

GIKINAWAABI

LESSON 16

LESSON: MOVING OUR BODY

ACTIVITY: LETS MOVE



MICHIGAN STATE
UNIVERSITY

LESSON 16

MOVING OUR BODY



LESSON OBJECTIVE

- The family will understand the connection between our well-being and the natural environment.
- The family will identify the cultural activities and traditions they already engage in that involvement movement.
- The family will demonstrate fun movement and encourage play and exploration throughout their daily routine.
- The family will be prepared to support the child to take the lead in playful movement activities, including encouraging the exploration of movement and play.
- The child will be excited to engage in movement activities in a safe and encouraging environment which encourages observation of the world around us.

MEDICINE WHEEL WISDOM

Movement supports our physical, emotional, mental, and spiritual well-being and looks different in different seasons and phases of our lives. Movement serves as a bridge that rekindles our connection to the physical world. It encourages us to explore, discover, and cherish the land that sustains us.

FAMILY OUTCOMES: PICCOLO

- Attends to the child's actions
- Is physically close to the child
- Shows Enthusiasm for what the child is doing

CHILD BEHAVIOR OUTCOMES: LOLLIPOP

- Listens and follows directions
- Uses expanding vocabulary to express feelings
- Demonstrates receptive and expressive language skills
- Active and attentive listening

HOME VISITOR LESSON OVERVIEW

Materials Needed:

- **Lesson**
 - Movements & the Medicine Wheel Handout
 - Seasons
 - Time of Day
 - Stages of Life
 - Aspects of Health
 - Movement Guidelines Handout
- **Activity**
 - Yoga Posters
 - You can provide all of them to families or choose just one or two that you think the families would be interested in
 - Laminate if available

LESSON 16

MOVING OUR BODY



LESSON

1. Discuss with the family the types of movement they already engage in already. It could be through cultural activities or traditions, or other movements they incorporate into everyday life.
2. Have Discussion around:
 - What types of activities do you already do as a family?
 - How are these important to you?
 - How often does the family do this activity together?
 - what do you most enjoy about doing this activity as a family?
3. Provide a copy of the movement guidelines handout to the parents. Read through the handout with the family.

[Home Visitor Notes]: *For healthy growth and development during their formative years, it is recommended that children should achieve a healthy balance of movement, high-quality sedentary behavior, and sufficient sleep. For children aged 3-4 years, this includes 3 hours of movement, 10-13 hours of good quality sleep (including nap time), and less than an hour of screen time and confinement, with any additional sedentary time spent engaging in enriching activities such as reading, storytelling, singing, or puzzles with their caregiver every day.*

4. Allow the family to ask questions if they have any, not every child's schedule will be like the guidelines.



IT IS IMPORTANT TO GIVE THE CHILD OPPORTUNITIES TO ENGAGE IN MOVEMENT ACTIVITIES THAT ARE FUN!

5. Explain to the family that medicine wheel teachings encompass teachings of movement. they are not all physical movements but observations and ways of life.
6. Present the family with the Movement & the Medicine Wheel handout.
 - Connect any movement the family identified in step 1 to the handouts especially any that are seasonal.
 - How does the movement the family discussed in Step 1 support their physical, emotional, mental, and spiritual well-being? How does our movement change throughout our lifetimes or with the seasons?

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LESSON

7. Discuss with the family any new types of movement that they would like to incorporate into their daily life

8. Have Discussion around:

- Is there anything the family has wanted to try but has been cautious of trying?
 - Why?
- Are there any barriers which may prevent the family or their child(ren) from safely engaging in movement activities?;
- What excites the family about the new movement activity they selected?
- How can it support their physical, mental, emotional, spiritual wellbeing?
- What supports do you need to incorporate this activity into your regular routine?

9. Focusing on the child and their movements

- Ask the family what types of play activities the child enjoys (encourage a focus on spontaneity in play, something the child already does that may be unique).
 - Brainstorm with the family how this play is good for the child's well-being.
- Next time the parent observes the child performing the discussed activity/play/movement, have the child stop for a moment to feel and observe
 - notice their heartbeat, noting if it is fast or slow. Is the child breathing fast or heavy? Is the child's face hot?
- Have the child then rest for a minute
 - notice their heartbeat, noting if it is fast or slow. Is the child breathing fast or heavy? Is the child's face hot?

