

TEENS WORK IT OUT (TWIO) VIDEO AND AUDIO SERIES*

| Lesson Set # | Mindful Movement, Mindful Breathing/Relaxation, and Mindful Thinking Links | Duration |
|--------------|--|----------|
| 1 | Movement: <i>Tune in</i> https://youtu.be/ThRh2psKaRk | 3:31 |
| | Breathing/Relaxation: <i>Layers of Sound</i> https://youtu.be/mMuyq7ODRoc | 1:45 |
| | Thinking: <i>I Can't</i> https://youtu.be/8ek9GIiCRY | 4:03 |
| | | |
| 2 | Movement: <i>Cat cow, seated twist, forward fold</i> https://youtu.be/jEx0FshRs88 | 7:38 |
| | Breathing/Relaxation: <i>I Can Do This</i> https://youtu.be/AbwyyGYpmsk | 2:22 |
| | Thinking: <i>Worst-Case Scenario</i> https://youtu.be/KOJbuu6OPM | 5:06 |
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| 3 | Movement: <i>Spine roll/stretch up to mountain pose; tall mountain; seat push up and stretch to chair pose and forward fold</i> https://youtu.be/uMSjtlhNQ1M | 4:44 |
| | Breathing/Relaxation: <i>Tense and Release</i> https://youtu.be/MQmH2hq6UbE | 4:05 |
| | Thinking: <i>All or Nothing Thinking</i> https://youtu.be/gxVLYKzgEQ4 | 4:18 |
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| 4 | Movement: <i>Warrior 1, warrior 2, airplane poses</i> https://youtu.be/rLg202DqxI0 | 5:47 |
| | Breathing/Relaxation: <i>Butterfly Hug</i> https://youtu.be/5x9wIdnwxI8 | 3:49 |
| | Thinking: <i>Zooming in on the Negative</i> https://youtu.be/flg5vNJujOM | 4:39 |
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| 5 | Movement: <i>Shoulder warm up, tree pose</i> https://youtu.be/FyBbHVplRxxw | 6:16 |
| | Breathing/Relaxation: <i>Lazy 8</i> https://youtu.be/iIh_P314ETs | 2:00 |
| | Thinking: <i>I Should, You Should</i> https://youtu.be/nCFOsFJyUXY | 4:40 |
| | | |
| 6 | Movement: <i>Seated outside thigh stretch/pigeon pose; abdominal hold; calf stretch, hamstring stretch</i> https://youtu.be/AfccWttPst4 | 5:20 |
| | Breathing/Relaxation: <i>Volcano Breath</i> https://youtu.be/C-8fIy3Zqqg | 1:59 |
| | Thinking: <i>Fortune Telling</i> https://youtu.be/dtqxaGszl6k | 4:17 |

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| 7 | Movement: <i>Standing back bend</i> https://youtu.be/tQDow3HQ-H8 | 4:44 |
| | Breathing/Relaxation: <i>Ocean Breath</i> https://youtu.be/gB55ttBYXSc | 2:36 |
| | Thinking: <i>Mind-reading</i> https://youtu.be/Ga3nuIqOEM8 | 4:14 |
| 8 | Movement: <i>Standing plank on chair into deep side stretch</i> https://youtu.be/-apYm0Hkmw4 | 7:13 |
| | Breathing/Relaxation: <i>Flower Breath</i> https://youtu.be/JlxmaU645Ms | 4:30 |
| | Thinking: <i>Blaming</i> https://youtu.be/bhIkQoLemdc | 4:11 |
| 9 | Movement: <i>Hand warm up and eagle warrior fold</i> https://youtu.be/mi4jKRLN1bo | 6:29 |
| | Breathing/Relaxation: <i>Balloon Breath</i> https://youtu.be/oKPQBD0YH3A | 3:10 |
| | Thinking: <i>It's Not Fair</i> https://youtu.be/A0IMwkcKAI8 | 4:19 |
| 10 | Movement: <i>Standing chest stretch, neck stretch, back stretch; stone pose; rag doll; seated quad stretch</i> https://youtu.be/7UakVUOhnbI | 6:24 |
| | Breathing/Relaxation: <i>Balancing Breath</i> https://youtu.be/Rtmkohgl-Ew | 4:06 |
| | Thinking: <i>Feelings as Facts</i> https://youtu.be/5ozb-74-huY | 4:27 |

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