



Waving Like Seaweed

Discussion Guide

Students of all ages must sit for the majority of the school day. Standing up, moving our bodies mindfully, and breathing can help students refocus their energy and offset feeling bored or fidgety. This exercise invites students to imagine they're connected strongly to the ocean floor, yet with the simultaneous strength to bend with the ocean current. An adult or a student can lead this activity; feel free to get creative with the ocean scene you imagine!

- Stand with enough room to stretch out your arms without touching a classmate. Think about how strongly your feet are grounded to the ocean floor, like a flexible piece of seaweed. Close your eyes.
- At first, the current is very strong. Allow your body to move with the current, from your head to your lower legs. How does your body feel moving through a fast current? How does it feel to stretch and bend different parts of your body?
- Now the current is slowing down. As the water moves more softly, adjust the flow of your movements so they too are smaller and softer. How do you feel now? Can you stay focused on your experience, or are you tempted to look around at your classmates?
- Now the current is moving slowly and gently. Begin to slow down your movements even more. Notice how your breathing changes. Does your body feel different with these smaller movements? Do you miss the larger movements where you stretched more?
- Finally, the current stops. Bring your body and mind to a still, calm place. What do you notice now? (Saltzman, 2014).

Have students share their reflections about this activity - how do they feel afterward? Do they notice a difference?

