



LEARNING TO FLOW

PHYSICAL OBJECTIVE

Explore the Elements of Opening Sequence B

QUESTION OF INQUIRY

How do my actions affect myself and others?

CHARACTER CONNECTION

ALTRUISM

Social Emotional Learning Standards (Illinois) - Late Elementary
2A.2a. Identify verbal, physical, and situational cues that indicate how others may feel.
2A.2b. Describe the expressed feelings and perspectives of others.

BUILDING BACKGROUND

Altruism is the ability and willingness to help others. As children grow, they come to see that the world does not revolve around them and that other people in their lives have needs and feeling too. By imagining what others are feeling, one is more likely to help out. Thus, empathy leads to altruism. It's a mindset that can last a lifetime.

FOCUS

“There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.”
-Mandy Hale (Author)



Discuss

“What does ALTRUISM look like?”

- Staying on my mat, so I don't disturb others.
- Listening to my teacher and trying my best.
- Offering to stay after class and help clean up.

Breath Awareness



Breathing Ball



Belly / Heart Breathing



Pointing Dog

MOVE



Opening:	Opening Sequence A Chair Warrior Opening Sequence B
Standing:	Stork Tree EXTENSION ① EXTENSION ②
Seated:	PB&J Table EXTENSION ③ Boat EXTENSION ④
Back Bending:	Camel EXTENSION ⑤
Inversion:	Dolphin EXTENSION ⑥
Closing:	Sleeping Lotus Floating Lotus Sunbathing Lotus Lotus

OPTIONAL EXTENSIONS

- ① Figure Four
- ② Bird
- ③ Slide
- ④ Twisted Boat
- ⑤ One Armed Camel
- ⑥ One Legged Dolphin

RELAX



Offer quiet resting pose suggestions:

- Lying on the back, belly, or side
- Hands resting on belly or by sides

Take a moment to check in with your students.

- *How are you feeling?*
- *How are you breathing?*
- *How were you ALTRUISTIC during class today?*

Please visit the TOOLBOX to further support the concepts taught in this session.



RIPPLES OF KINDNESS

PHYSICAL OBJECTIVE

Review the Elements of Sequence B

QUESTION OF INQUIRY

How do my actions affect myself and others?

CHARACTER CONNECTION

ALTRUISM

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BUILDING BACKGROUND

Altruism is the ability and willingness to help others. As children grow, they come to see that the world does not revolve around them and that other people in their lives have needs and feeling too. By imagining what others are feeling, one is more likely to help out. Thus, empathy leads to altruism. It's a mindset that can last a lifetime.

MATERIALS

- Chart Paper
- Post-It Notes
- Pencils or Pens
- [Ripples of Kindness Poem](#)

PREPARATION

- In the middle of the chart paper write, "What will you do to make kindness ripple in the world?"
- Write the following quote at the bottom of the chart:
Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end. - Scott Adams

FOCUS

"Kindness is a language that the deaf can hear and the blind can see."
 – Mark Twain (author)



Breath Awareness

- READY** Breathing Ball
- SET** Belly / Heart Breathing
- GO** Pointing Dog

MOVE



Opening:	Opening Sequence A Chair Warrior Opening Sequence B
Standing:	Tree EXTENSION ①
Seated:	PB&J Table EXTENSION ②
Back Bending:	Camel EXTENSION ③
Inversion:	Dolphin
Closing:	Sleeping Lotus Floating Lotus Sunbathing Lotus Lotus

OPTIONAL EXTENSIONS

- ① Bird
- ② Slide
- ③ One Armed Camel

RELAX



Offer quiet resting pose suggestions:

- Lying on the back, belly, or side
- Hands resting on belly or by sides

Take a moment to check in with your students.

- *How are you feeling?*
- *How are you breathing?*

MAKING CONNECTIONS



ACTIVITY – ALTRUISM: WHAT DOES IT LOOK LIKE?

GROUP CONNECTIONS

1. Read and discuss the [Ripples of Kindness Poem](#).
2. What is the connection between a ripple of water and a kind act? Remind students that even the smallest of pebbles, when cast onto the surface of a calm pond, will cause ripples to form and move outward across the water. Each ripple causes another, and another and so on. A very small act can make a significant difference.
3. As soon as the pebble hits the water, it sinks to the bottom and it's gone, however, the ripple continues on and on. Is this true for both kind and unkind acts? Why or why not?
4. What is a ripple maker?
5. How is being a ripple maker an altruistic quality? Review the idea of altruism as a form of kindness, meaning to help others without expecting anything in return.

PHYSICAL CONNECTIONS:

Model the ripple effect with a sequence of movements. Use “The Wave” to practice Opening Sequence A and B. Instruct the first person to begin in Mountain Pose and have the second person fold

forward. The third person will fold forward and look up. Continue around the circle following the poses from Opening Sequence A or B, repeating the sequence as many times as possible.

PERSONAL CONNECTIONS:

End the class by inviting students to close their eyes for one minute and imagine how they can be a ripple maker. What simple act of kindness can they bring to the world? Will it create a ripple? Give each student a post-it note and instruct them to write down their idea and place it on the chart paper to create a collage of kindness. Display poster in the classroom to remind students how little gestures can make a big impact.

CONNECTING FURTHER

Extend the ripple activity by introducing more complex movements paired with a wave-like motion. Arrange students in a circle and watch the pose spread around the circle, just as a simple act of kindness can spread around the world.

EXAMPLES

- Bridge Pose
- Frog Pose
- Triangle Pose
- Bow Pose

CA Physical Education Standards

STANDARD 5: Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

GRADE FOUR

- **Social Interaction 5.5** Include others in physical activities and respect individual differences in skill and motivation.

GRADE FIVE

- **Social Interaction 5.5** Contribute ideas and listen to the ideas of others in cooperative problem-solving activities.

GRADE SIX

- **Self-Responsibility 5.1** Participate productively in group physical activities.

Ripples of Kindness

*Drop a pebble in the water; just a splash, and it is gone,
But there's half-a-hundred ripples circling on and on and on,
Spreading, spreading from the center, flowing on out to the sea.
And there is no way of telling where the end is going to be.*

*Drop an unkind word, or careless; in a minute you forget,
But there 's little waves a-flowing, and there's ripples circling yet,
And perhaps in some sad heart a mighty wave of tears you've
stirred,
And disturbed a life was happy ere you dropped that unkind word.*

*Drop a word of cheer and kindness: just a flash and it is gone, But
there's half-a-hundred ripples circling on and on and on,
Bearing hope and joy and comfort on each splashing, dashing
wave.
Till you wouldn't believe the volume of the one kind word you gave.*

*Drop a word of cheer and kindness: in a minute you forget,
But there's gladness still a-swelling, and there's joy circling yet.
And you've rolled a wave of comfort, whose sweet music can be
heard,
Over miles and miles of water, just by dropping one kind word.*

- James Foley