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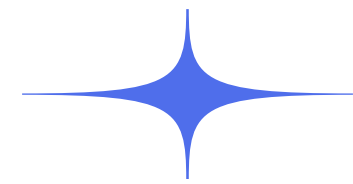
Integrative Somatic Therapy Certification

Nervous System Regulation Practitioner

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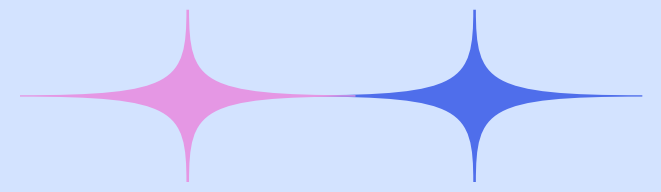


# Artful Movement & Meditation



**CULTIVATING AGENCY THROUGH NERVOUS SYSTEM REGULATION**





# Uh-Huh Unh-Uh

- Breathe in, swallow, & breathe out, as if blowing out a candle
- Tune into somatic awareness to respond “Uh-Huh” or “Unh-Uh”
- Notice the quality of the sounds
- Breathe in, swallow, & blow out

# ✦ The Nervous System ✦

Our brains process an estimate of 11 million bits of data per second, yet we are consciously aware of only about 40 to 50 bits (Nørretranders)

Our negativity bias is an evolutionary survival mechanism that prioritizes detecting threats over recognizing safety

Our systems often respond to real & perceived threat in the same way

Co-regulation allows us bring our students back toward calm

## Sympathetic vs Parasympathetic

|                 |                  |
|-----------------|------------------|
| Fight or Flight | Calm & Regulated |
| Survival        | Learning         |
| Narrow Focus    | Open Focus       |
| Reduced Memory  | Stronger Memory  |
| Reactive        | Flexible         |
| Disconnected    | Connected        |
| Protective      | Curious          |

Adapted from Stephen Porges & Deb Dana; Institute of Applied Somatics; Embody Lab training frameworks.



# Butterfly Tapping

- Give yourself a gentle hug
- Imagine a butterfly's wings as you gently alternate tapping your hands on your upper shoulders
- Inhale & exhale slowly & deeply

## Essential Question

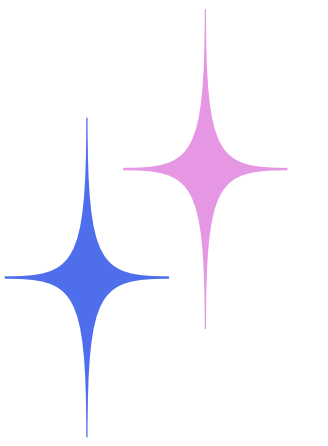
I would like guidance on...

- How do we create the conditions for deep thinking & learning?
- How can we design for & with diverse learners & in diverse contexts?
- What does it mean to understand? How does understanding develop?
- How can we cultivate agency within cultural forces such as language, interactions & time to create lasting impact?

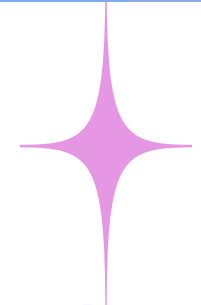




# Activities



- Ribcage & Breath - 5 min
- Artful Mark-Making - 5 min
- Movement Practice - 15 min
- Meditation - 12 min
- Journaling - 5 - 10 min
- Break - 5 min
- Reflection - 10 min
- Headlines
- Connect - Extend - Challenge
- Action Plan
- Sharing - 20 min
- Exit Ticket - 5 min



