

FREE TO MOVE

teaching guide

wearefreetomove.org

Facilitator:

Date:

Location:

Lesson Topic: “We are Free to Be AWARE”

Participant Learning Objectives:

1. Understand and describe the difference between fear and awareness.
2. Take inventory of the awareness practices you already incorporate: what works and what doesn't?
3. Demonstrate 360 scan and articulate how to use it in your regular movement practice.

Material/Environment Suggestions:

- Facilitate this practice outdoors if possible.
- Consider supplying water, coffee, or other snacks based on time of year.
- Provide writing materials for notes and journaling reflection.

Journal Prompts:

- When has awareness helped you—either to feel safe, to notice something beautiful, or to stay grounded?
- What do you tend to notice first when you're being observant—sights, sounds, body sensations, people's energy?
- How does awareness shift the way you move compared to when you're distracted?

Lesson Structure:

- Start with a relaxed, welcoming environment. Consider providing name tags and starting with some gentle stretching before engaging in a walk or run.
- After introductions and stretching, watch Free to Move's video, “We are Free to Be Aware” as a group.
- Review the 360 scan:
 - Awareness is not paranoia—it's presence.
 - We're not looking for danger, we're building confidence in noticing what's around us.
 - Awareness includes both environmental awareness (people, sounds, movement) and self-awareness (breath, posture, intuition).
 - Awareness connects us to our environment and to each other.
- Practice the 360 scan during a walk or run as a group. Debrief and create customized plans to include the 360 scan in the daily movement practices of participants.

Script Suggestions:

- Grounding: “Before we move, pause. Notice your breath, your posture, and the ground beneath your feet.”
- Begin moving: Walk or jog forward at an easy pace. Encourage steady breathing.
- Practice the scan while moving: Every 20–30 seconds, prompt participants to: Look left. Look right. Glance briefly behind (over each shoulder). Optional: Pause at intervals to slowly turn in a full 360° circle.
- Engage the senses: “What do you hear—birds, traffic, footsteps? What do you feel—the breeze, temperature, ground texture? What patterns of movement do you notice—people, animals, vehicles?”
- Integrate self-awareness: “Notice your stride. How does your body feel when you're moving with awareness instead of distraction?”