



Closing Movement Patterns

A way to cool down and focus after an activity.

Project Type: Movements to stretch and release after completing a project or physical activity.

Group/Individual: Individual

Lesson Plan Audience: Maker Mentor, Makers

Time: 20-45 mins

Hard Skills: Balance, Coordination, Strength and Flexibility

Soft Skills: Self-Motivation, Self-Confidence, Respect, Awareness

Ideal # of Participants: 2-20

Age Group: 6+

Ideas for Taking it Further

- This can easily become a full activity. Begin with [opening movement pattern](#) and then continue with closing movement patterns and you have a full yoga class!
- These movements could be altered and integrated into static work activities. (How can you spell a word with your body? Can we connect bodies to make one machine body?)

Difficulties/Tips

Participants may have poor coordination or balance, so a knowledge of modifications may be useful. This could mean taking a standing movement to the knees or to a seated position, having two feet on the ground rather than one, or doing the movement smaller. Alterations for participants that may be less flexible are doing the stretches with a flat back, rather than a rounded back, placing a book under their seat to lessen the stretch, or only stretching halfway.



Materials

An open area where the participants can move without hindrance. Softer ground may be a good idea; either on a carpet or outside on grass.

Steps

1. Everyone hold hands and spread out in a circle. Drop hands and take two more steps backwards.
2. Begin with standing focus. Stand with the feet under the hips and pick a spot on the wall to focus on. This is called mountain pose. Try to be as strong and sturdy as a mountain.
3. Lift the right foot and place it on the calf or the upper inner thigh (but never the knee, the joint is too fragile). Keep focused on the spot on the wall. Hold for 5 breaths.



4. Step the right foot way back and bend into the left knee. Open the arms wide. Hips should be open to the right side. See if you can bend the left leg at 90 degrees. Hold and feel strong here. Warrior 2.



- Drop the left forearm onto the left thigh and stretch the right arm over head. Extended side angle.



- Return to Warrior 2 with the body straight up and down.
- Reach the left arm forward and then reach way over head and then back towards the right left. Radiant warrior.



- Return to Warrior 2 with the body straight up and down.

9. Straighten the left knee and turn both feet to face the right side. Point the toes outward slightly and bend the knees and elbows. Goddess pose.



10. Straighten the knees and bend forward as far as you can go. Wide angle pose.



11. Bring the body up, either going through a round back or making a flat back all the way up. Turn the left toes out and bend into the knee. Open the arms wide. Warrior 2.
12. Take a big step in with the right leg to standing.
13. Repeat steps 2 through 12 on the right side.
14. Once you get to mountain pose after completing the right side, stand with the eyes closed for 4 breaths and check in with your body. How does it feel?
15. Blink the eyes open, fold forward to touch the hands to the mat. It is okay if the legs are bent.





16. Walk the feet back and plant the hands firmly on the mat for downward facing dog.



17. Stretch the right leg up in the air and then the left.



18. Walk the feet toward the hand and hang over the legs.

19. Step the right foot back halfway for pyramid. Lift the body to make a flat back and feel the stretch in the hamstrings.





20. Inhale and step the right foot towards the hands, lifting the body up to standing. Circle the arms overhead and on your exhale fold forward.
21. Repeat step 19 on the left side.
22. Inhale and step the left foot towards the hands. Lift the body up to stand.
23. Place the hands on the low back, fingers pointed towards the ground. Inhale and reach the body tall, so tall that you eventually bend backward.



24. Exhale and bring the body forward. Take a breath here.
25. On your next exhale fold the body forward and touch the hands to the mat.
26. Walk the feet back to downward facing dog.
27. Inhale and reach the right foot in the air. Exhale and bring the right knee behind the right wrist and the right foot behind the left wrist. Settle into Pigeon Pose. Spend 10 breaths here.





28. Inhale, plant the weight into the hands and lift the right leg into the air. Exhale, lower the leg to make downward facing dog.



- 29. Repeat steps 27 and 28 on the left side.
- 30. Walk the feet towards the hands slowly, take notice of how your foot touches the ground on each step.
- 31. Inhale and reach up to the sky, exhale and bend the knees deeply, until you are in your deepest squat. Malasana.



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32. In this deep squat lower the right hand to the ground and reach over head with the left. Switch sides.



33. Sit back on your bum and extend the legs in front of you. Walk the feet away from each other until your legs are as wide as they can go comfortably. Walk the hands forward for a stretch.





34. Slowly walk the hands towards you to bring the back to upright. Jiggle the legs in.
35. Lie down and plant the feet on the ground till the knees are bent. Walk the shoulderblades closer to each other. Press into the feet and lift the hips off of the ground. You can either clasp the hands under the hips or grab the ankles. Hold here for 4 breaths. Repeat 3 times.



36. To end, have the participants lie on their backs quietly with their eyes closed. Try to relax the space between your eyes and your jaw. Begin to send your breath to your belly when you inhale. You can place your hands on your Belly if you like. Try to feel it expand when you inhale. Take 8 big belly breaths.