## The Method

Cultivate agency & regulation via the  
mind-body connection

Change the body, change the mind

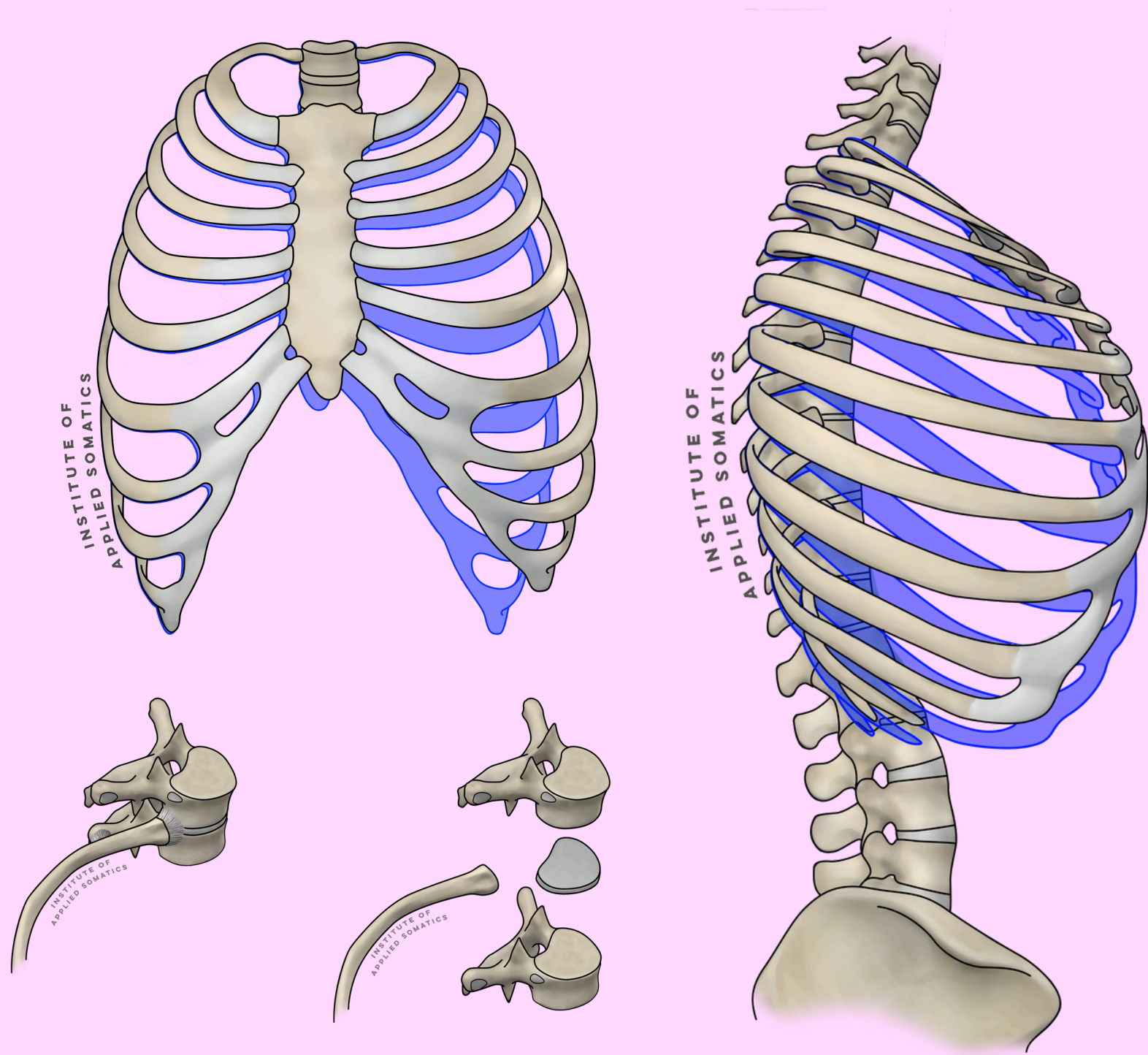
“Whatever is not conscious will be  
experienced as fate” - C.G. Jung



