

**Animal-Inspired Poses**  
**Animal Alphabet Guide for Levels 1-10**  
**Breath + Movement = Zone (B+M=Z)**

**Description:**

The following lists various breath and movement actions that will get students in the zone for learning. For level 1, fundamental breath and movement activities are introduced. For the subsequent levels, activities correlate to each of the respective 26 secret letters in the iknow animal alphabet. Each of these can be done individually or organized into a sequence. Supplemental activities are included.

**Benefits of B+M=Z:** The following are benefits that apply to all breath and movement actions.

- Engage in physical movement that will oxygenate and vitalize all systems of the body
- Increase strength, balance, flexibility and focus
- Improves overall posture
- Increases body awareness
- Improves focus and concentration
- Decreases internal and external distraction
- Increase feelings of empowerment
- Cultivate self-awareness and self-acceptance
- Practice individual rhythm and coordination
- Practice group rhythm and coordination
- Learn to connect breath to movement
- Encourage teamwork
- Learn to follow directions and leadership
- Familiarize students to basic human and animal anatomy/body parts
- Support overall learning iknow materials

Please note that benefits specific to each movement are listed below in the respective section.

“Physical fitness is not only one of the most important keys to a healthy body,  
it is the basis of dynamic and intellectual activity.”

John F. Kennedy