

Course Plan for Mindfulness Movement Class

Mission Statement: This program intends to be a catalyst for self-exploration through guided conversations, mindfulness exercises, and various movement tasks.

Objectives: Participants will learn principles that will help them identify, explore, and mitigate internal and external conflicts and limitations.

Benefits:

- Students will utilize strategies to develop self-awareness.
- Students will learn principles to mitigate conflict with others.
- Students will learn skills to practice resilience
- Students will learn to express themselves differently.
- Students will learn career and personal development skills
- Students will be physically active
- Students will practice listening and stillness

Movement Objectives:

- Cardio/ exercise
- Coordination- footwork, partner
- Understanding Rhythm/ musicality with movement
- Stretching and exploring movements with various parts of the body

Learning Topics:

- Courage
- Consistency
- Reciprocity
- Listening
- Judgment
- Self Love
- Curiosity
- Authenticity
- Gratitude

Module I Topics of Discussion and Exploration: Courage, Gratitude, and Consistency. Participants will answer questions and complete tasks with a partner and in groups through conversation and movement. Participants will then share and circulate verbal and physical information with the class. Every class will begin and end in conversation and include an aerobic warm-up, stretches, and breathing/meditation exercises.

Guiding Points:

How do we respond to fear and discomfort?

How do we practice gratitude and how does it affect our thoughts and actions?

Why is it important to be consistent? Where do we need to be more consistent?

“Courage is the most important virtue; you can’t practice any other virtue consistently without courage.” - Maya Angelou

Module II Topic of Discussion and Exploration: Self Love, Judgement, and the Power of Words. Participants will answer questions and complete tasks with a partner and in groups through conversation and movement. Participants will then share and circulate verbal and physical information with the class. Every class will begin and end in a conversation and include an aerobic warm-up, stretches, and breathing exercises.

Guiding Points:

Self-love is self-discipline.

Judgment can be healthy (discernment).

In what ways can judgment create limitation and ignorance?

How can we identify and eliminate unhealthy judgment?

Your words shape your mind and actions.

Your words affect those around you.

Module III Topic of Discussion: Reciprocity, Listening, and Curiosity.

Participants will answer questions and complete tasks with a partner and in groups through conversation and movement. Participants will then share and circulate verbal and physical information with the class. Every class will begin and end in a conversation and include an aerobic warm-up, stretches, and breathing exercises.

Guiding Points:

Who feeds us and who do we feed?

“What you give is what you get.”

What are you curious about?

Assessment: The assessments will consist of before and after surveys that assess the personal development and responses of the students. The assessments will be used for me to analyze the participant's experiences and for the students to reflect on what they have learned. The assessment is not an evaluation of any skills or information.