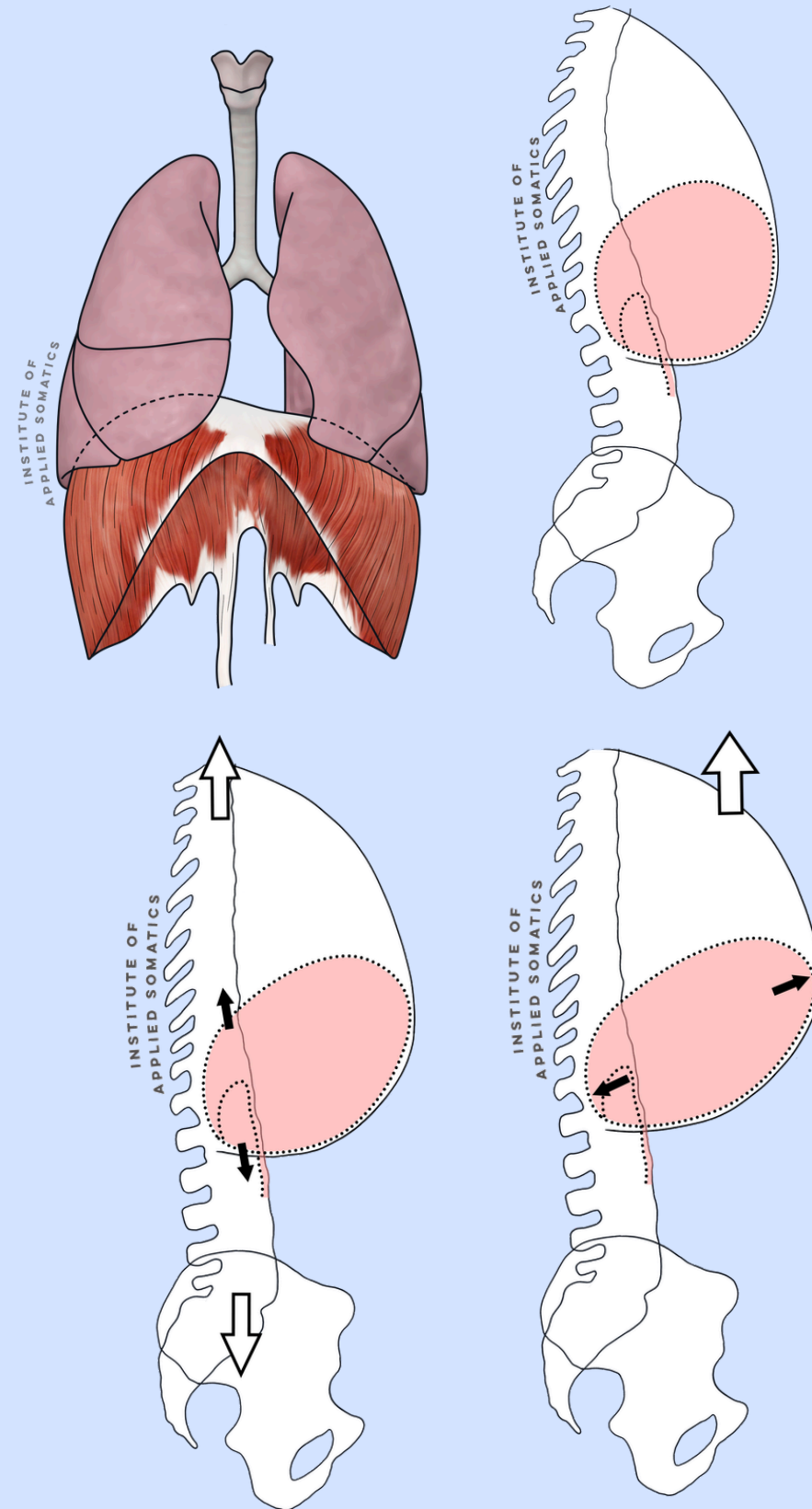
## Intentions

Move slowly  
Seek new patterns  
Find relaxation & comfort  
Passivity as action  
Compensate for gravity  
Go deeper with repetition  
All responses valid, even “nothing”  
Awareness & curiosity

