



Irish Heart  
Foundation



# 10 Mindful Movements

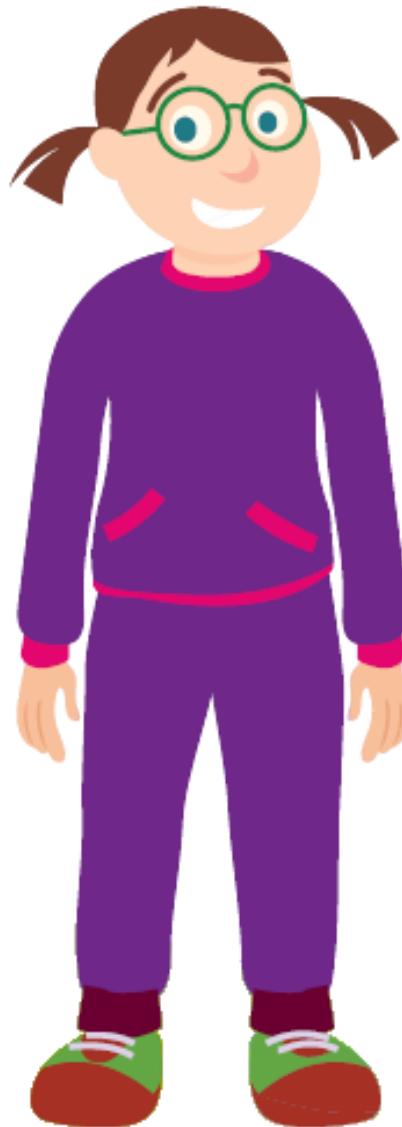


## A4 Flashcards

*Print or display on whiteboard for pupils to follow pictures.*

10  
Mindful  
Movements

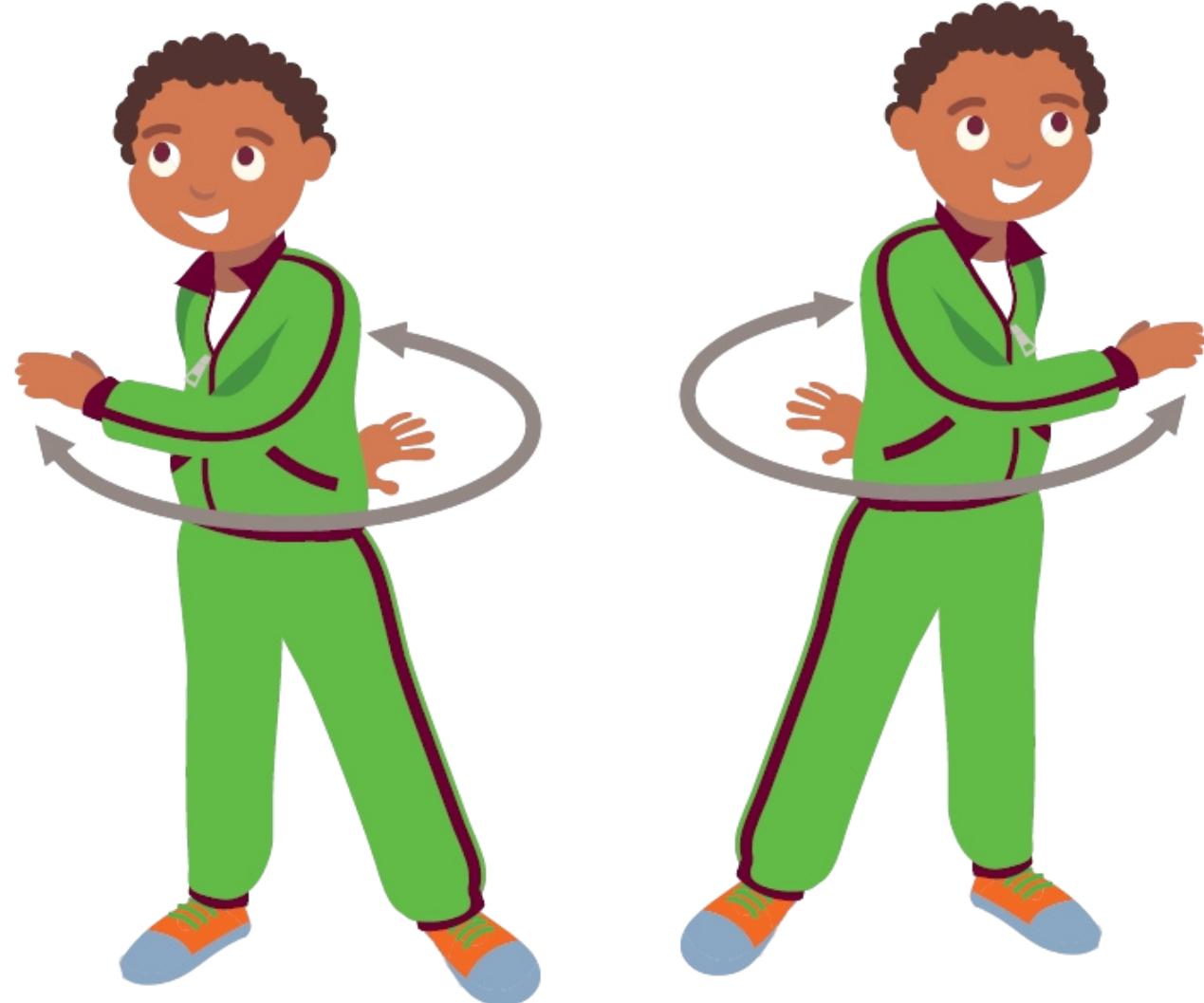
