Move2Learn SEAL Lessons:

Moving to Feel & Learn Your BEST!

MOVE 2LEARN

POWERED BY RUNNINGBROOKE

Lesson #3: Stretch it out!

Secondary Version

LET'S REVIEW!

Last time we practiced deep or intentional breathing!
What is deep or intentional breathing?

Turn & Talk:

What are the breathing techniques you learned?

Practice them with your partner!

Which one do you like best and why?

Spotlight on Vocabulary

Mindfulness

When we are focused on the present, we experience MINDFULNESS!

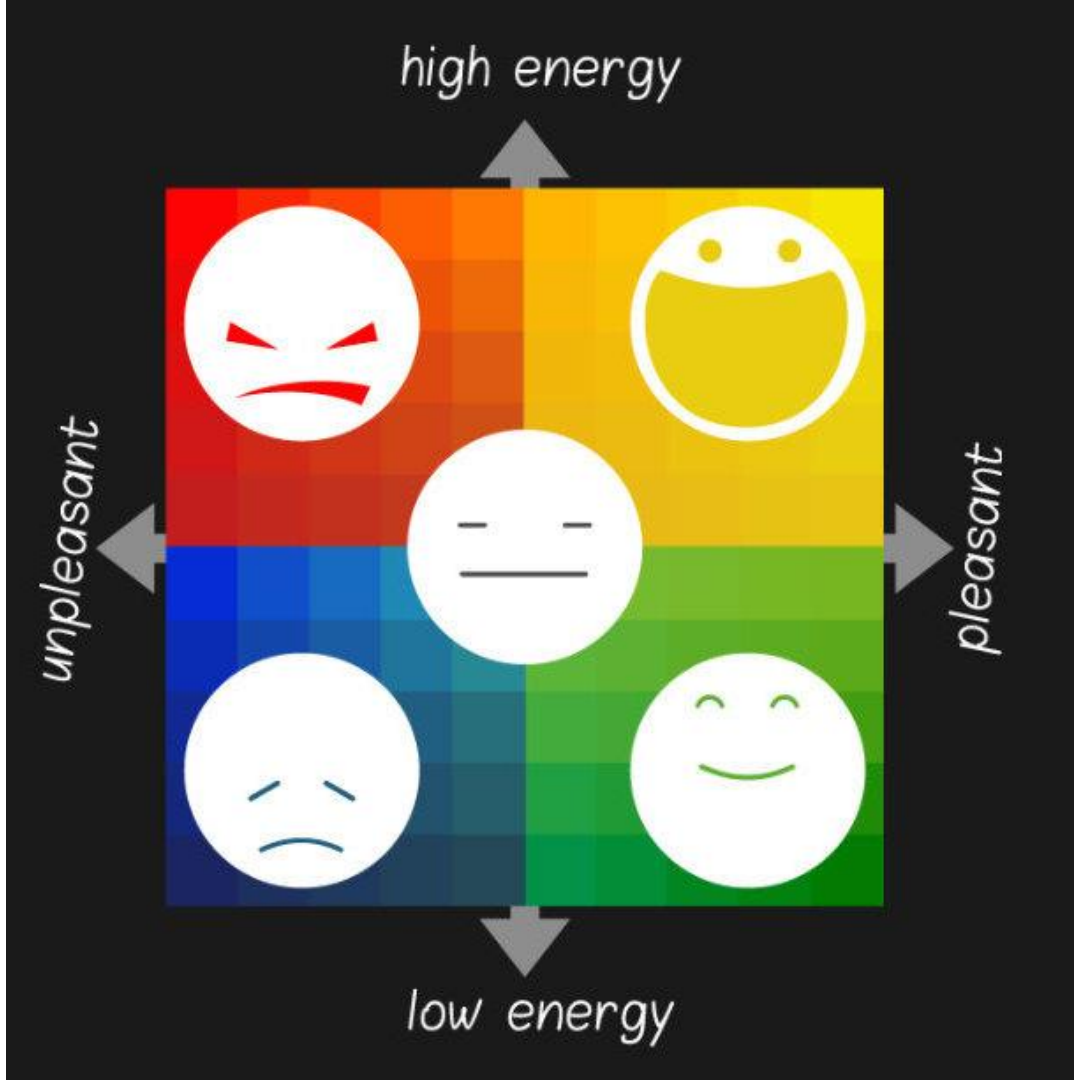
Dynamic Stretching is often used as a tool to help our bodies experience mindfulness.

