

# Move It!

Name: \_\_\_\_\_

Please rate overall session engagement below:

Date \_\_\_\_\_

(Passive) 1 2 3 4 5 6 7 8 9 10 (Active engagement)

Warm Up	Active Movement	Cool Down
Total Active Minutes ____/ 5 min	Total Active Minutes ____/ 10 min	Total Active Minutes ____/ 5 min
Total # Requested Breaks _____	Total # Requested Breaks _____	Total # Requested Breaks _____
<p><b>Breathing relaxing and calming</b></p> <p>*5 slow deep breaths *soft voice describing the sequence of events that are going to take place</p> <p><b>Supported movements</b></p> <p>*Side to Side slow neck stretch *Shoulder lifts w/ breaths *Right hand overhead reach, bend to left *Left hand overhead reach, bend to right *Raise arms above head slowly while breathing, exhale while bringing arms down reach towards legs (aloha)</p>	<p><i>Choose 5 Exercises</i></p> <p><b>Shoulder Press</b> ____ repetitions</p> <p><b>Bicep Curls</b> ____ repetitions</p> <p><b>Side Raises</b> ____ repetitions</p> <p><b>Knee or Toe Touches</b> ____ repetitions</p> <p><b>Drumming</b> ____ repetitions</p> <p><b>Ball Roll Out and Back</b> ____ repetitions</p> <p><b>Parachute</b> ____ minutes</p> <p><b>Streamers</b> ____ minutes</p> <hr/> <p>____ repetitions</p> <hr/> <p>____ repetitions</p> <p style="text-align: center;"><b>OR</b></p> <p><b>Walk/Run</b> ____ active minutes ____ passive minutes</p> <p><b>Bike</b> ____ active minutes ____ passive minutes</p> <p><b>Dancing</b> ____ active minutes ____ passive minutes</p>	<p><b>Breathing relaxing and calming</b></p> <p>*5 slow deep breaths *Soft voice commending participants on a great workout- inspirational words for next session about health and wellness</p> <p><b>Supported movements</b></p> <p>*Side to Side slow neck stretch *Shoulder lifts w/ breaths *Right hand overhead reach, bend to left *Left hand overhead reach, bend to right *Raise arms above head slowly while breathing, exhale while bringing arms down reach towards legs (aloha)</p> <p><b>Session Comments:</b></p>