend in your knees

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## GRATEFUL

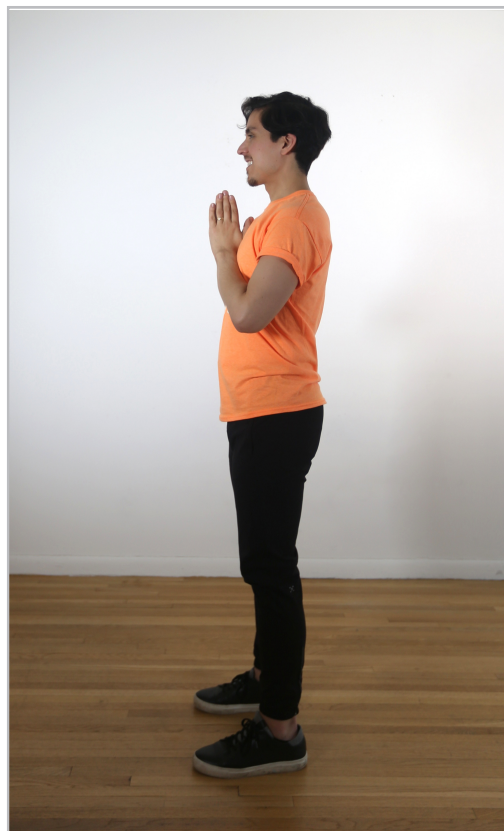
**DEFINITION:** Feeling or showing an appreciation of kindness; thankful

**EXERCISE** Sun Salutation

**TARGET** Total Body/Warm-Up

### STEPS

1. Stand in NaliniKIDS posture
2. Keep your feet hips width apart and parallel
3. Inhale as you turn your palms up and fly your arms in a big circle above your head
4. Exhale as you turn your palms down and float your upper body down toward your legs (try to touch your toes)
5. Inhale as you raise your upper body up halfway to a flat back
6. Exhale to stand up straight again



### SEQUENCE

- 3 reps

**NOTE:** Entire series (steps 1-6) = one rep

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## GRIT

**DEFINITION:** Courage and resolve; strength of character

**EXERCISE** Lunges

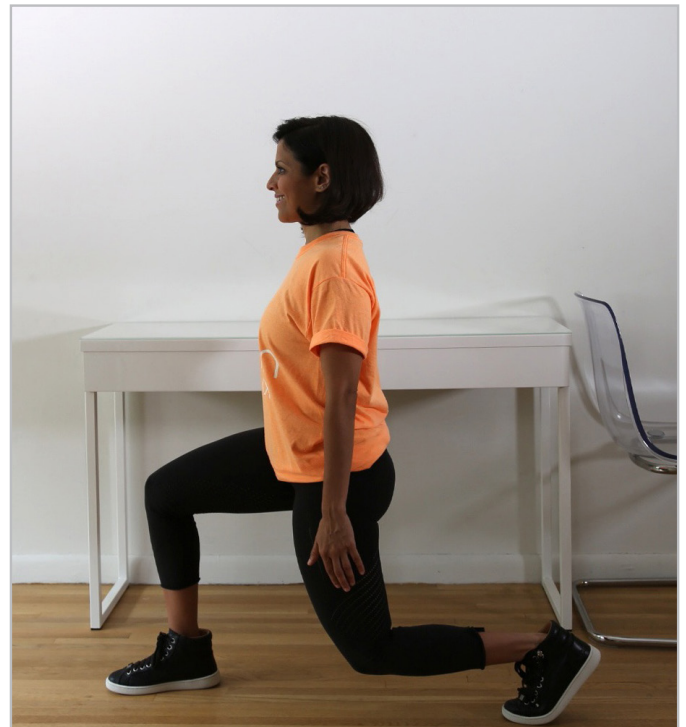
**TARGET** Thighs/Hips

### STEPS

1. Stand in NaliniKIDS posture
2. Step your right foot out about 3 feet in front of you
3. Keep your right foot flat on the floor as you raise your left heel all the way up
4. Keep your hips square and your arms straight down by your sides
5. Bend your knees and drop your hips and thighs down into a deep lunge
6. Keep your right knee in line with your right heel, and your right thigh parallel to the floor
7. Keep your left knee under your left hip, and your left heel up high
8. Lean your upper body back to maintain your posture — shoulders back and down, chest open, abs in
9. Lower your hips down and up (keep your feet steady!)
10. Complete the sequence and repeat on the left side

