



Mindfulness Activity

Animal Poses

Rationale

This mindful posing activity helps children develop mindfulness skills through actively paying attention to what they are doing and sensations within their bodies as they move. Children explore identity through embodying different Australian animals.

Instructions

Read aloud to children:

We can use movement as a fun way to bring us into the present moment and help us focus. Our bodies are always in the present moment, so we can use our bodies as a way to strengthen our mindfulness muscle.

Today, we are going to imagine that we are different Australian animals. Gather around, and move into the following five poses:

- **Pretend you are a kangaroo** – Stand tall with your feet hip-width apart, bend your knees, bring your hands up like paws, and hop like a kangaroo.
- **Pretend you are a dingo** – Bend forward and place your hands on the ground. Gently step your feet back until you're in the shape of a dingo, like a dog. Then gently lift one leg at a time like you're walking like a dingo.
- **Pretend you are an koala** – reach your arms out like you are hugging a tree branch, then look around for leaves.
- **Pretend you are a butterfly** – from a seated position, bring the soles of your feet together and sit up tall. Gently flap your legs like the wings of a butterfly.



Notes