We have ultimate control of ourselves when we practice unpacking our feelings and habits. It takes time and practice to discover your personal patterns and to become comfortable in exploring what might be making you uncomfortable. Remember, when you feel any degree of hunger, anger, loneliness, and/or tiredness (H.A.L.T.), the rational (decision making) part of your brain slows or shuts down altogether leading to bad choices.

*Meditation Through Movement* recognizes that it is really challenging in today’s busy world to find a truly private space and carve out the time needed to slow down and evaluate where you stand with your feelings and habits.

When practiced daily*, Meditation Through Movement* proves that you can slow things down, reflect on where you stand, and address what ails you all the while you (and life around you) speed up and uncoil.

There can be enlightenment in obsession! Pick a single (easy to access/execute) athletic pursuit that will not only keep you in shape while you enjoy it but that you want to perfect with an incomprehensible hunger. Shed your anger and lose your stressed self while you rage to master it.

Over time, Playground Legend Participants become club ambassadors. They invite others to learn of and reap the benefits of *Meditation Through Movement* during open house sessions. Towards the end of the year, the club selects one pick up sport that they want to teach to the entire school. A school wide tournament then commences with "The Playground Legends" championship belt on the line!

Everything around you might be moving while you move too but you will find stillness and release and an ability to look at other things in a relaxed fashion once you reduce life down to a single pursuit. Break things down and then build things back up. Let what you are truly passionate about color the things in life that you find drab and disquieting.

You will practice *Meditation Through Movement* for the first 15 minutes of every “Playground Legends” session. Blanketing music such as white noise and binaural tracks will be played to help insulate/protect you while you sink into your pursuit.

You can perform any physical activity you want with any necessary equipment you desire but you must enjoy your pursuit safely, independently, and silently. Once you feel more at ease, try to evaluate how you feel using the H.A.L.T. acronym approach.

After we feel renewed and balanced, we will then meet up as a group! With our creative juices flowing, we will revisit and “rewrite” a typical playground game. We will learn that physical wellness and mental wellness are heavily intertwined and that competition can be fun and healthy and should be welcomed! Steel sharpens steel! Not everyone will win but everyone will learn and that is the ultimate game to succeed at.