



Active Insight: Evidence in Action

Tip #838



Mindful Movement Across Learning Opportunities

Overview

Mindful movement opportunities strengthen participation, confidence, wellbeing, and self-awareness through reflective learning experiences supporting meaningful engagement and collaboration. Inclusive learning environments encourage communication, teamwork, and positive decision-making while strengthening participation pathways and emotional understanding. Students benefit from supportive mindful opportunities promoting motivation, active involvement, and lifelong physical activity participation successfully together consistently across communities regularly.

Key Teaching Ideas

Effective mindful movement experiences strengthen engagement through collaboration, communication, and reflective participation opportunities supporting meaningful learning. Facilitate mindful movement opportunities encouraging teamwork, confidence, and positive decision-making throughout activities. Use inclusive participation strategies, reflective discussions, and collaborative planning approaches helping students strengthen relationships, maintain engagement, and develop sustainable movement participation habits across diverse learning environments consistently successfully together throughout participation experiences regularly.

Practical Application

- Facilitate mindful movement opportunities supporting collaborative wellbeing participation experiences.
- Use balance activities strengthening reflective movement engagement opportunities regularly.
- Create mindfulness challenges encouraging inclusive movement participation consistently regularly.
- Encourage reflective breathing supporting collaborative wellbeing participation opportunities regularly.
- Provide adaptive mindfulness opportunities strengthening movement confidence and engagement consistently.

Next Steps

Explore Individual Regulation & Active Breaks resources supporting mindful movement participation opportunities.

The Physical Literacy Framework is informed by the Australian Physical Literacy Framework (Australian Sports Commission, 2019), contemporary models of holistic physical literacy development (Whitehead, 2010), and research exploring interconnected physical, psychological, cognitive, and social domains supporting lifelong engagement in movement and physical activity.