### SEQUENCE

- 10 double count
- 10 single count
- 10 pulses
- 10 second hold
- Repeat (left side)



### COMMON PHYSICAL ISSUES

Knee/back discomfort or pain

### MODIFICATION

Keep your back foot flat and decrease the bend in your front knee

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## HAPPY

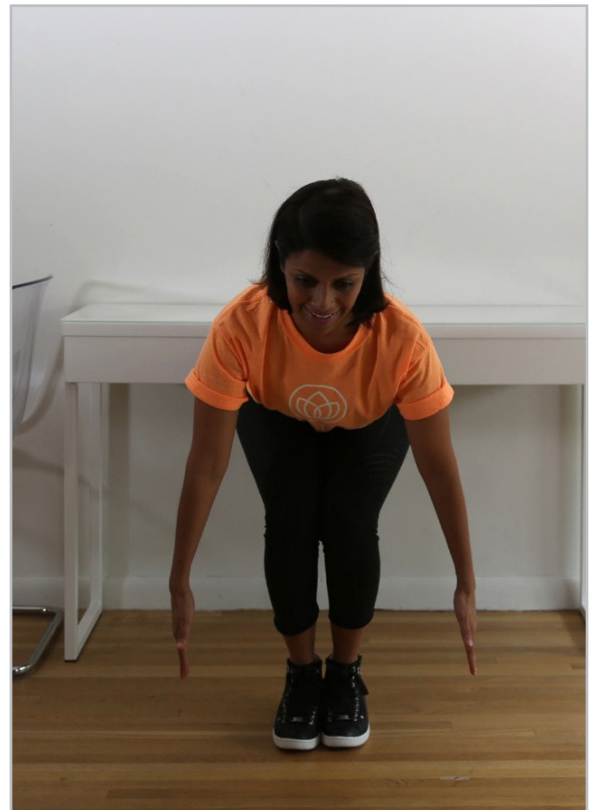
**DEFINITION:** Feeling or showing pleasure or contentment

**EXERCISE** Clap Squats

**TARGET** Total Body/Cardio Burst

### STEPS

1. Stand in NaliniKIDS posture
2. Separate your feet wider than your hips and drop into a squat
3. Extend your arms between your legs toward the floor, and bring your palms together (make sure your shoulders are back and down)
4. Keep your hips low as you jump your feet and thighs together and bring your hands apart (now your arms are wider than your hips)
5. Keep your hips low as you jump back into the original starting position (legs apart, arms between your legs)
6. Repeat steps 4 and 5



### SEQUENCE

- 10 reps
- Hold/realign posture
- 10 reps
- 5 second hold (legs together, hands apart)

**NOTE:** Legs together/apart = one rep

### COMMON PHYSICAL ISSUES

Knee discomfort or pain

### MODIFICATION

Move up and down in a low squat (skip the jumping)

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## IMAGINE

**DEFINITION:** Form a mental image or concept of; to believe (something unreal or untrue) to exist

**EXERCISE** Drum Jog

**TARGET** Lower Body/Cardio Warm-Up

### STEPS

1. Stand in NaliniKIDS posture
2. Keep your feet hips width apart and parallel
3. Bend your knees and drop your hips down (don't allow the knees to go over the ankles)
4. Raise your heels off the floor and cross your arms over your chest
5. Jog in place really fast, springing your toes off the floor one foot at a time
6. Keep your hips low and continue to pick up your speed



### SEQUENCE

- 30 seconds of jogging in place

### COMMON PHYSICAL ISSUES

Knee discomfort or pain

### MODIFICATION

March in place, swinging your arms



# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## LOVE

**DEFINITION:** An intense feeling of deep affection

**EXERCISE** Heart Opener

**TARGET** Breath/Posture/Mindfulness

### STEPS

1. Stand in NaliniKIDS posture
2. Swing your arms behind your back, bend your elbows, and try to bring your palms firmly together
3. Lift your chest, keep your head up, and close your eyes
4. Focus on your breath, stillness, and reflection