# The Ribcage



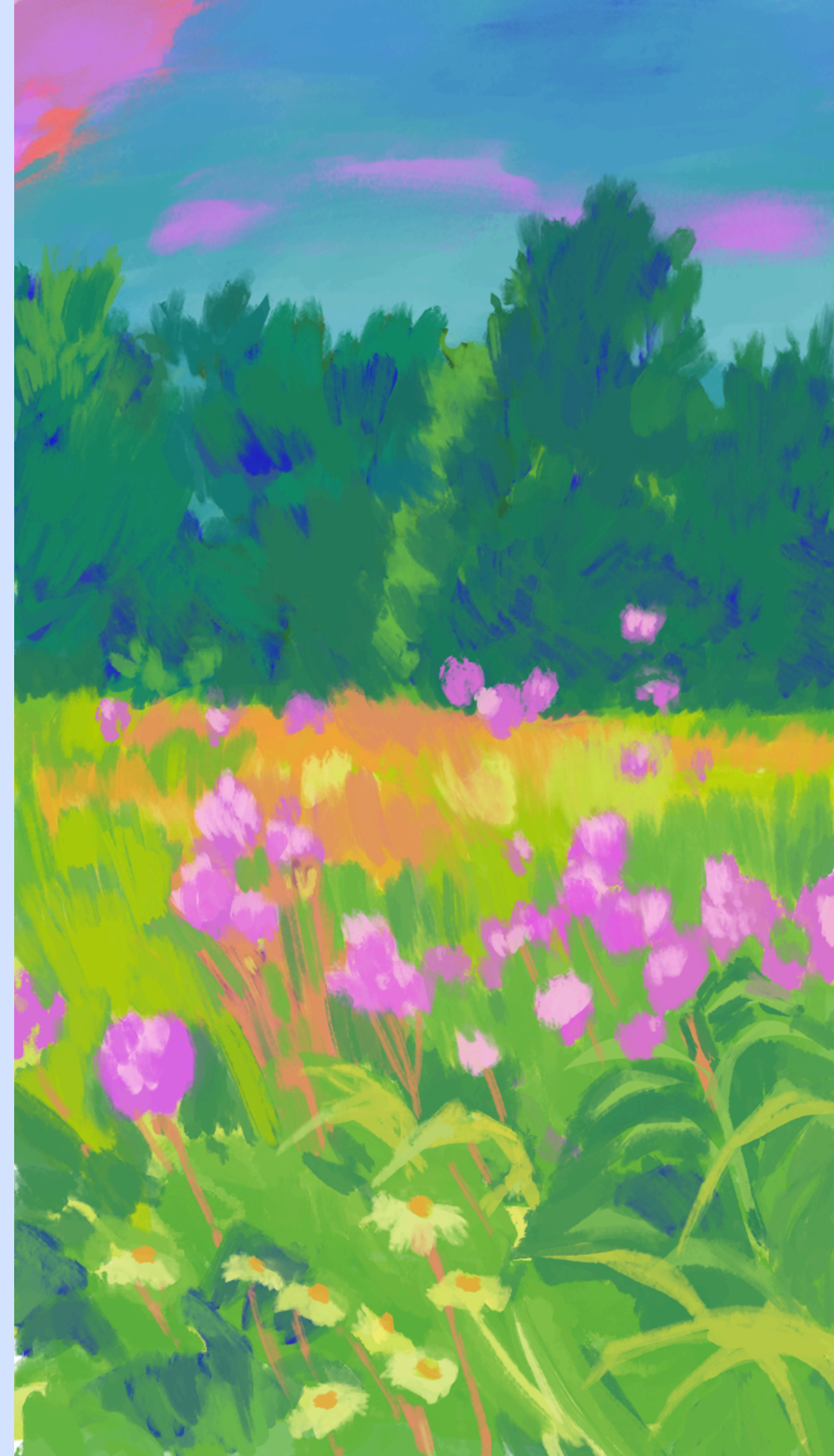
Institute of Applied Somatics



# The Diaphragm

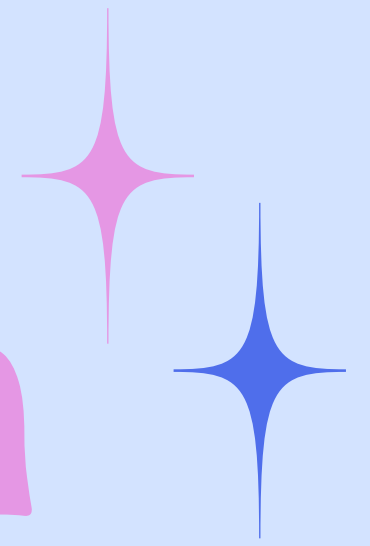
# Physiological Sigh

- Breathe in through your nose
- At the top of your breath, sip in a second breath from your nose
- Open your mouth, drop your shoulders, relax your jaw & sigh out all of your air
- Repeat with added sighing, humming, shaking, etc.





