



Zensational Kids

*presents:*

## **STRESSBUSTER MOVES**

*a mindful movement sequence to help students  
focus  
de-stress  
and  
balance energy*

To learn more about how students can benefit from  
breath, movement and mindfulness tools,  
please visit:  
[www.zensationalkids.com](http://www.zensationalkids.com)



# STRESS BUSTER MOVES<sup>©</sup>

Movement and breath helping students to calm, engage and focus

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## 1 - Mountain



- Stand with feet hip distance apart
- Hands remain at sides or on belly
- Eyes open or closed
- Notice your breath
- Notice your feet planted on the floor
- You are safe, steady and strong

## 2-Moon



- Inhale and raise your arms over your head until your palms meet
- Exhale, leaning your trunk to the side
- Inhale, reaching your hands to the ceiling, standing tall
- Exhale and lean to the other side

## 3-Waterfall



- Inhale, reaching your hands to the ceiling, stretching your body long
- Exhale, folding your body forward, reaching your hands towards the floor
- Repeat

## 4-Windmill



- Separate feet slightly greater than hip distance
- Inhale your arms out to the side, shoulder height
- Exhale, twist to the left
- Fold forward, bringing right hand to left leg or foot
- Look up at your left hand in the air
- Inhale to starting position and repeat in other direction

## 5-Downdog



- Stand with chair facing you
- Place feet 2' from chair, hands on top of seat
- Exhale and stretch your hips backwards, away from the chair
- Arms and legs remain straight
- Inhale, look forward, shift your body forward moving into a straight plank position, keeping arms and legs straight.
- Exhale and stretch backwards into downdog and repeat

## 6-Frog Jump



- Start in your downdog position
- Inhale and bend your knees
- Exhale, pushing into your hands and hop your feet off the ground

Each pose can be repeated 10 times. All movement is done slowly, bringing awareness to the breath and the direction of the body. At the end of your StressBuster sequence, you should notice the students' refreshed energy. Focus that energy by ending with 3 big SUN BREATHS. Inhale and reach your arms above your head, forming the shape of a sun. Slowly exhale, bringing your arms back to the sides of your body. Repeat 2 more times.















