



KATE BEDDOW
Calmer Classrooms

Moana

A mindfulness and relaxation lesson based on the
Disney film.

Moana

Having watched Moana with my children recently it occurred to me what a great story this was for a mindfulness lesson. I am sure that this new Disney film will very quickly become a classic.

I hope you will enjoy my take on this story and that it will help you create a Calmer Classroom.

Have fun!

Kate ♥

Introduction

Moana – Warrior pose



When the archers are practicing their archery we are going to do a pose called Warrior pose. The warrior pose is one of my favourite yoga poses but you must make sure that you don't over stretch. We are going to stand sideways with our feet apart, and raise our arms so they are level with our shoulders, palms facing down.

Then turn your front foot to face the front of the room and swivel your body while keeping your arms out in line with your legs. Then bend your front knee making sure you keep your knee over their heel. If you are unsure watch this [YouTube Video](#).

Maui – Tongue Roar

When we mention the Demi-god Maui we are going to do a Tongue roar. Stick your tongue out and point the tip down towards your chin. As you do this make a “haaaaa” sound. Repeat three times.

Grandma Tala – Heart smile

When we mention Grandma Tala we are going to do a special smile from our hearts. Put a big smile on your face and imagine that your heart is smiling too. Can you feel it smiling in your chest?

Waves – Belly Breathing

When we mention the waves we are going to make our tummies into the sea. Ask the children to lie down with their hands gently placed on their tummy. Ask them to feel their tummy rise as they breathe in and lower as they breathe out. Many children will do the opposite at first so it is good to keep reminding them.

Coconut trees - Pendulum Breathing

When we mention the coconut trees we are going to imagine we are swaying in the breeze. This is a wonderful way to make sure that your class are calm and sitting in a good position for starting working.

Close your eyes, and place your hands on your tummy. Slowly sway your body from side to side, like a pendulum until you come to centre. Then slowly sway forwards and backwards until you come to centre. Now take two big deep breaths through your nose, breathing slowly out through your mouth.

The Script

Many years ago in Ancient Polynesia there was a brave and kind princess called Moana. Her father was worried that about her adventurous spirit because he wanted to keep her safe and he had been brought up to believe that leaving the safety of their island was dangerous.

Moana's Grandma Tala knew that it was her destiny to do something really special. She believed the ancient legends that someone would return the heart, which was stolen by the demi-god Maui to Te Fiti. Grandma Tala believes in Moana and knows she was chosen by the sea. *(Ok, we're going to do our heart smiling because Grandma Tala really loves Moana and believes in her. Is your heart smiling?)*.

When Moana gets older she gets braver and she is fearless. When she discovers that the island is in trouble and the coconuts aren't growing properly and there are no fish, she knows that she has to do something to save her island. Moana knows that she must find Maui and get him to return the heart to Te Fiti. *(Ok, let's do our coconut tree pose, sit up straight. Now sway side to side until you come to a slow stop sitting with a straight back, then slowly sway forwards and backwards until you come to a gentle stop)*.

Moana finds a boat and sets of to find Maui. She is so brave. *(We're going to do our Moana pose now, can you remember how to do it?)*. When Moana finds Maui she eventually convinces him to help her, but it isn't easy. Maui is a very stubborn demi-god. *(Can you remember how to do the Maui tongue roar? OK let's do it three times while Moana convinces him to help her)*.

Moana and Maui then have a very difficult journey across the sea to return the heart of the sea of Te Fiti. *(Ok, let's lie down and place our hands on our tummies to do our wave breathing)*. Moana and Maui eventually arrive at the island, it is angry and volcanic but after a short fight Moana and Maui succeed in returning Te Fiti's heart. When they do she calms right down and returns to being a beautiful island. *(encourage the children to continue their wave*

breathing for a few minutes until you are ready to finish the lesson, then ask the children to slowly sit up).

Conclusion

What have you learned today?

Ask the children questions about how different they feel after the session.

- Do they feel more relaxed?
- Do they feel sleepy?

Taking time to notice what is happening around you is very, very good for you. Sometimes we are so busy that we forget to enjoy tasting our food, or listening to some music. It is a really good idea to stop sometimes and really think about what you are doing and why.

Especially if they are:

- feeling worried?
- struggling to sleep at bedtime?
- feeling cross or angry?

These are wonderful skills for them to learn and for you as a teacher too. We all need tools to help us stay calm and focused, mindfulness is a wonderful way to do that and the younger we learn these vital life skills the more natural it is to use them when we feel the need in life outside the classroom.



Who is Kate Beddow?

Kate Beddow is a holistic therapist and teacher who specializes in working with teachers and schools. After being diagnosed with a pituitary tumour in 2007 Kate made the decision not to return to teaching and to learn how to keep herself healthy using energy healing, mindfulness and relaxation techniques. Combining her teaching and holistic skills Kate has created classes and training to help teachers to help their students, and themselves, stay happy, healthy and calm.

Find out more about her work and discover her other resources and services at:

www.katebeddow.com

To keep up to date with Kate's news and get great tips about mindfulness and relaxation in schools why not follow her on Social Media?

Facebook: <http://www.facebook.com/KateBeddowConsultant>

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