# 3-5-7 Breath



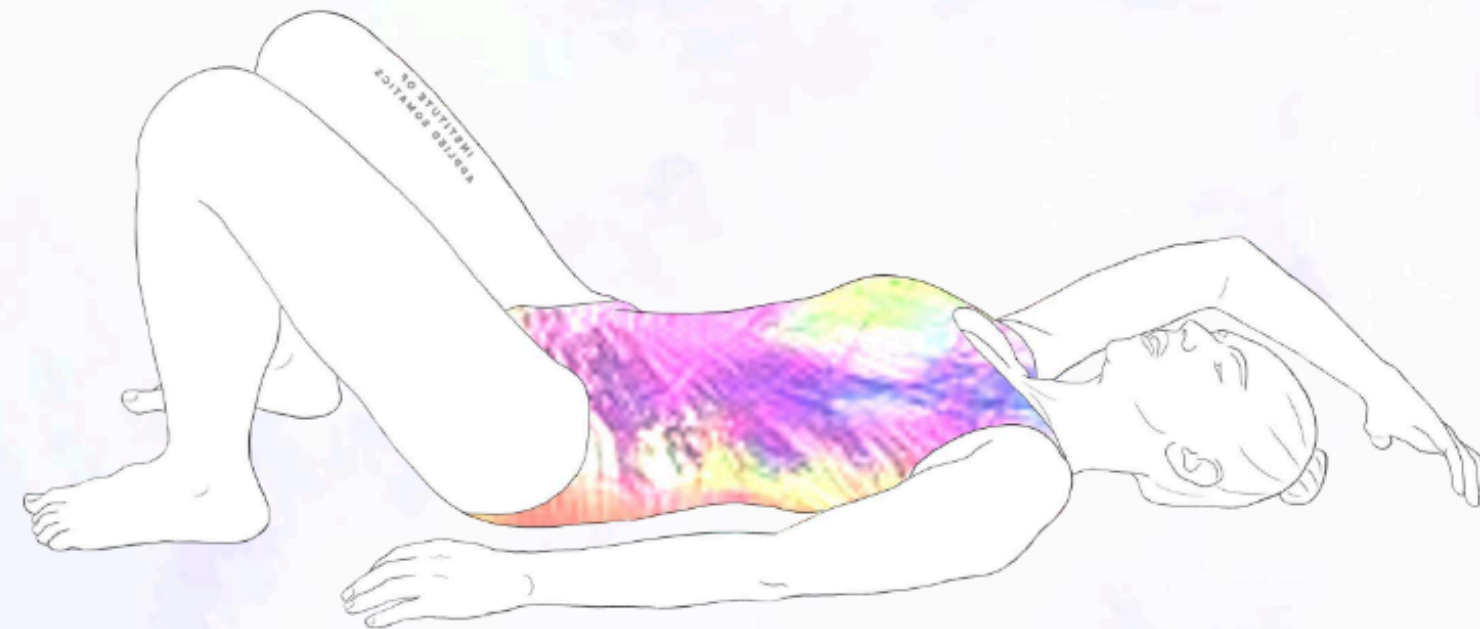
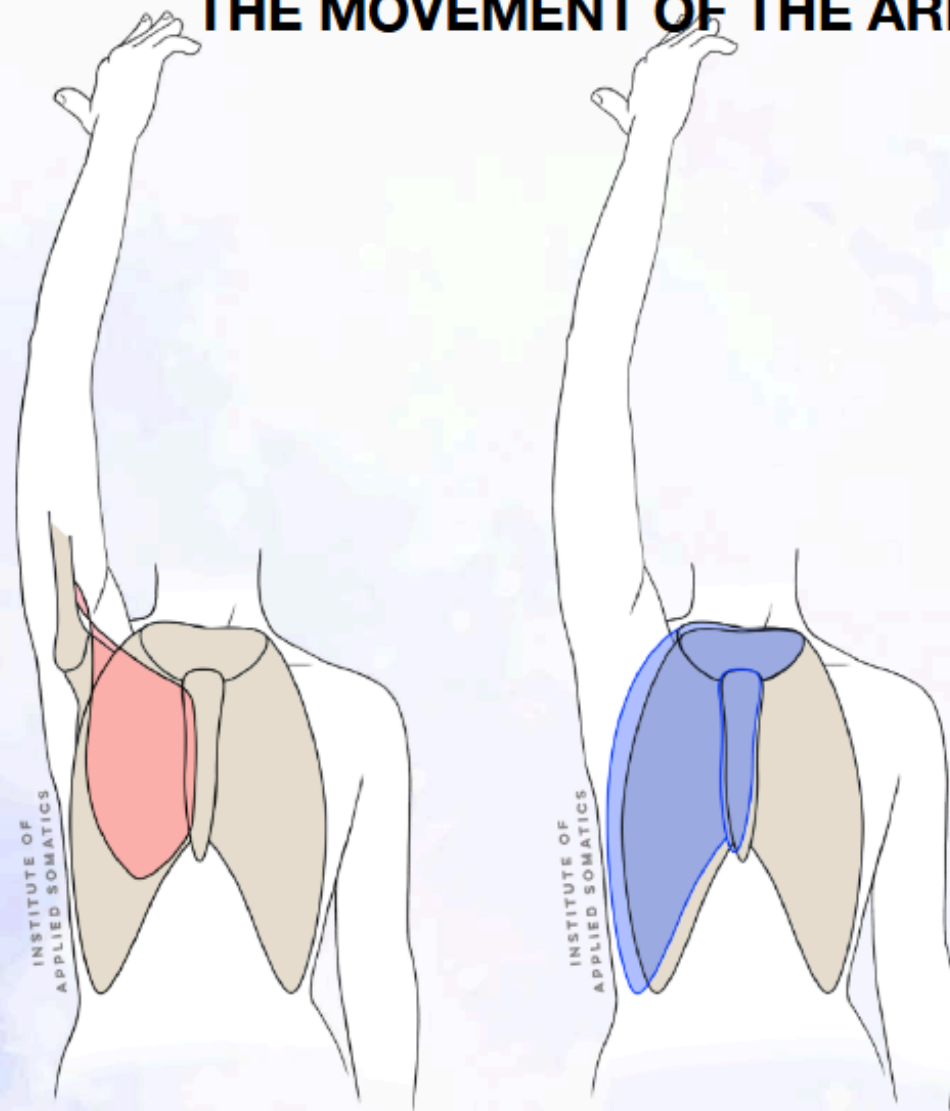
- Breathe in for 3 seconds, hold for 5 seconds, exhale for 7 seconds
- As you breathe in, notice your somatic experience as your diaphragm flattens outward, your ribs & expand, & your lungs fill
- Drop your shoulders & notice the opposite as you breathe out