### SEQUENCE

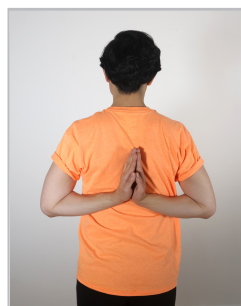
- Hold stretch for 3-5 breaths

### COMMON PHYSICAL ISSUES

Shallow breathing  
Improper posture  
Inflexibility

### MODIFICATION

If your hands don't touch, grab ahold of your opposite elbows instead





# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## PATIENCE

**DEFINITION:** The capacity to accept delay, trouble, or suffering without getting angry or upset

**EXERCISE** Hamstring Stretch

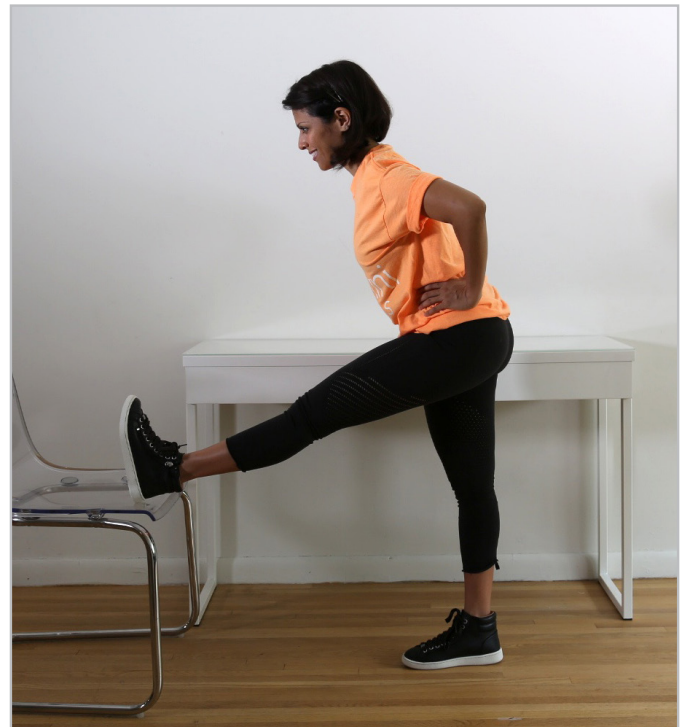
**TARGET** Hamstrings

### STEPS

1. Stand in NaliniKIDS posture
2. Lift your right leg up and place your right foot onto a chair, balancing on your left foot
3. Keep your left foot parallel (toes precisely in line with your heel) and pressed firmly into the floor
4. Flex your right foot and straighten your right leg
5. With a flat back, lean your upper body forward, reaching your chest toward your toes (keep the chest open)
6. Keep your hips square, turning your left hip in
7. Keep your head in line with your spine and eyes focused forward
8. Hold and focus on your breath
9. Repeat (left side)

### SEQUENCE

- 30 second hold (right side)
- 30 second hold (left side)



### COMMON PHYSICAL ISSUES

Limited range of motion  
Tight hamstrings

### MODIFICATION

Put a slight bend in the knee of your working leg  
Keep your back completely flat as you lean forward (it doesn't matter how low you go, as long as you feel the stretch in your hamstring!)

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## PEACE

**DEFINITION:** Freedom of the mind; tranquility; serenity

**EXERCISE** Seated Relaxation

**TARGET** Breath/Posture/Mindfulness

### STEPS

1. Start in seated NaliniKIDS posture
2. Keep your feet hips width apart and sit up tall (shoulders back, chest up)
3. Rest your hands on your thighs
4. Close your eyes
5. Reflect on the presence of the room and/or your state of mind in gearing up for or completing a workout
6. Focus on your breath, stillness, and reflection

**NOTE:** Teachers are free to engage in a few minutes of silent or guided relaxation

**A few questions for students to answer silently in their heads could be:**

- Reflecting on the work you did or are about to do today, do you feel accomplished/ready?
- Do you feel aware of your body?
- Can you hear your breath? The sounds of other students breathing in the room?
- What sounds do you hear?
- Do you feel confident in your alignment?
- Can you quiet your mind chatter and be present?



# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## PERSEVERANCE

**DEFINITION:** Doing something despite difficulty or delay in achieving

**EXERCISE** Wall Squat

**TARGET** Thighs

### STEPS

1. Stand in NaliniKIDS posture against a wall
2. Walk your feet forward a foot or two as you lower your body down against the wall (like you're sitting into a chair)
3. Track your knees in line with your ankles (if you need to adjust your feet)
4. Make sure your thighs are parallel to the floor
5. Push your feet into the floor and your back into the wall
6. Keep your thighs and feet together, and cross your arms over your chest
7. Pull your abs in and squeeze your thighs as you hold this position (don't forget to breathe!)



### SEQUENCE

- 1 minute hold

### COMMON PHYSICAL ISSUES

Knee discomfort or pain  
Lack of space

### MODIFICATION

If there are no walls available, lower down into a chair pose and maintain proper posture (see ANGRY exercise)

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## POWER

**DEFINITION:** Great or marked ability to do or act; strength; might; force

**EXERCISE** Jump Squats

**TARGET** Total Body/Cardio Burst

### STEPS

1. Stand in NaliniKIDS posture
2. Step your feet out into a wide second position (feet wider than your hips)
3. Bend your knees and drop your hips into a squat (don't allow the knees to go over the ankles)
4. Place your palms together in front of your chest
5. Jump high off the ground, as you spring your toes off the floor and extend your arms up toward the ceiling
6. Land in the original wide low squat position, with your palms together in front of your chest



### SEQUENCE

- 20 jumps
- 10 second hold

### COMMON PHYSICAL ISSUES

Knee discomfort or pain

### MODIFICATION

Do 20 deep pliés/squats (skip the jumping)

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## PRESENCE

**DEFINITION:** The ability to be in the moment

**EXERCISE** Standing Posture

**TARGET** Breath/Posture/Mindfulness

### STEPS

1. Stand in NaliniKIDS posture
2. Close your eyes
3. Inhale through your nose and exhale through your mouth, allowing your chest to rise on the inhale and sink on the exhale
4. Reflect on the presence of the room and/or your state of mind in gearing up for or completing a workout
5. Focus on your breath, stillness, and reflection

**NOTE:** Teachers are free to engage in a few minutes of silent or guided relaxation

**A few questions for students to answer silently in their heads could be:**

- Reflecting on the work you did or are about to do today, do you feel accomplished/ready?
- Do you feel aware of your body?
- Can you hear your breath? The sounds of other students breathing in the room?
- What sounds do you hear?
- Do you feel confident in your alignment?
- Can you quiet your mind chatter and be present?





# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## PROUD

**DEFINITION:** Having or showing self-respect or self-esteem

**EXERCISE** Shoulder Stretch

**TARGET** Shoulders

### STEPS

1. Stand in NaliniKIDS posture
2. Stretch your right arm straight across your chest, reaching to the left
3. Hug your right arm in by placing your left arm perpendicular at your right wrist
4. Keep your right arm straight
5. Puff your chest out and forward (think of a penguin or puffin bird here)
6. Relax your shoulders, keeping them back and down, away from your ears
7. Twist your chest toward your right shoulder blade (imagine a rubber band in your right arm) as you continue to pull your right arm in
8. Hold and focus on your breath
9. Repeat (left side)



# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## RELEASE

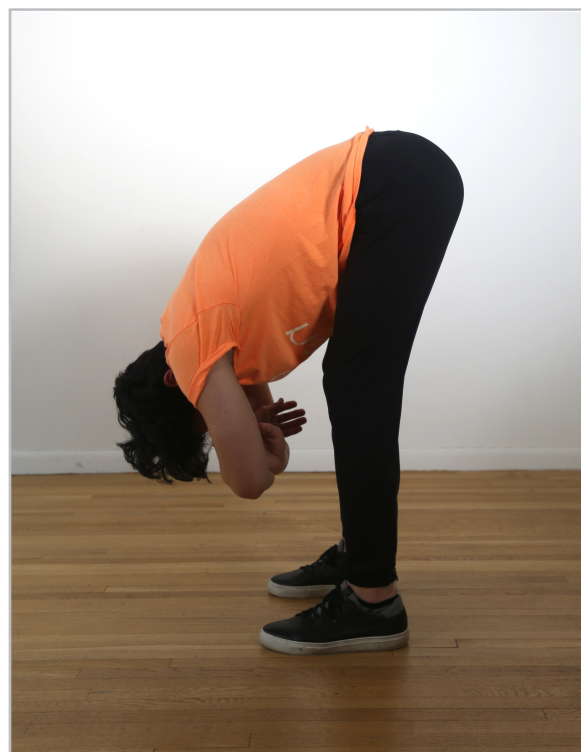
**DEFINITION:** Feeling of letting go from confinement, obligation, pain, or emotional strain