Focus + dynamic stretching helps make us physically AND mentally strong!

How do you FEEL right now?

“I feel _____,
because_____.”

You don’t need to share.



What's Lebron James doing?

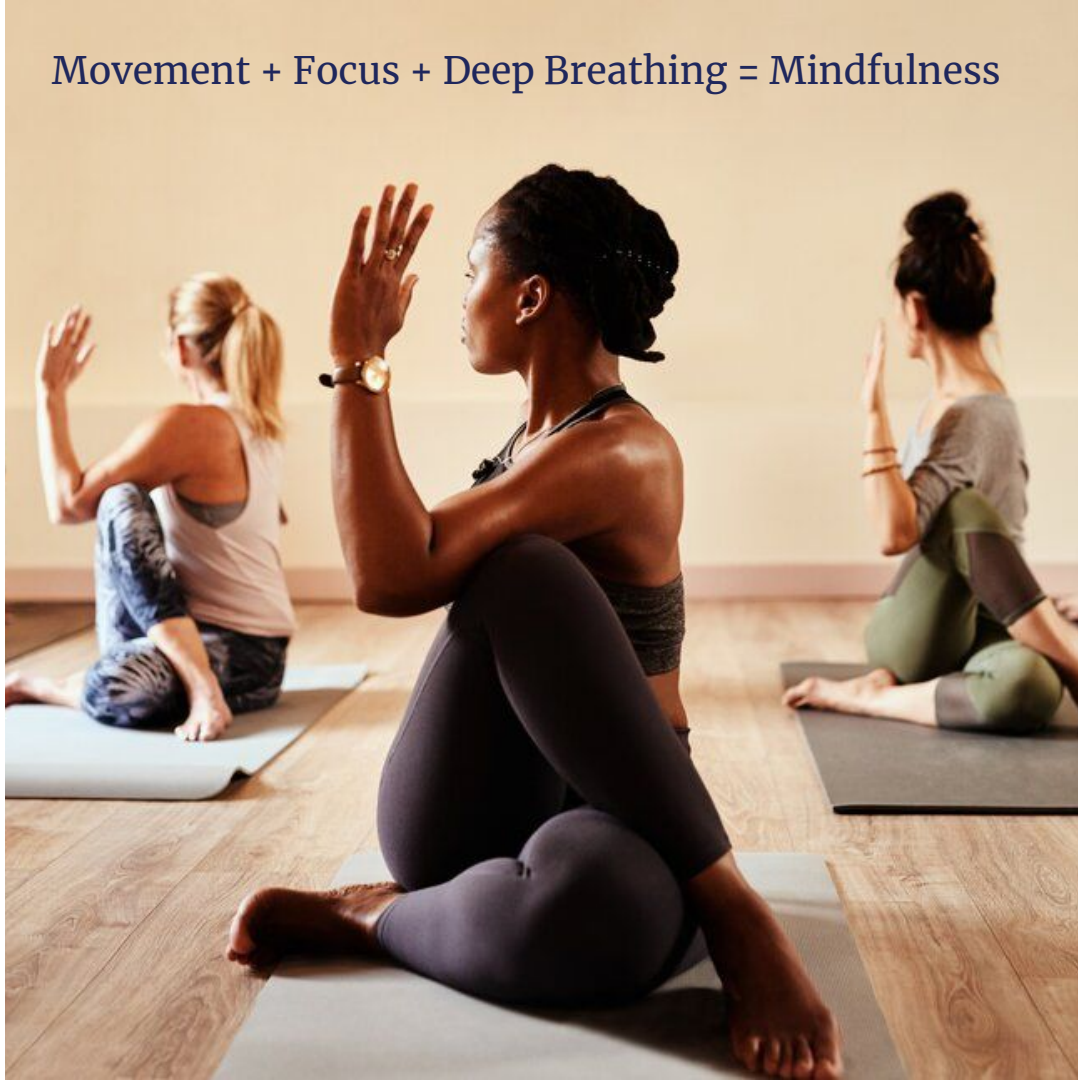
Why would he be choosing to do this?

How might this help him?

What is Dynamic Stretching?

Turn & Talk with a partner.

Dynamic stretching involves movement, meditation, and breathing techniques to promote mental and physical health.



What do you think are some benefits of Dynamic Stretching?