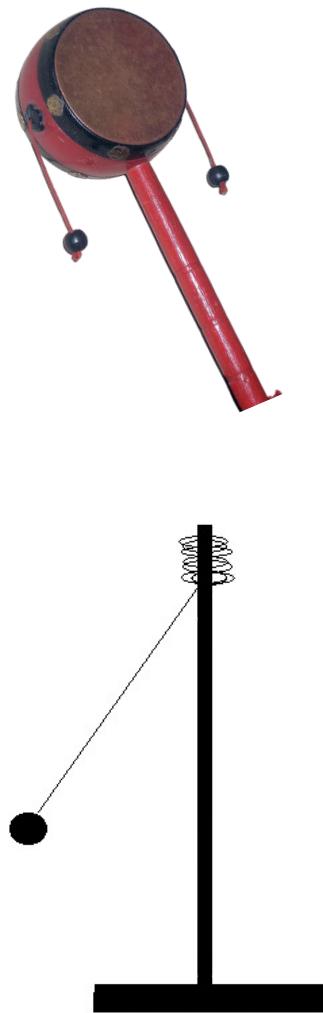
# Standing Mountain (Starting position)



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# 1. Heartbeat Twists



10  
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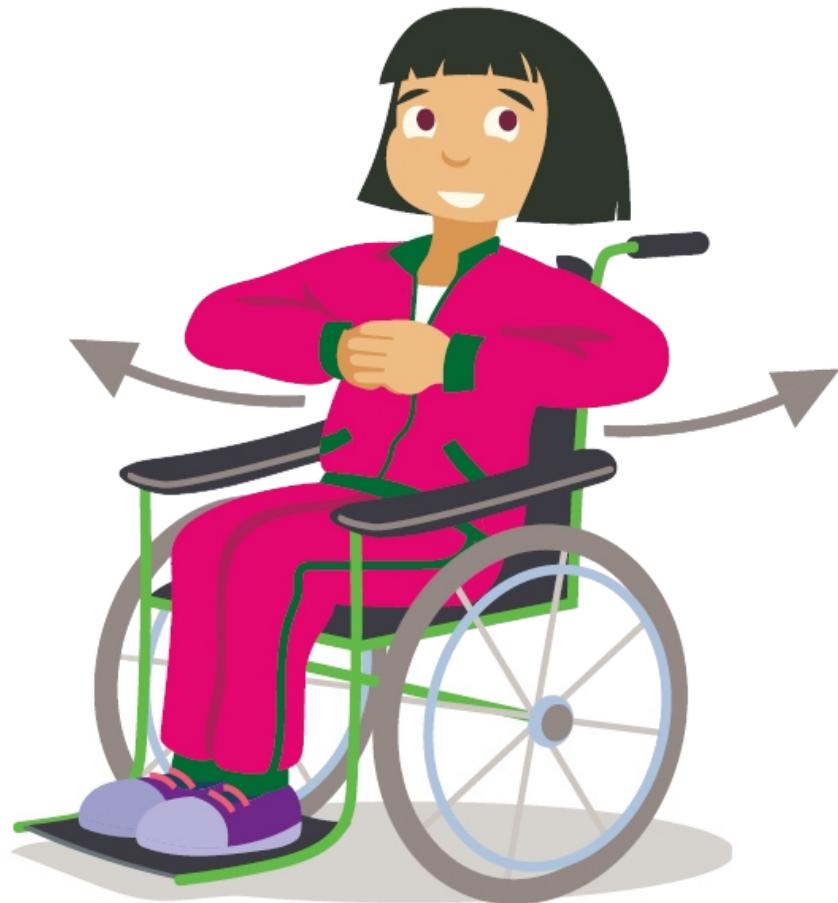
## 2. Heart Circles



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### 3. Mini Heart Sweepers



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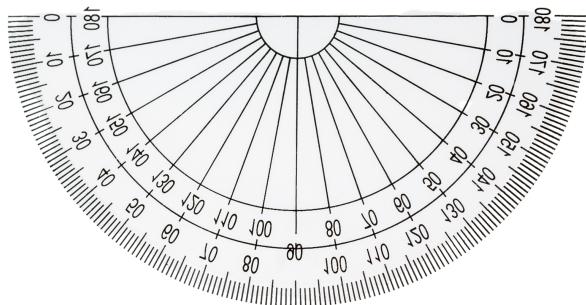
## 4. Huge Heart Sweepers



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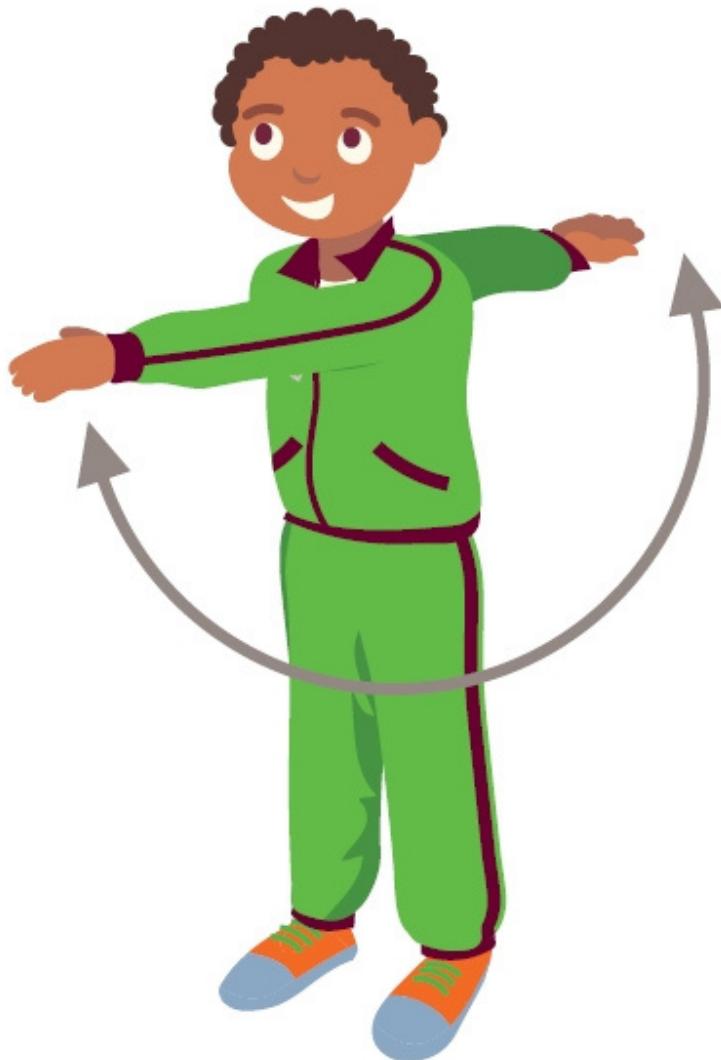
10  
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# 5. Heart Hoops