# Artful Mark-Making & Movement

## Somatic Awareness Exercise

THE MOVEMENT OF THE ARMS TRANSFORMS THE SHAPE OF THE RIBCAGE

4 Steps



Chest - Chin - Forehead - Floor

### Materials & Setup

Journal Page  
Pen for Journaling  
2 Markers  
White Paper  
Yoga Mat  
Comfort items

- water, bolster, jacket, etc.

While you wait...

- Remove shoes
- Focus on breath
- Massage ribcage or any tension
- Consider your essential question

We will begin standing.

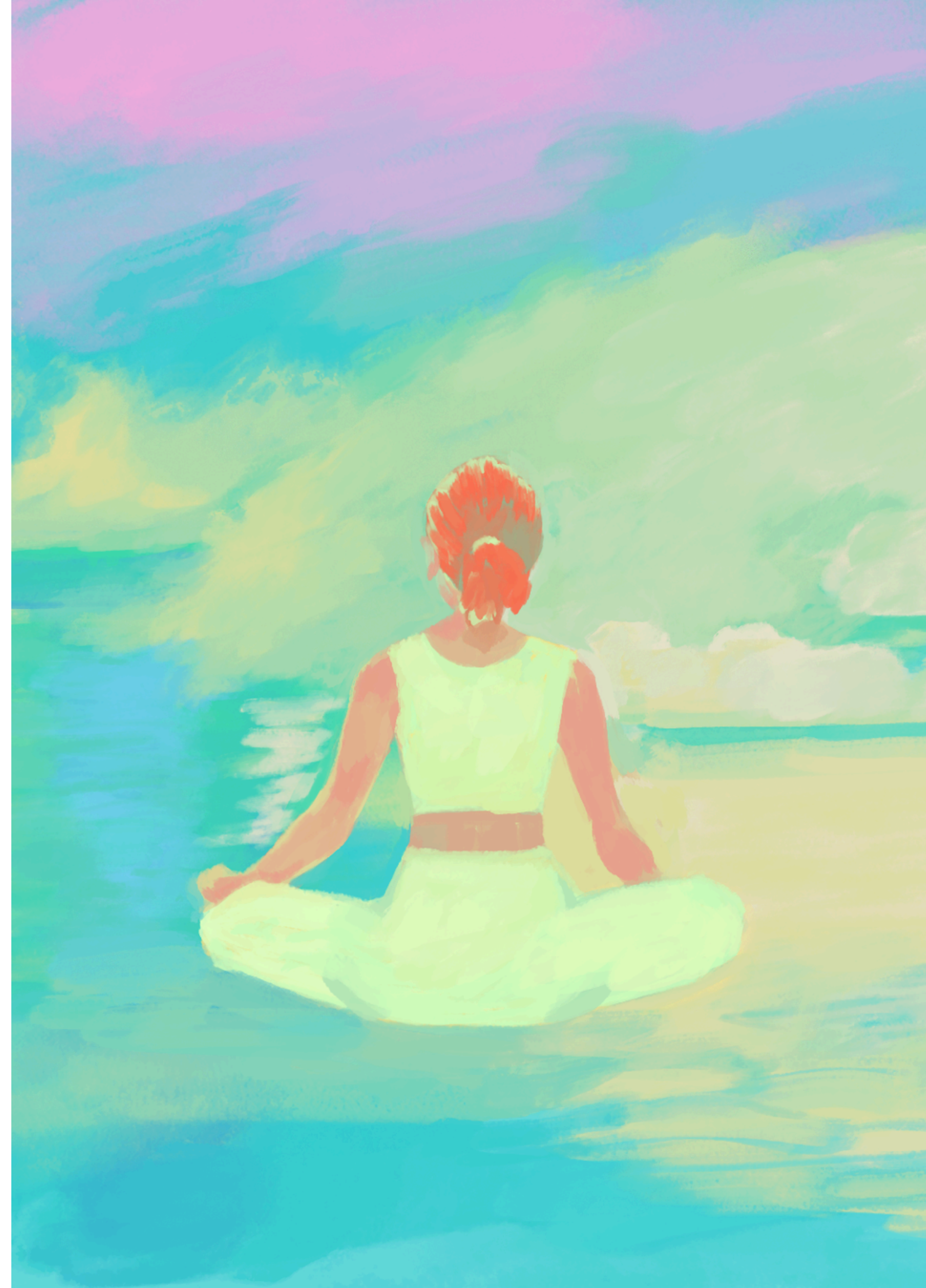
Please have your markers ready nearby.

# Meditation

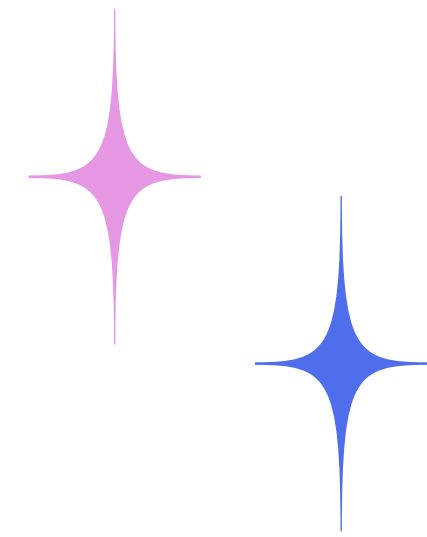
## Essential Question

I would like guidance on...