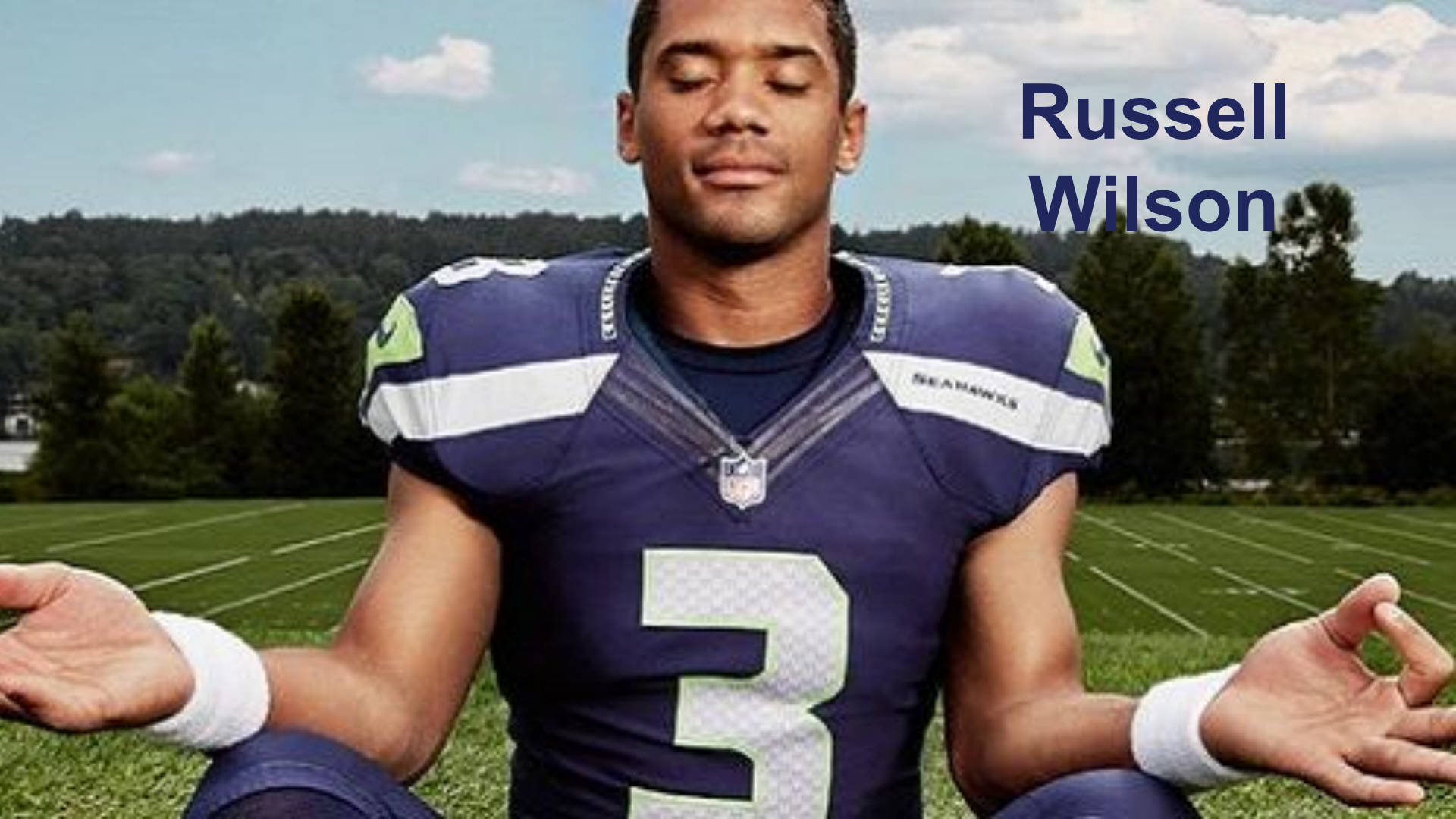
- Relaxation
- Stress & Anxiety Relief
- Better sleep
- Improved Mood
- Emotional Regulation
- Mindfulness

“Dynamic stretching is a great way to train for any sport. It improves **flexibility, agility, and strength.** And it's not just good for your body; it can also help your mental acuity, keeping you **sharp and focused**. It also helps to relieve stress, so that you can stay relaxed before a big game.”

