

Name _____

Date _____

Mindful Movement Skit

In partners, write and perform a short 2–3 minute skit on mindful movement. Be sure that both partners are involved. Use the planning boxes below to write your skit.

Make sure to include the following points in your skit:

- Include the definition of “mindful movement.”
- Explain the negatives of moving quickly and doing many things at once.
- Provide guidance and demonstrate how to move mindfully with focus and attention on the feeling in your body.
- Explain the benefits of mindful movement.



Define “mindful movement.”

Describe how you will show the benefits of moving mindfully in your skit.

Characters:

Setting: