

Move2Learn SEAL Lessons

Moving to Feel, Respond & Learn Your BEST!



Lesson #6: REVIEW: The Mind-Body Connection

Elementary Version

Q. *Why Move?*

A. It's SCIENCE!

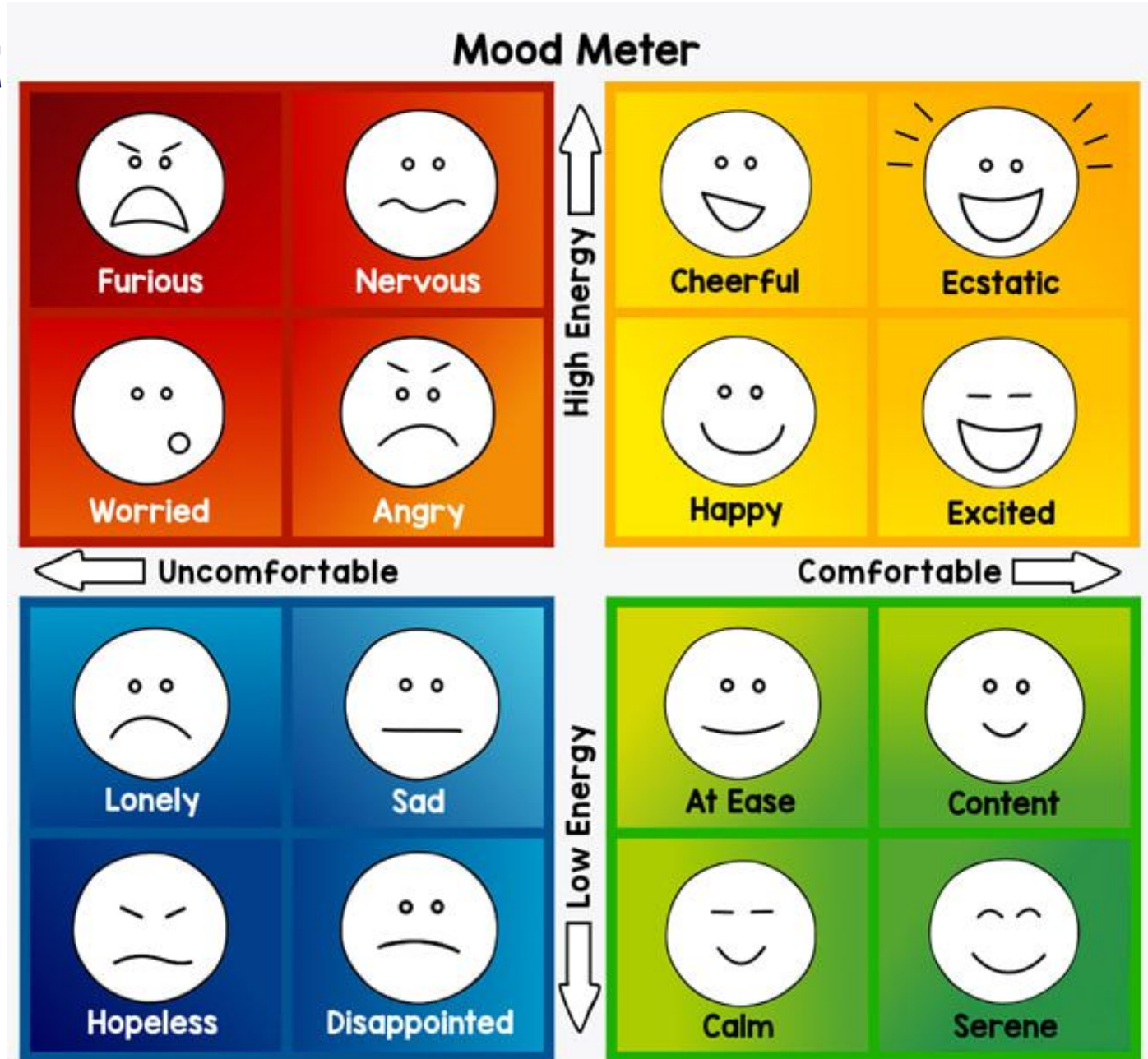


- 1. Promotes blood flow to the brain! Stimulates **NEUROGENESIS** - the growth of new brain cells!
- 2. Stirs up **HEALTHY CHEMICALS** to help us feel more happy, less stressed, more alert, and less angry!
- 3. Gives learners a “break” and a chance to **transfer information to long term memory**, creating room for more information!

