



# SEATED PIGEON

## CALMING & REFOCUSING STRATEGIES

### LESSON PLAN

#### Purpose

Calming and Refocusing activities help students regain calm after exercise or high energy transitions and bring their attention back to their body by focusing on breathing and slow purposeful movement. The use of these strategies can aid in self-management, stress reduction, and attention refocus.

#### Materials

- Seated Pigeon instructional video: [Elementary](#), [Middle](#), [High](#)

#### Procedure: *Instruct students to*

- Sit in a chair with feet flat on the floor, legs hip distance apart, back straight
- Place one ankle on top of their other knee
- Take a deep breath as they gently press their raised knee for a slight stretch of the leg muscle
- Slowly release their breath as they release the stretch
- Switch legs and take a deep breath as they repeat the stretch on the other side
- Slowly release your breath as you release the stretch
- Continue 3 times for each leg

#### Modifications: *Students can*

- Flex their foot and hold it against the side of their shin instead of knee
- Use a book to raise and support their foot instead of raising it to their knee



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## CLASSROOM APPLICATION

### Recommendations

- Easily done under a desk without being seen. However, the desk can also act as a barrier depending on student size, so assess your available space beforehand.
- Smaller children can relate this activity to the Mo Willems' Pigeon books.
- Consider pairing this activity with other seated desk stretches.
- This stretch can also be done lying on your back if space allows.
- Great stretch for students who are seated at their desk for long periods of time.
- Consider using students' backpacks as 'yoga blocks' for the modification.



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