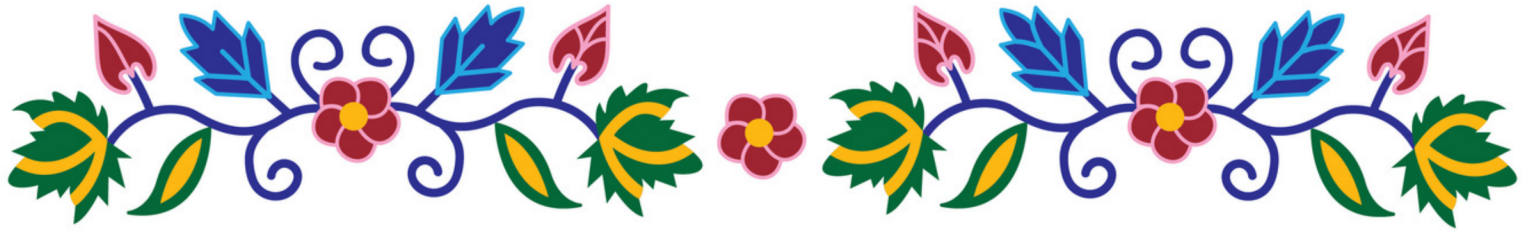
PLAY IS A GREAT OPPORTUNITY FOR CHILDREN TO MOVE THEIR BODIES!

LESSON WRAP UP

- **Encourage the family to have fun with movement!**
- **Explain lesson 16 activity then leave it with the family**

LESSON 16 ACTIVITY

LETS MOVE



FUN WITH MOVEMENT!

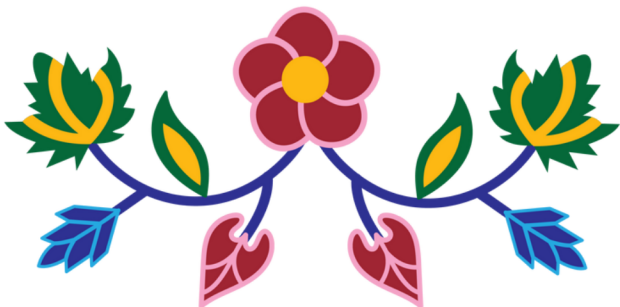
- Provide the Family with the Lets Move Yoga handouts.
- Let the child pick which ones they want to try!
- Practice saying the name of the pose in English and the Language!
- Encourage the Child to be creative and make up their own poses! Draw it out and give it a name on the create your own pose posters.



GIKINAWAABI LESSON 16

ADDITIONAL LEAVE BEHIND PAGES

- **MOVEMENT GUIDELINES**
- **MOVEMENT & THE MEDICINE WHEEL**
- **LETS MOVE YOGA POSTERS**



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24-HOUR MOVEMENT GUIDELINES FOR PRESCHOOLERS (3-4 YEARS)

FOR HEALTHY GROWTH AND DEVELOPMENT DURING THEIR FORMATIVE YEARS, IT IS RECOMMENDED THAT CHILDREN SHOULD ACHIEVE A HEALTHY BALANCE OF MOVEMENT, HIGH-QUALITY SEDENTARY BEHAVIOR, AND SUFFICIENT SLEEP. FOR CHILDREN AGED 3-4 YEARS, THIS INCLUDES:



3 HOURS OF MOVEMENT

Children ages 3-4 years should spend **at least 180 minutes** in a variety of types of physical activities at any intensity, **60 of which should be moderate- to vigorous-intensity** physical activity over the course of the day.

10-13 HOURS OF SLEEP

Children ages 3-4 years should have **10-13 hours of good quality sleep** (including nap times), with consistent bedtimes and wake-up times.

