

# AWESOMESAUCE

# Insights



Educator's Edition Volume 2

ELEVATING YOUR CLASSROOM WITH A TWIST OF AWESOMESAUCE FLARE!

## Physical/Body



~ Power Pose during your opening, transition, and closing routine.

Which one?

Use Victory Arms. It's a wide V shape with your arms. Combine with a mindful breath for 3-5 breaths.

Tip for transitions: Try the Wonder Woman Pose with hands on the hips. Works great in lines. For older students emphasize doing this before a test, game, or a job interview!

Have fun, it's ok it feels silly. It's powerful!



## Cognitive and Thinking



~ Belly Breathing with the Hoberman Sphere. Materials Needed - Hoberman Sphere (available on Amazon).

Inhale through the nose, exhale through the mouth (Hah Breath) or inhale through the nose and exhale through the nose (Ocean Breath). 3 Elements - long, slow, and deep.

The breath follows the expansion of the sphere on the inhale and the contraction on the exhale. Inhale and balloon belly and exhale contract the belly.

Practice this with your students for 3-5 breaths to help with focus and building a strong mindset.

## Social and Emotional



~ Work on a class project together where everyone's contribution matters.

Two of my favorites:

1.) Affirmation Murals - get a large piece of butcher paper and have everyone write an affirmative statement indicating how they will succeed for the semester/year. Post in the classroom or hall.

2.) Gratitude Tree - have all students complete a gratitude leaf with this stem, "I am grateful for \_\_\_\_." Use all the leaves to make a class gratitude tree!

Intention: creating positive community experiences.



## Awareness



~ Start an annual classroom journal dedicated to increasing awareness (both student and teacher)!

Tips: have students write a 2-minute prompt about how they are feeling prior to and after using the tips in the other 3 quadrants. Then, compare/contrast.

Questions to ask:

1.) What do you notice (on the inside)?

2.) What kind of feeling state did you generate?

3.) Do you feel more or less focused?