10  
Mindful  
Movements

## 6. Heart Skaters



10  
Mindful  
Movements

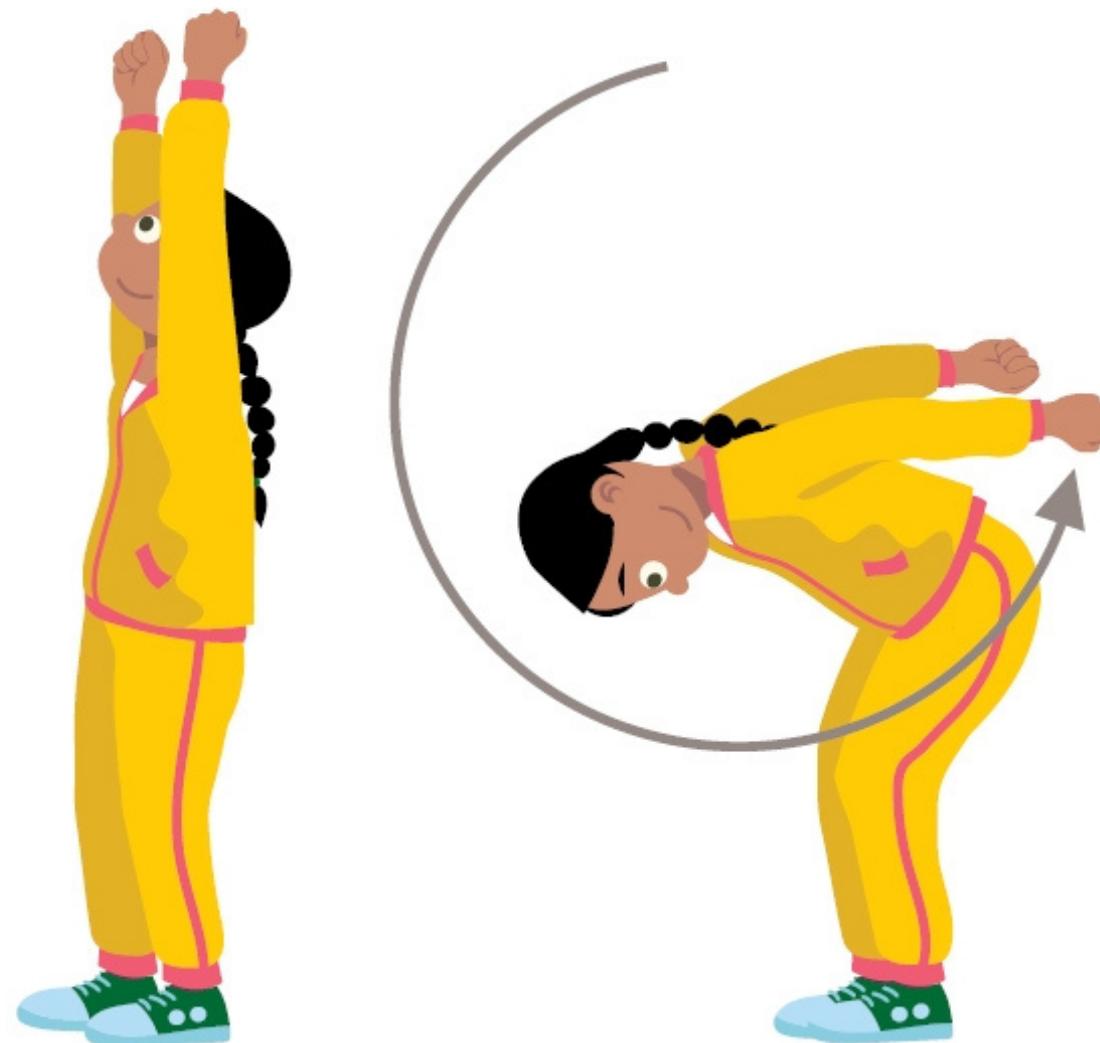
## 7. Eagle Heart



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## 8. Heart Ski



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## 9. Heartful Bear



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# 10. Heartful Warrior



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