How do you FEEL right now?

“I feel _____,
because _____.”

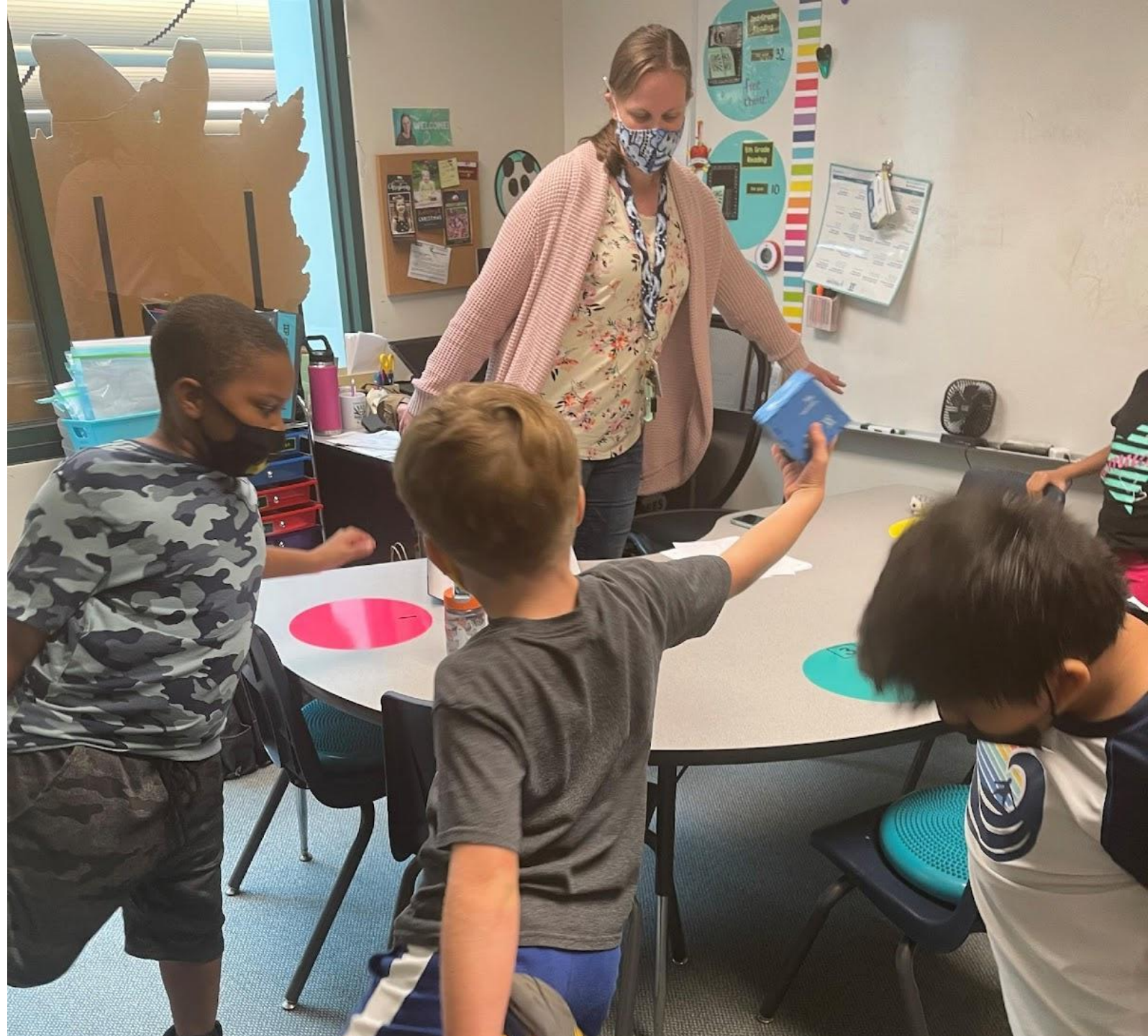
