

# Teaching the NaliniKIDS Physical Workout

The goal of the physical workouts is for students to physically connect to words and concepts. This will teach them to recognize the mind-body connection. Many of the exercises will be challenging for students, so be sure to encourage progress. Remind students that it's okay to take a break, just make a quick comeback! **For each exercise, students should focus on:**

**Posture + Breath + ONE WORD**

## Posture



NaliniTEACHERS should teach students proper form and execution for each exercise, as well as model and modify exercises as needed. The NaliniKIDS posture, which applies to all the exercises, is key! Study the image and explanation of NaliniKIDS posture shown here:

- 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.

Explain NaliniKIDS posture to students and demonstrate it physically with your own body. You may ask students to demonstrate both sitting and standing versions of NaliniKIDS posture. It may also be helpful to have students line up with their backs, heads, and shoulders against a wall or the back of their chair

**Note:** In addition to NaliniKIDS posture, specific exercises may require additional awareness to ensure proper form. This will be called out in the workout videos. Students should work to improve their form and connection each time they complete the exercises. Once students start to feel comfortable with the exercises, they can take turns demonstrating and teaching proper form to their classmates.

# Breath

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Attention to breath is an important element to every ONE WORD exercise. Breathing 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. Encourage students to connect their breath when they stretch, directing the inhale to one body part involved in the stretch, and the exhale to the opposing body part in the stretch. Every stretch has an element of opposition—one body part is pulled up, while another is pulled down. For a helpful visual, students should think of the stretching muscle as a rubber band being pulled in two different directions.



# ONE WORD

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Each exercise has both a name and an accompanying definition. Students should learn and internalize these definitions, and practice emanating them as they complete the exercises to establish a strong physical and emotional fitness connection.

For a step-by-step guide to proper form, execution, and modifications for each exercise, refer to Appendix B.