LIMITING SIT & SCREEN TIME

Sedentary **screen time should be no more than 1 hour** in duration for children ages 3-4. Preschool-aged children should not be restrained for more than 1 hour at a time (e.g., in a stroller or car seat) or sitting for extended periods.

HIGH-QUALITY SEDENTARY TIME

Any additional sedentary time should be spent engaging in enriching activities such as **reading, storytelling, singing, or puzzles with the caregiver** every day.

MOVEMENT & THE MEDICINE WHEEL

SEASONS

Movement changes with seasonality. As we move through the seasons the variety of movements change along with the movements that are available with each season.

WINTER Biboon

In the winter it is darker longer and there is less movement in general. This is a time for story telling and legends.

Making Snow Angels
Shoveling
Snowshoeing

SPRING Ziigwan

Spring is the new year we see the plants and animals start to move again. We begin to prepare for summer

Prepare your Garden
Go for walks
Jump in Rain Puddles



FALL Dagwagin

Fall is a time to prepare for winter. It is also a time for harvest.

Rake Leaves
Go for a hike
Harvest your garden
corn maze

SUMMER Niibin

During the summer the days are longer and there is lots of movement overall

Swim
Play outside
Run Through the sprinkler

MOVEMENT & THE MEDICINE WHEEL

TIME OF DAY

Our movements change as we enter and move through the day.

MIDNIGHT Aabita-Dibikad

In the winter it is darker longer and there is less movement in general. This is a time for story telling and legends.

Making Snow Angels
Shoveling
Snowshoeing

DAWN Waaban

The sunrise offers a new beginning and we begin our day with the act of giving thanks.

Fishing/Hunting
Preparing for the day
Laying tobacco



EVENING Onaagoshin

The setting sun in the west signifies the end of the day. This is a time to reflect.

Hunting/Fishing
Plan for next day
Stretching

NOON Naawakwe

During this time of day the sun is at its highest point in the sky. It provides light and fosters growth and movement of all living beings.

Go for a walk
Work/School
Go on a picnic

MOVEMENT & THE MEDICINE WHEEL

STAGES OF LIFE

Our movements change depending on what stage of life we are in.

ELDER

Mindimooyenh/
Akiwenzii

As we become older our physical movements begin to slow down. We rest and reflect..

Telling Stories
Passing Wisdom
Caring for your relatives

INFANT

Abinoojiiyens

As we enter this world we are just learning how to move.

Holding your head up
Crawling
Walking

ADULT

Ikwe/Inini

As we move into adulthood our movements are more planned out and calculated. We begin to accept constant change.

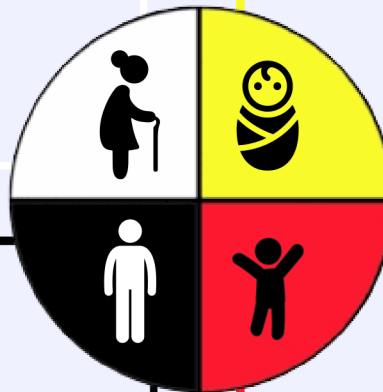
Caring for relatives
Caring for your space
Navigating day-to-day challenges

CHILD

Abinoojii

This is our most active stage of life we move constantly and without fear. It is also when we start to make sense of the world around us. We develop into young adults.

Run
Climb
Develop Fine Motor Skills



MOVEMENT & THE MEDICINE WHEEL

ASPECTS OF HEALTH

Our movements looks different with each aspect of health.

MENTAL

Inendam

This is a place for wisdom. Our awareness increases as we become move to the elder stage of our life.

Observation:

Plants, animals, and interconnectedness

SPIRITUAL

Gijichaag

As we move into adulthood our movements are more planed out and calculated. We begin to accept constant change.

Navigating day-to-day challenges

Caring for relatives
Caring for your spaces

EMOTIONAL

Ezhi-ayaayin

One of the greatest challenges is to understand and gain control over our own emotions.

Laughing

Crying

Talking & Listening to others

PHYSICAL

Niiyaw

Our physical bodies carry us through the seasons of life it is important to take care of them.

Dancing/Drumming

Fast/Feast

Foraging/Hunting