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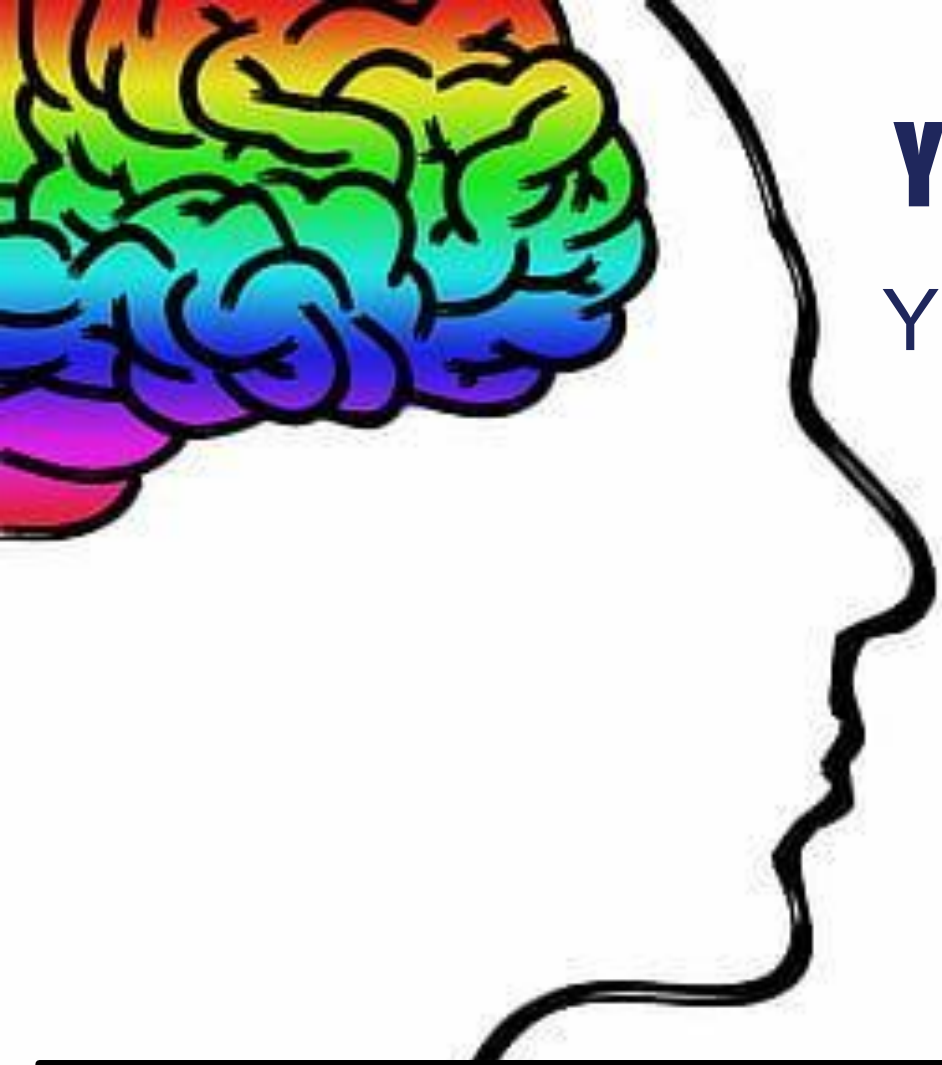