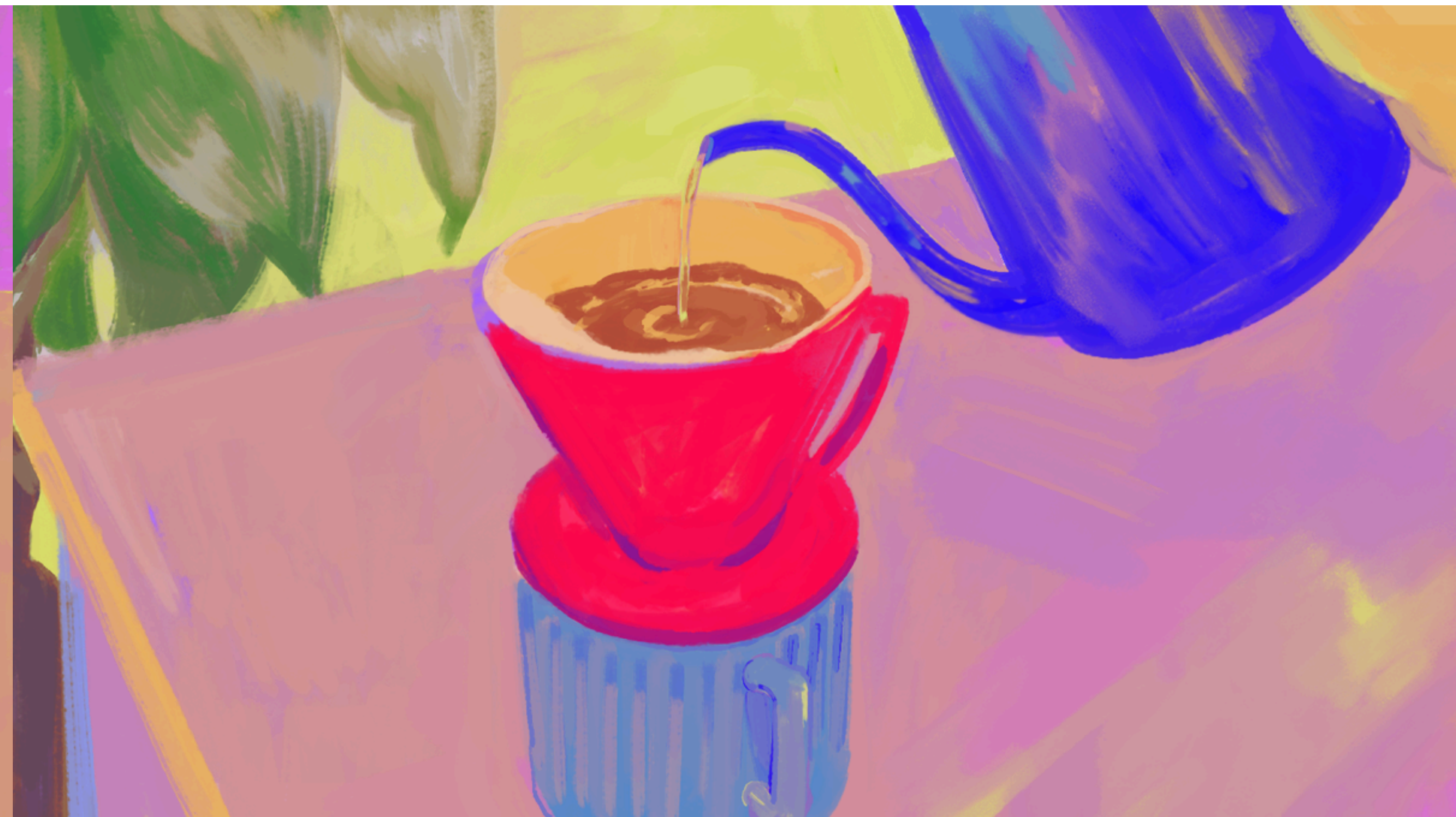
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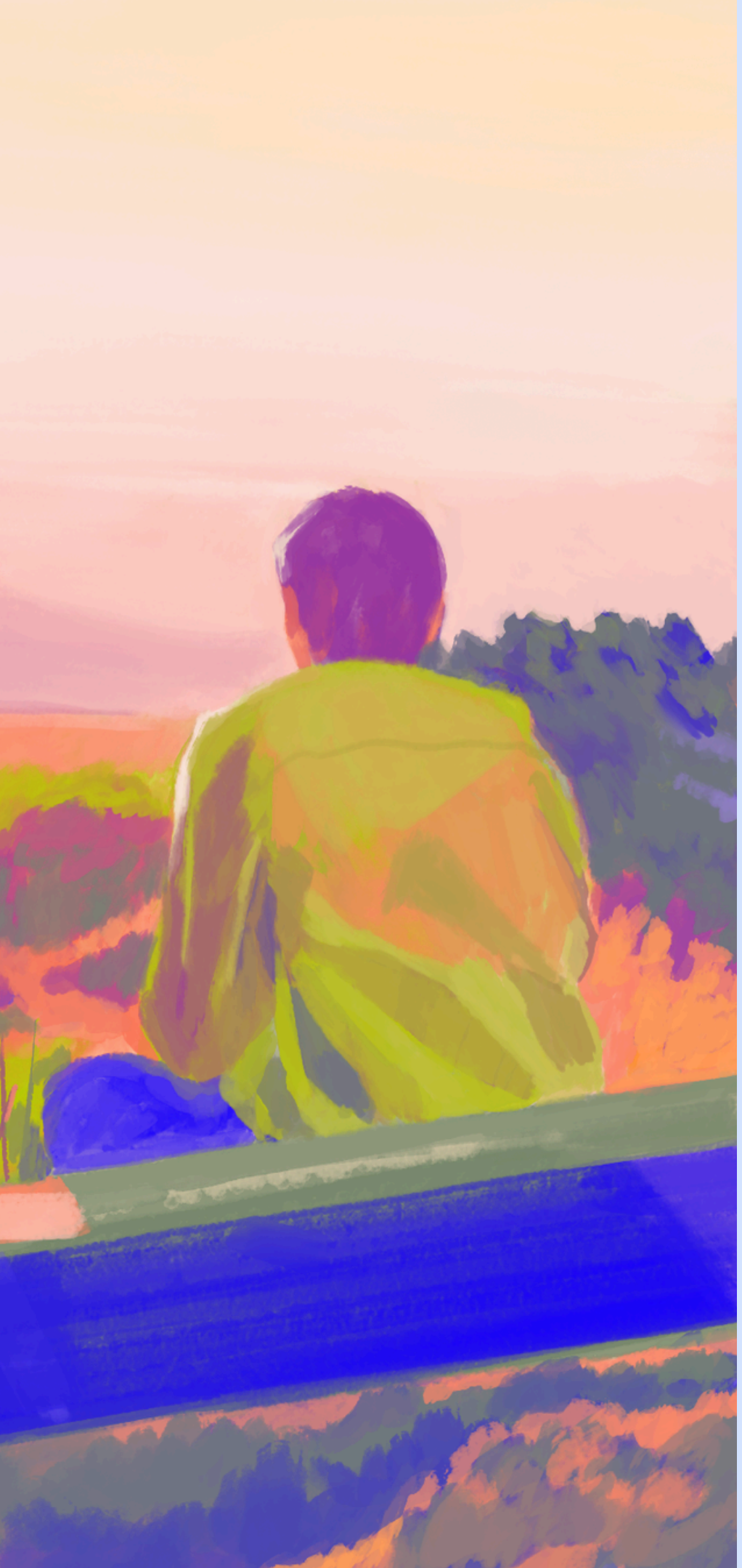