**EXERCISE** Rag Doll Stretch

**TARGET** Hamstrings/Lower Back

### STEPS

1. Stand in NaliniKIDS posture
2. Keep your feet hips width apart and parallel
3. Fold your upper body over at your hips, reaching toward the floor with your arms, keeping your head down
4. Shift your weight forward into the balls of your feet
5. Push your hips up toward the ceiling as you reach your arms down to the floor (imagine a rubber band in each of your hamstrings)
6. Grab ahold of your opposite elbows and let your head hang free (let go of any neck tension!)
7. Hold and focus on your breath, stretching a little deeper each time you exhale



# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## RESILIENCE

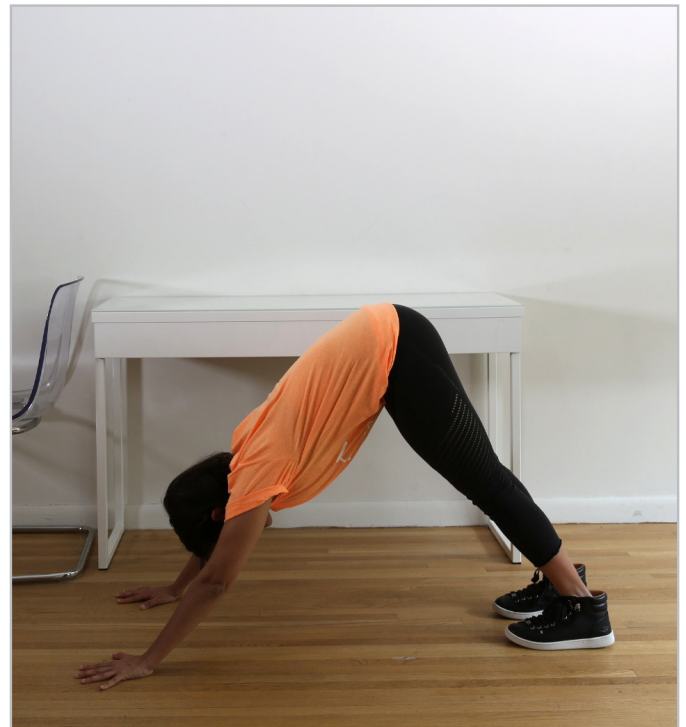
**DEFINITION:** The capacity to recover quickly from difficulties; toughness

**EXERCISE** Push Up/Down Dog Series

**TARGET** Total Body/Chest/Arms/Core

### STEPS

1. Start in plank position, with your arms a little wider than your shoulders
2. Keep your feet and thighs together, and your legs straight
3. Tip your heels forward, keeping your back flat
4. Tuck your hips under and pull your abs in
5. Keep your fingers spread apart, your head in line with your spine, and your eyes focused forward
6. Keeping your chest open and shoulders down, bend your elbows down/up as you lower your body down/up
7. Push back into a down dog, shifting your weight back and raising your hips up high



### SEQUENCE

- 3 reps
- On the final rep, roll up one vertebrae at a time to standing

**NOTE:** 10 push ups + 1 down dog = one rep

### COMMON PHYSICAL ISSUES

Back discomfort or pain  
Lack of upper body strength  
(inability to do a full push up)

### MODIFICATION

Reduce the range of your push up  
(even bending half an inch counts!)