Movement builds more than muscles!

It can help you:

- Solve a problem!
- Come up with a creative idea!
- Make friends & build community in your classroom!
- Laugh & Have FUN!





Your Mind & Body Are Connected

You may feel worried or stressed.....

...and your body responds with
a headache or migraine.

Has this ever happened to YOU?
What made you feel worried or
stressed?





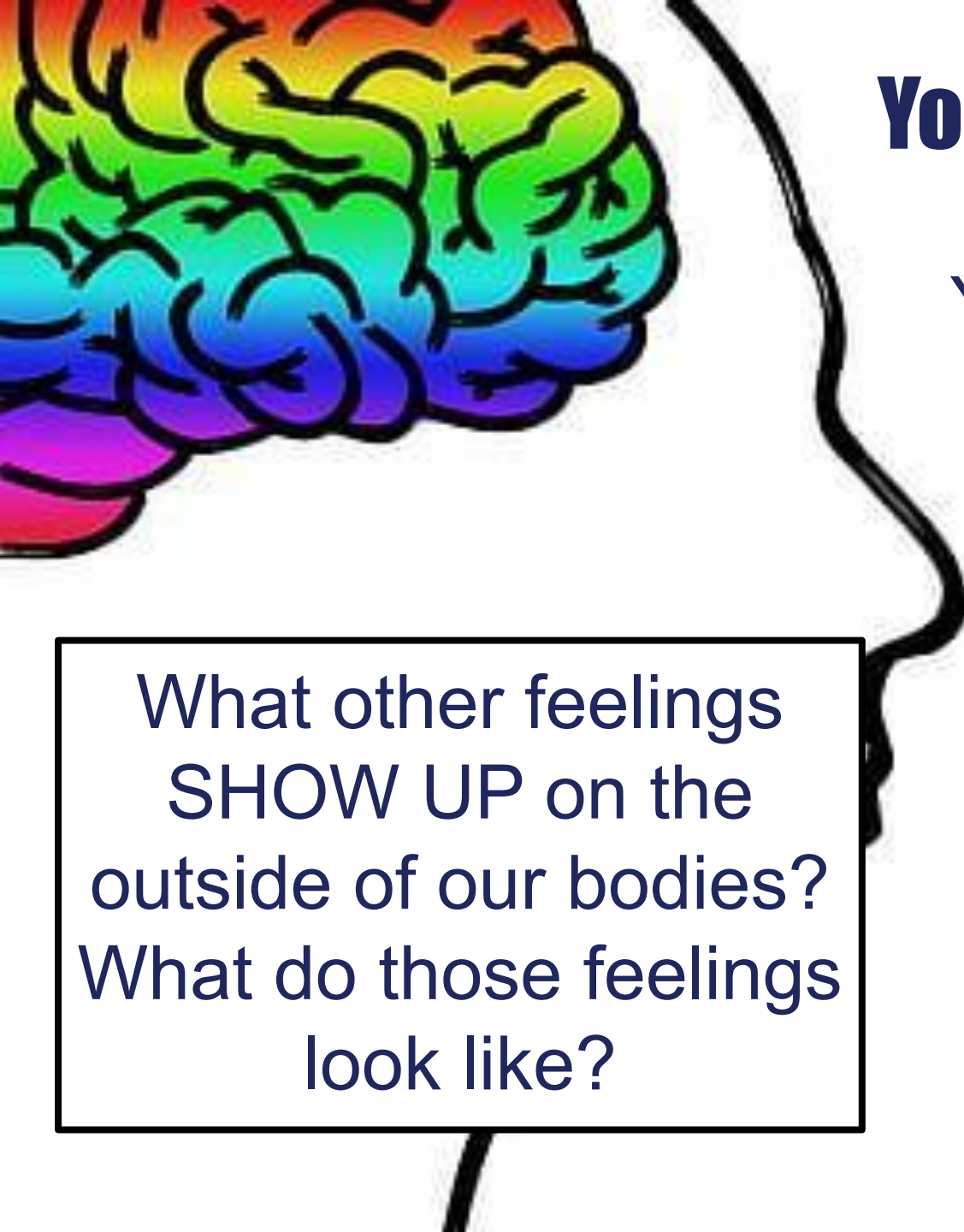
Your Mind & Body Are Connected

You may feel nervous...

...and your body responds with
“butterflies” or an upset stomach.

Has this ever happened to YOU?
What made you feel nervous?





Your Mind & Body Are Connected

You may feel _____...

...and your body responds by _____.

What other feelings
SHOW UP on the
outside of our bodies?
What do those feelings
look like?



Your Mind & Body Are Connected

Your body is not only affected by your mind...your mind is affected by your **BODY!**



No matter what you may be feeling...



... movement is a tool to help us feel better!

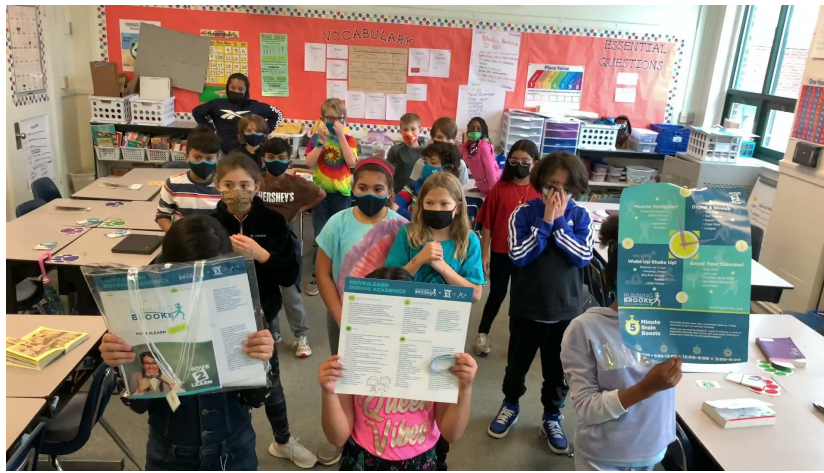
Moving our bodies for 20-minutes each day can make us feel less sad!