# Journaling & Break



Journal & return from break by 11:07 am





# Reflection

**Essential Question**

I would like guidance on...

**PZ Thinking Routines**

Headlines

Connect - Extend - Challenge

Consider how you might incorporate these thinking routines in your teaching practice...

**Action Plan**

Commit to honoring your experience in a physical way  
May be unexpected or seemingly unrelated

# ✦ Sharing ✦



# Student Quotes

## Classtime

"You're teaching us to be more aware of ourselves - of our bodies and emotions" - Darrius 7<sup>th</sup>

"I made both of my brothers try that exercise (Qigong Heart Tapping) at home!" - Gulianna 5<sup>th</sup>

"In class, we are learning how to find our way back to calm - to know that no matter what, you can always find calm" - Answkar 8<sup>th</sup>

"Whoa! I feel like I'm floating on clouds!" (Trap Stretch with Bilateral Gaze) - Ray 7<sup>th</sup>

"What did that exercise do to me? Seriously, I feel so relaxed and tired right now." (Trap Stretch with Bilateral Gaze) - Ava 6<sup>th</sup>

## Survey Responses

"I felt so stressed during the PSSAs, and it was taking me way longer than everyone else. I did some of the breathing you taught us."

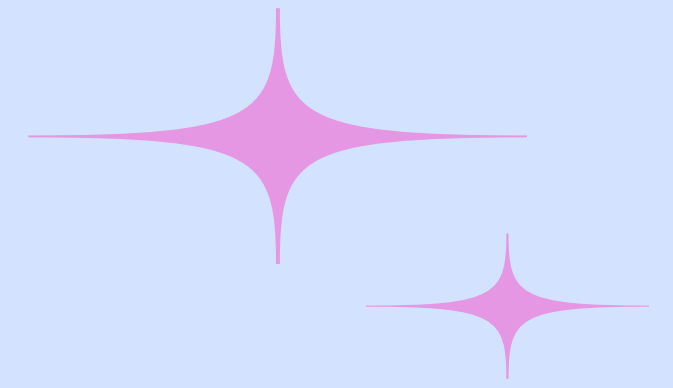
"I thought about my connection to my body through my mind, and that how my body feels can affect my mood."

"It helped me to feel when I should give my mind and body a break from stress or work."

"The boxed breathing helped because I tried it outside of class before a piano recital that was stressing me out and it really helped calm me down."

"Everybody having fun and talking about the activities really stood out to me, because I found that other people have similar reactions or feelings about something."

"The activities are designed to make you more aware of yourself. You are the most important thing in your own life, because if you don't recognize or notice yourself you won't be able to do the same for other people."



# Apps

Headspace  
Insight Timer  
Open



# Researchers

Lisa Dion - Synergetic Play Therapy  
James R. Doty - Neuroscience of  
Compassion & Altruism  
Bessel Van Der Kolk - Body-Based Trauma  
Peter Levine - Somatic Experiencing  
Scott Lyons - Trauma Therapy  
Stephen Porges & Deb Dana - Polyvagal  
Theory  
Arielle Swartz - Yoga, CPTSD & Trauma  
Robert Sapolsky - Psychoneurobiology &  
Stress  
Andrea Traldi - Movement, Fascia, & Intuition



Yoga mats provided by  
Innersense Health

Please contact me with any  
questions or reach out to share an  
experience of your action plan  
[allison.watkins@sparksd.org](mailto:allison.watkins@sparksd.org)

# Sources

The Embody Lab. (n.d.). Foundations of embodied learning and trauma-informed education.

Institute of Applied Somatics. (n.d.). Institute of Applied Somatics. <https://www.appliedsomatics.com/>

Nørretranders, T. (1998). The user illusion: Cutting consciousness down to size. Viking.

# We Want to Hear From You!

Artful Movement & Meditation: Cultivating Agency Through Nervous System Regulation

**Workshop Feedback**

**<https://pzero.in/pghworkshop>**

