**Lesson 16 (Midaaswi shi ningodwaaswi): Moving Our Body**

A group of colorful flowers

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**Lesson Objective**

* The family will understand the connection between our well-being and the natural environment.
* The family will identify the cultural activities and traditions they already engage in that involvement movement.
* The family will demonstrate fun movement and encourage play and exploration throughout their daily routine.
* The family will be prepared to support the child to take the lead in playful movement activities, including encouraging the exploration of movement and play.
* The child will be excited to engage in movement activities in a safe and encouraging environment which encourages observation of the world around us.

**Medicine Wheel Wisdom**

Movement supports our physical, emotional, mental, and spiritual well-being and looks different in different seasons and phases of our lives. Movement serves as a bridge that rekindles our connection to the physical world. It encourages us to explore, discover, and cherish the land that sustains us.

**Family Outcomes (PICCOLO):**

* Attends to the child’s actions
* Is physically close to the child

**Child Behavior Outcomes (LOLLIPOP):**

* See the Behavior Outcomes table for Moon-specific outcomes

**Home Visitor Lesson Overview**

**Materials Needed:**

* Seasonal Movements & the Medicine Wheel handout
* Yoga and Mindful Movements handouts
* Movement Guidelines handout

**Lesson**

Activities

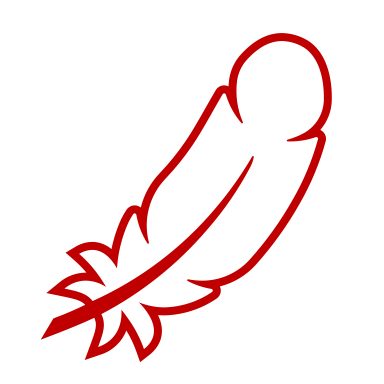
1. Discuss with the family the types of movement they already engage in through cultural activities and traditions

***[Home Visitor Notes]: What types of movement activities do you already do as a family? How are these important to you? How often does the family do this activity together? What do you most enjoy about doing this activity as a family?***

1. Provide a copy of the **movement guidelines handout** to the parents. Read through the handout with the family.

***[Home Visitor Notes]: For healthy growth and development during their formative years, it is recommended that children should achieve a healthy balance of movement, high-quality sedentary behavior, and sufficient sleep. For children aged 3-4 years, this includes 3 hours of movement, 10-13 hours of good quality sleep (including naptime), and less than an hour of screen time and confinement, with any additional sedentary time spent engaging in enriching activities such as reading, storytelling, singing, or puzzles with their caregiver every day.***

* 1. Allow the family to ask questions if they have any, not every child’s schedule will be like the guidelines.

**It is important to give the child opportunities to engage in movement activities that are fun!**

1. Provide the family with the **yoga and mindful movement handouts**

***[Home Visitor Notes]: Consider asking the family if they would like to try any of these activities with the child? What questions might they have about doing this activity with the child?***

1. Present the family with the **seasonal movement & the Medicine Wheel activities** handout(s) – connect any movement the family identified in Step 1 to the handouts (especially any that are seasonal).

***[Home Visitor Notes]: How does the movement the family discussed in Step 1 support their physical, emotional, mental, and spiritual well-being? How does our movement change throughout our lifetimes or with the seasons?***

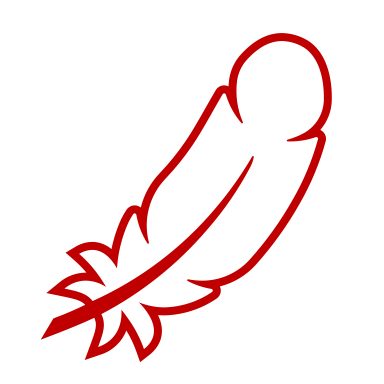
1. Discuss with the family any new types of movement that they would like to incorporate into their daily life – from the **Seasonal Movements & the Medicine Wheel handout.**

***[Home Visitor Notes]: Using the copy of the seasonal movements handout from Step 4; ask the family which type of movement they are interested in or would like to incorporate based on the current season.; Is there anything the family has wanted to try but has been cautious of trying? Why?; Are there any barriers which may prevent the family or their child(ren) from safely engaging in movement activities?; What excites the family about the new movement activity they selected?; What supports do you need to incorporate this activity into your regular routine?***

1. Go over the seasonal movements handout with the families and pick one movement activity (or pick one type of movement with the family if they identified multiple) and explore it.

***[Home Visitor Notes]: Prompt the family to explore what movement they are interested in; what does it look like? How can it support their physical, emotional, mental, and spiritual well-being? How can the parents do the activity while focusing on giving the child independence in an area that is safe to play and explore in? Independent play is valuable for building children’s confidence, problem-solving skills, and creativity.***

1. **Free-play activity**
   1. Ask the family what types of play activities the child enjoys (encourage a focus on spontaneity in play, something the child already does that may be unique). Brainstorm with the family how this play is good for the child’s well-being.
   2. Next time the parent observes the child performing the discussed activity/play/movement, have the child stop for a moment to feel and observe their heartbeat, noting if it is fast or slow. **Is the child breathing fast or heavy? Is the child’s face hot?** Have the child then rest for a minute and feel their heartbeat again, breath or face, noticing the difference. Discuss the connection between our physical bodies and movement.

**Play is a great opportunity for children to move their bodies.**

**Lesson Wrap-Up:**

* Seasonal Movements & the Medicine Wheel handouts
* Yoga and mindful movements handouts
* 24 Hour Movement Guidelines handout