

MOVE LIKE A LEAF



MOVE LIKE A LEAF

BEGIN WITH MITIG (TREE) POSE

- Walk the class through the instructions:
 1. Stand up straight
 2. Rest your foot on your opposite ankle or above or below your knee
 3. Bring your hands together at your heart or lift them high in the sky
 4. Do the same movement on the other side
- Take an assessment of how you feel in the pose and ask the class to do the same.
 - Do you feel strong and tall like a tree?
 - Does the ground feel shaky?
 - Can you balance on one foot or do you need both on the ground?
 - Is one side easier?

NOW THAT WE MOVED LIKE MITIG, WE ARE GOING TO MOVE LIKE NIIBISH/A LEAF!

Early in the Ziigwan (Spring), you begin as a tiny niibish (leaf) bud on a tree branch. As the season passes with more sunshine and rain, you grow into a big green niibish!

- Move like a niibish who is growing from a tiny leaf bud into a big green leaf.
- Move like a niibish who is enjoying the spring sunshine after a long cold winter.

During the Niibin (summer) you hold on to the tree tightly.

You can hold on tight during big thunderstorms and strong winds.

- Move like a niibish who is attached to a tree during a thunderstorm.

You still hold on tight during calm sunny days.

- Move like a niibish who is attached to a tree during a calm sunny day.

As Dagwaagin (Fall) begins to come the leaves begin to change color

- Move like you are a niibish changing color.

At the end of fall, all of the trees lose their leaves. They gently float from way high up in the tree's branches all the way to the ground.

- Move like you are a niibish floating down to the ground.

Some leaves fall around homes and get raked into piles.

- Move like you are a niibish being raked into a pile.
- Move like you are a niibish that just got jumped on in a pile of leaves raked by kids.

Dagwaagin (Fall) turns into Biboon (Winter) and the leaves get buried in the snow.

- Move like you are aniibish that just got snowed on for the first time.
- Move like you are aniibish in the middle of winter who is buried in the snow.

Now that we have moved like a leaf, we are going to go back to tree pose.

Walk the children through steps 1-4 again (at the top of the page).

- Ask, "Did it feel different to do tree pose after being a niibish?"
- Ask, "What season is your tree in?"
- Ask, "Have your leaves fallen off your branches or are they still on your branches?"