Let's Get
Moving!



Check out our Brain Boost Videos!



M2L's Reset & Return to Work AFFIRMATION

My brain is ready.

My mouth is quiet.

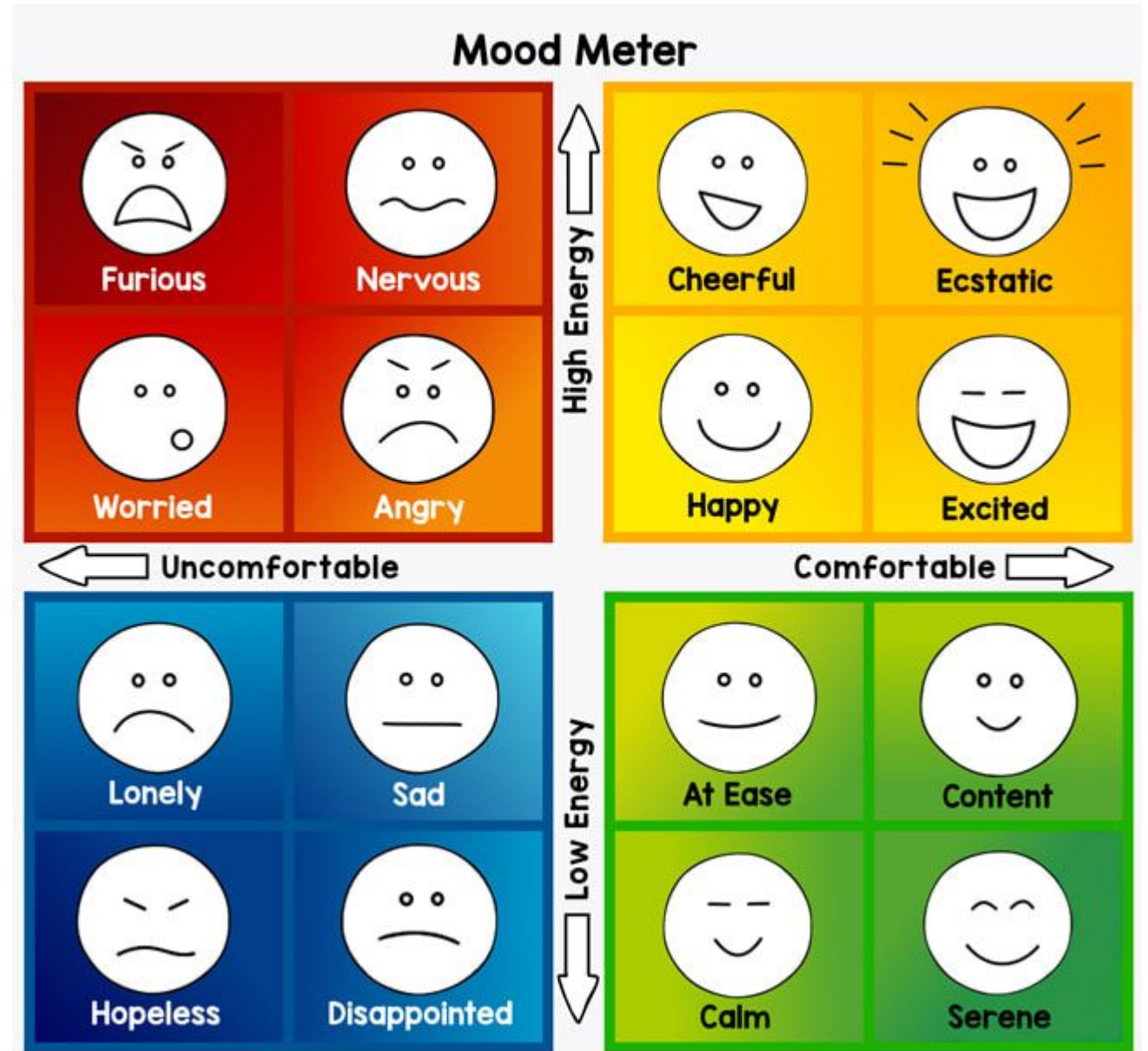
My body is calm.

I am ready to learn.

How do you FEEL after moving your body?

“I feel _____,
because _____.”

You don't need to share.



Make a Connection!

- Go on a Scavenger Hunt!
- Find the stationary bikes at your school!
- Does your teacher have any active seating like wobble stools or fidget bands?
- Who is your school's Movement Mentor?

