

The Breathing Room

Shared Dance Break

“Shut Up and Dance” by WALK THE MOON



Four moves. Eight beats each. Repeat together in the chorus.

1 Step-touch

Beats 1-8

Right, touch. Left, touch. Repeat.
Seated: alternate side hand taps.

3 Step-touch repeat

Beats 17-24

Right, touch. Left, touch. Repeat.
Seated: alternate side hand taps.

2 Chorus Moves

Beats 9-16

Finger wag, two eyes fingers, one arm out,
“shhhh” finger, “ooo, ooo,” hand to mouth

4 Chorus Repeat

Beats 25-32

Finger wag, two eyes fingers, one arm
out, “shhhh” finger, “ooo, ooo,” hand to
mouth

Stand, sit, use smaller movements, or watch.

The Breathing Room

Self-Reflection Tool

Notice readiness. Choose support. Return with intention.



1 Before movement

Readiness: 1 2 3 4 5

Body weather: sunny, cloudy, windy, stormy, foggy, or calm

One word for how I feel: _____

3 After movement

Readiness: 1 2 3 4 5

What shifted? Body, energy, attention, emotion, or connection?

What do I need next?

2 Choose one support

Connect: walk-and-talk or greeting

Reflect: quiet walk, journal, or sketch

Explore: a movement choice

Restore: gentle movement or stillness

4 Return with intention

I can listen, participate, ask for help, try again, or take space.

My next step: _____

Support: peer, adult, space, or movement

Reflect privately. Sharing is optional. Choose the support that fits today. Allyson Reeds, Ed.D.



The Breathing Room

13-15 Minute Movement Routine



1 Arrive & connect

1-2 minutes

Notice your energy.
Choose standing, seated,
or still participation.

3 Reflect & restore

1-2 minutes

What changed?
Choose an intention
for your return.

2 Explore movement

11 moves. One minute per move.

01 Lymphatic Hop

02 Body Wave

03 Arm Swing

04 Trunk Twist

05 High Twist

06 Golf Swing

07 March

08 Plié

09 Punch

10 Kick Step

11 Curtsy Cross

[Watch the video on Instagram](#)



Adapt or skip any move. Seated movement or stillness is always an option. Allyson Reeds, Ed.D.