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## RESPECT

**DEFINITION:** A feeling of deep admiration for someone or something

**EXERCISE** Standing Leg Lifts

**TARGET** Thighs/Balance

### STEPS

1. Stand in NaliniKIDS posture
2. Rest your hands behind you on a desk or chair
3. Place your heels together and toes apart, making a small v-position with your feet
4. Bend your knees slightly
5. Step your right foot out in front of you
6. Keeping your leg straight, flex your right foot, pointing your toes up to the ceiling
7. Engage your abs and lift your chest up
8. Lift your right leg up and down, trying to get your right knee across from your right hip
9. Complete the sequence and then repeat (left leg)



### SEQUENCE

- 10 single count
- 10 pulses
- 5 second hold
- Repeat (left side)

### COMMON PHYSICAL ISSUES

Tight hip flexors

### MODIFICATION

Turn your leg out and/or don't lift your leg as high

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## SAFE

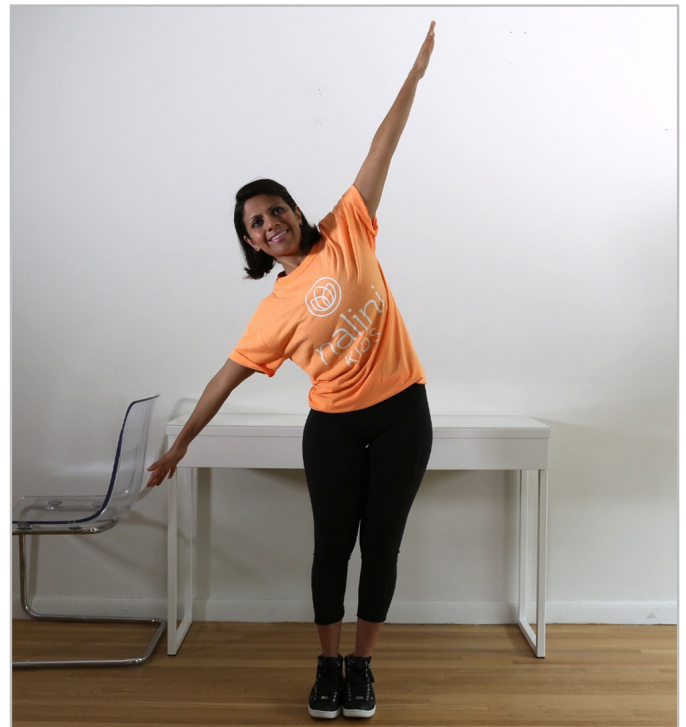
**DEFINITION:** Protected from or not exposed to danger or risk

**EXERCISE** Tilted Obliques

**TARGET** Core/Obliques

### STEPS

1. Stand in NaliniKIDS posture
2. Bring your feet and thighs together
3. Raise your arms straight out to the sides, forming a T-shape with your body
4. Turn your palms to face forward
5. Using your obliques, tilt your upper body to the right and then return back to center
6. Using your obliques, tilt your upper body to the left and then return back to center
7. Keep your back flat and straight as you tilt side to side (like you're tracing something against a wall), opening the chest



### SEQUENCE

- 10 reps
- 5 second hold in the center

**NOTE:** Right/left = one rep

### COMMON PHYSICAL ISSUES

Back fatigue  
Improper posture

### MODIFICATION

Tuck your tailbone down slightly to better engage your core



# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## SOLUTION

**DEFINITION:** A means of solving a problem or dealing with a difficult situation

### EXERCISE Neck Stretch Series

**TARGET** Neck

#### NECK (FORWARD) STEPS

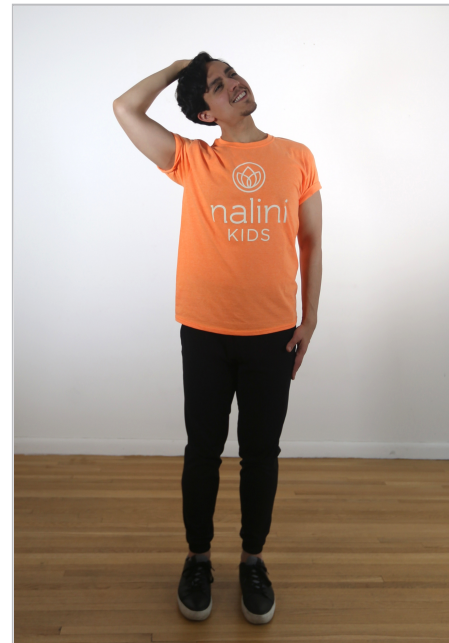
1. Stand in NaliniKIDS posture
2. Interlace your fingers and bring your hands behind your head
3. Close your elbows in toward your face
4. Stand up tall — lengthen your spine and puff your chest forward
5. Drop only your head down toward your chest (back stays straight; just your head angles forward)
6. Keeping your elbows steady, gently rock your head side to side (like you're tracing a necklace)
7. Focus on breath

