

# **Be a Mountain**

## **A script for teaching it to children**

### **Introduction**

Being steady like a mountain whether you are at home, at school, playing with your friends or being on a team, helps you be skillful and safe with your body. Being like a mountain makes you a better learner, a better group member and a better friend.

### **Instruction**

#### **1. Sitting Mountain cross legged**

Our first mountain is the sitting mountain with our legs crossed. Let's find out more about how to be the strongest mountain we can be. Put one hand on each knee and rock back and forth. As you do, become aware of two little bones at the bottom of your bottom. They are called your sitting bones. Stop rocking and wiggle until you can really feel them touching the ground. Become still and notice those bones touching the floor keeping you steady. Now notice your spine, the bone that goes up and down your back. Make your spine as straight as it can be. Feel your straight spine and your sitting bones-- they make you a mountain, strong and steady. Nothing can make you fall. Take a breath in and out here.

#### **2. Sitting mountain with legs folded under**

Our second mountain is also a sitting mountain, but our legs are different. Lean to one side, bend both knees and fold both legs under you so you are sitting on your feet. Notice your feet and bring the heels out in a "v" to make a little pillow for your bottom to rest on. Feel your sitting bones now on the pillow of your feet, and make your spine straight. Think of yourself as a mountain. Take a breath in and out here.

#### **3. Standing mountain**

Our third mountain is the standing mountain. Stand up and look down at your feet. Make sure they are flat on the floor. Hop up and then down and see how your feet have landed—these are your mountain feet, just a few inches apart. Just like your sitting bones, this is where your steadiness starts.

Straighten your spine and rest your arms down at your sides. Imagine being a mountain as you breath in and out. Now breath in and lift your arms up overhead. Keep your arms up for 2 breaths, and see if you can stay still and steady.

#### **4. Walking mountain**

Our fourth mountain is the walking mountain (real mountains cannot move but we can!) Feel your standing mountain steadiness. When I say "go" begin walking with your spine straight and the steadiness of the mountain, not too fast or too slow.

### **Practice**

You can practice playfully by having a child or a group walk like mountains when you say "walking mountain" then stop and stand in mountain when you say "standing mountain" or choice one of the two sitting mountains when you say "sitting mountain."