- LeBron James


It’s not just
LeBron James…
It’s Hope Solo

Kevin Love


Russell
Wilson

Let's Try Some Stretching!

Let's Try Some Stretching!

#2
Triangle Pose

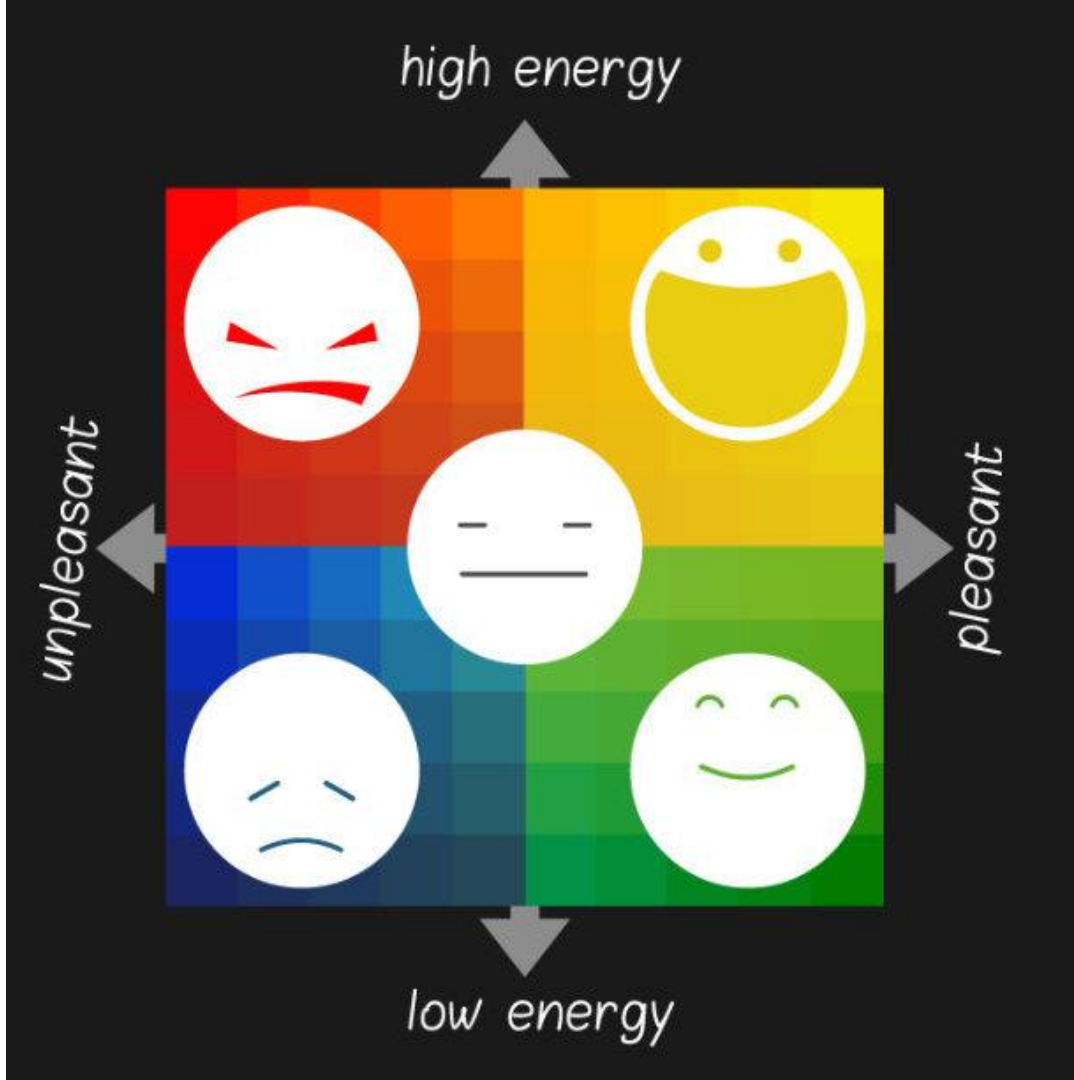
Let's Try Some Stretching!

#3
Warrior 2 Pose

How do you FEEL after moving your body?

"I feel _____ because _____."

You don't need to share.



Make a Connection!

Which dynamic stretch is your favorite? Why?

Practice a pose before we meet again tomorrow.

If you feel comfortable, you can share how stretching helps you feel better!

MOVE 2LEARN
POWERED BY RUNNINGBROOKE