



**TODAY'S TOPIC:**  
**Thoughtful Movement**

You are welcome to use this lesson to inspire spiritual conversation in your family or youth classroom. It is written for elementary age but could be adjusted as needed.

**THINKING JOB:** Ask a “thinking job question” to get everyone thinking about something pertinent to the lesson. This could be asked moments or hours before your conversation.

***How are you taking care of your body today?***

**Lesson**

**Thoughtful Movement**

Materials	Things to Prepare	Today's Goal
<ul style="list-style-type: none"> <li>Yoga mindfulness challenge page</li> </ul>	<ul style="list-style-type: none"> <li>Space for movement</li> </ul>	To slow down and pay attention to our bodies.

**ASK:** What are some ways that you can take care of your body?

Some Ideas:

- Exercise: running/walking, sports, stretching, etc.
- Rest, sleeping
- Eating, fueling your body through food
- Drinking water
- Wearing weather-appropriate clothing
- Practicing good hygiene

**SHARE:** You sure do know all kinds of ways to care for your body! Today we are focusing on the idea of thoughtful movement. What does it mean to be thoughtful? To be thoughtful (or mindful!) with our movements, means to really think about what we are doing and how we are doing it.

**ASK:** Have you ever done anything that felt like mindful movement? What are a few examples of thoughtful movement we can think of?

Some Ideas:

- Martial arts

- Gymnastics
- Yoga

**SAY:** Let's talk a little more about yoga. Yoga is a practice of moving your body in a way that feels good to you. When we practice yoga we have to really listen to our bodies so we can be responsive to their needs. For example, I may notice when I reach my arms up that my shoulders are feeling really tight. That could be my body telling me I need to spend a little extra time stretching those muscles out and relaxing them so they can loosen up. After my yoga, I may also choose to take it easy on my shoulders because I know they are needing a little break. Practicing thoughtful movement each day, allows us to connect with our bodies so that we can be gentle with them.

**ACTIVITY:** Yoga Mindfulness Challenge

**SAY:** For our activity today, we have a challenge! We are going to try a yoga meditation, where we are really focused on the way we are moving our bodies and the way they feel. (Read the challenge page aloud)

**ASK:** Would you like to share anything about your experience, like how you felt or anything you noticed?

**SAY:** Go ahead and give yourself a big hug, because what you did today, slowing down and listening closely to your body, shows that you know how to take good care of you. Let's say our affirmation together:

**AFFIRMATION** – Add affirmation. repeat 4X

Note: Printable affirmations and coloring sheets for this lesson are available at <https://www.milehichurch.org/youth-family/> .