#### NECK (SIDES) STEPS

1. Stand in NaliniKIDS posture
2. Gently rest your right hand on the top of your head
3. Draw your head toward your right shoulder
4. Stand up tall — lengthen your spine and puff your chest forward, stretching down through your left fingertips to feel the stretch on your left side
5. Turn your eye focus up toward the ceiling
6. Hold and focus on breath
7. Gently turn your chin down so you're looking toward the floor
8. Hold and focus on breath
9. Repeat (right side)

#### NECK (BACKWARD) STEPS

1. Stand in NaliniKIDS posture
2. Gently drop your head back, letting your chin rise up to the ceiling
3. Keep your shoulders back and down, arms by your sides
4. Hold and focus on breath



#### SEQUENCE

- Hold each stretch for 3-5 breaths

#### COMMON PHYSICAL ISSUES

Neck discomfort or pain

#### MODIFICATION

Don't add the weight of your hands to the stretch  
Complete the stretch within your personal range of motion

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## STRENGTH

**DEFINITION:** The quality or state of being strong; bodily or muscular power; vigor

**EXERCISE** Push Ups

**TARGET** Chest/Arms/Core

### STEPS

1. Start in a plank position, with your hands a little wider than your shoulders, gripping the sides of a chair
2. Keep your feet and thighs together, legs straight
3. Tip your heels forward, keeping your back flat
4. Tuck your hips under and pull your abs in
5. Keep your head in line with your spine and your eyes focused forward
6. Keeping your chest open and shoulders down, bend your elbows down/up as you lower your body down/up



### SEQUENCE

- 10 double count
- 10 single count
- Rest
- 10 single count
- 10 pulses
- 5 second hold

### COMMON PHYSICAL ISSUES

Wrist discomfort or pain  
Lack of upper body strength  
(inability to do a full push up)

### MODIFICATION

Reduce the range of your push up  
(even bending half an inch counts!)

If push ups are not possible, hold a stable plank position

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## SUCCESS

**DEFINITION:** The accomplishment of an aim or purpose

**EXERCISE** Standing Calf Raises

**TARGET** Calves

### STEPS

1. Stand in NaliniKIDS posture
2. Keep your feet hips width apart and parallel
3. Raise your arms out across from your shoulders in a T-shape, palms down
4. Raise your heels up and balance on the balls of your feet
5. Drop your heels back down to the floor
6. Continue to raise your heels up and down, standing tall



### SEQUENCE

- 20 single count (feet parallel)
- 20 single count (feet turned out/v-position)
- 20 single count (feet turned in/pigeon-toed)

### COMMON PHYSICAL ISSUES

Back discomfort or pain  
Imbalance

### MODIFICATION

Do not raise your arms (keep them at your sides)

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## THINK

**DEFINITION:** To use one's mind actively to form connected ideas

**EXERCISE** Stretch Series

**TARGET** Total Body Stretch/Warm Up

### HEAD STEPS

1. Stand in NaliniKIDS posture
2. Roll your head in circles clockwise
3. Stand tall
4. Roll your head in circles counterclockwise

### SHOULDER STEPS

1. Stand in NaliniKIDS posture
2. Roll your shoulders forward in circles (motion of up/forward/down)
3. Stand tall
4. Roll your shoulders backward in circles (motion of up/back/down)

### HIP STEPS

1. Stand in NaliniKIDS posture
2. Step your feet out slightly wider than your hips
3. Place your hands on your hips
4. Circle your hips out and around clockwise
5. Circle your hips out and around counterclockwise



### ANKLE STEPS

1. Stand in NaliniKIDS posture
2. Shift your weight into your left leg and raise your right foot slightly off the floor
3. Roll your right ankle in circles clockwise
4. Stand tall
5. Roll your right ankle in circles counterclockwise
6. Repeat (left side)

