

## MOVE + MIND

### Discover your mind-body connection with this Lemon Game + “How Do My Feet Feel in my Socks” Meditation

#### Lemon Game



x Susuan Kaiser Greenalnd

1. Talking points: Can your thoughts change how your body feels? Can the feelings in your body change your thoughts? Can your emotions change how your body feels? Can the feeling in your body change your emotions?
2. Sit with your back straight and your body relaxed, resting your hands gently on your knees, and close your eyes if you feel comfortable doing so.
3. Picture yourself sitting at a kitchen table. There's a lemon in front of you. Imagine picking up the lemon. Imagine that it's wet and cold in your hand. Picture yourself cutting the lemon in half, picking up one half, smelling the lemon, and then biting into it.
4. Talking points: Did your body react to thinking about biting into a lemon as if you were actually doing it? Is this an example of mind-body connection? Can you give other examples of mind-body connections?



#### How Do My Feet Feel in My Socks

x Child's Mindby Christopher Willard

Lead students through the following meditation: How do your feet feel in your socks? Are they tight, loose? How do your feet feel in your shoes? Notice where your pants make contact with their skin. What texture do you feel? Do your clothes feel heavy, warm, or cool? Can you feel your belly against shirt when you take a breath—rough or smooth? How does the furniture feel against your body—hard or soft? Can you feel air on your face? Feel where lips touch. Feel where your eyelids meet. Feel where your nose touches the air. Notice the difference in temperature between the air you breathe in and breath out.

#### Pre-Meditation

Ask students to close their eyes and see if they can feel where their lips touch.

Ask students to close their eyes and see if they can feel where their nose ends and the air begins. Can they feel the air touching their nose?

#### After Meditation

1. Which part of this exercise did you find the most challenging?
2. What is something from this meditation that you notice during your day?
3. Could you do this meditation at school sitting at your desk without anyone knowing you are meditating?

Art Project- Draw a picture of yourself with the exact clothes you have on right now, including shoes. Label each article of clothing with the physical sensation you feel when you are wearing them. For example, scratchy, smooth, cool, warm, tight, loose, soft, rough, etc.