### SEQUENCE

- Roll target area 3 times clockwise
- Roll target area 3 times counterclockwise

**NOTE:** 4 target areas total

# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## WORK

**DEFINITION:** Exertion or effort directed to produce or accomplish something

**EXERCISE** Abdominal Routine

**TARGET** Core

### STEPS

1. Start in seated NaliniKIDS posture, facing sideways at the edge of a chair
2. Place your hands underneath your shoulders at either end of the seat of the chair
3. Turn your palms out and hold the edges of the chair with your fingertips
4. Lean your upper body back into your hands; using your abs, lift your legs up from the floor
5. Balance on your glutes, keeping your thighs and feet together and your abs activated, knees slightly bent
6. Keep your abs pulled in tightly and your shoulders back and down
7. Lean your upper body back and extend your legs out and forward; then lean your upper body forward and crunch your legs into your chest, using the abs to pull them in (think of opening and closing your body like a book)
8. On the OPEN: elbows bend and your legs straighten
9. On the CLOSE: arms lengthen and your knees bend

### COMMON PHYSICAL ISSUES

Set-up is incorrect (confusion about the opening and closing motion)  
Engaging hips instead of abs



### SEQUENCE

- 10 single count
- 10 pulses
- 10 single count
- Rest
- 10 single count
- 10 pulses
- 10 single count
- 5 second hold

### MODIFICATION

Stay in a smaller, more comfortable range  
Place your feet on the floor and using your abs, lower and lift just your upper body



# PHYSICAL EXERCISE GUIDE - ONE WORD WORKOUT

## WORRY

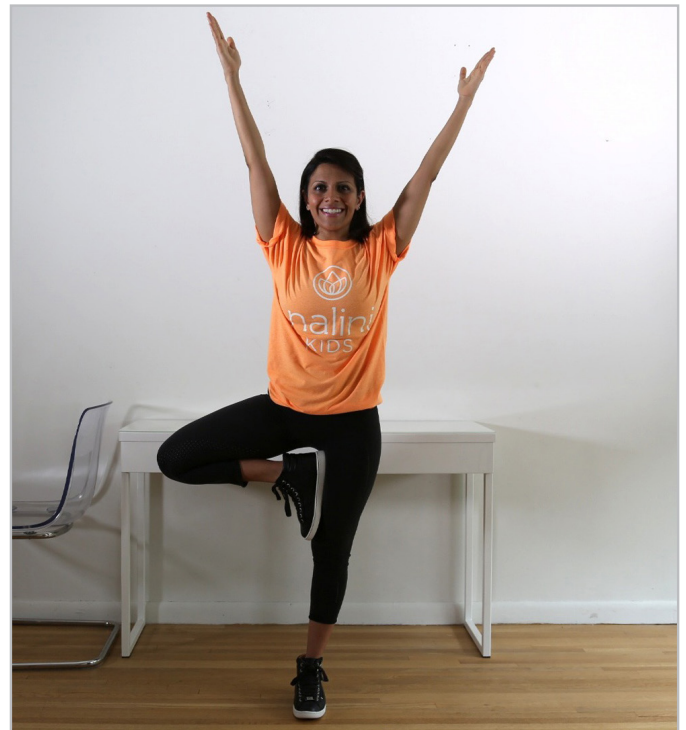
**DEFINITION:** A state of anxiety and uncertainty over actual or potential problems

**EXERCISE** Tree Pose

**TARGET** Balance/Core/Alignment

### STEPS

1. Stand in NaliniKIDS posture
2. Bring your feet and thighs together
3. Turn your right foot out, raise your heel, and rest your foot against your left ankle
4. Guide your right foot up toward your inner thigh, using your hand for support
5. Find a comfortable yet challenging place to rest your foot on your thigh
6. Press your foot into your thigh and your thigh into your foot to maintain your balance
7. Stand tall and don't look down
8. Reach your hands straight up toward the ceiling, palms in
9. Hold and focus on your breath
10. Repeat (left side)



### SEQUENCE

- 20 second hold (right side)
- 20 second hold (left side)

### COMMON PHYSICAL ISSUES

Limited range of motion and/or flexibility  
Imbalance

### MODIFICATION

Choose from one of three levels of difficulty, resting your foot: low (ankle), medium (calf), or high (inner thigh) on your opposite leg