Centro Colombo Americano

Fitness and Wellbeing



Leaders also need activities to de-stress

Workshop 2

American Spaces
ÚNICO CENTRO BINACIONAL EN BOGOTÁ AVALADO POR LA EMBAJADA de ESTADOS UNIDOS BOGOTÁ

ALCALDÍA MAYOR DE BOGOTÁ D.C.
SECRETARÍA DE EDUCACIÓN
BOGOTÁ

Una educación que te responde

UNA VIDA SIN SUBTITULOS

Centro Colombo Americano

Mediation objectives

Communicative	Reflect on fitness activities and leadership experiences
Language	Use mindfulness and yoga to enhance fitness and leadership qualities.
Global Skill	Creativity, teamwork, and critical thinking.

American Spaces
ÚNICO CENTRO BINACIONAL EN BOGOTÁ AVALADO POR LA EMBAJADA de ESTADOS UNIDOS BOGOTÁ
ALCALDÍA MAYOR DE BOGOTÁ D.C.
SECRETARÍA DE EDUCACIÓN
BOGOTÁ
Una educación que te responde
UNA VIDA SIN SUBTÍTULOS

Centro Colombo Americano

Let’s learn some body parts and movement vocabulary

Instructions

Open a box from mystery box.

Show that body part or do the movement.

American Spaces
ÚNICO CENTRO BINACIONAL EN BOGOTÁ AVALADO POR LA EMBAJADA de ESTADOS UNIDOS BOGOTÁ
ALCALDÍA MAYOR DE BOGOTÁ D.C.
SECRETARÍA DE EDUCACIÓN
BOGOTÁ
Una educación que te responde
UNA VIDA SIN SUBTÍTULOS

Centro Colombo Americano

Is fitness important in our communities?

Discuss

Do you practice any sport?

Where do you practice that sport?

In your neighborhood is there a safe place to practice sport or exercise? Why or why not?

What do you think is missing in your neighborhood or school to foster fitness?

What can you do to improve fitness in your social context?

American Spaces
ÚNICO CENTRO BINACIONAL EN BOGOTÁ AVALADO POR LA EMBAJADA de ESTADOS UNIDOS BOGOTÁ
ALCALDÍA MAYOR DE BOGOTÁ D.C.
SECRETARÍA DE EDUCACIÓN
BOGOTÁ
Una educación que te responde
UNA VIDA SIN SUBTÍTULOS

Mirror, Mirror on the Wall

Instructions

One student acts as the leader and demonstrates different exercises.

The rest of the class mirrors their movements for 30 secs.



Centro Colombo Americano
American Spaces
ÚNICO CENTRO BINACIONAL EN BOGOTÁ AVALADO POR LA EMBAJADA de ESTADOS UNIDOS BOGOTÁ
ALCALDÍA MAYOR DE BOGOTÁ D.C.
SECRETARÍA DE EDUCACIÓN
BOGOTÁ
Una educación que te responde
UNA VIDA SIN SUBTÍTULOS

Time to reflect…

Discuss

What activity did you enjoy the most and why?

Which parts of the body did you exercise?

Why is regular physical activity important for wellbeing?

How did you feel about leading the activities and what did you learn about leadership?

Centro Colombo Americano

Cosmic Yoga



American Spaces
ÚNICO CENTRO BINACIONAL EN BOGOTÁ AVALADO POR LA EMBAJADA de ESTADOS UNIDOS BOGOTÁ
ALCALDÍA MAYOR DE BOGOTÁ D.C.
SECRETARÍA DE EDUCACIÓN
BOGOTÁ
Una educación que te responde
UNA VIDA SIN SUBTITULOS

Centro Colombo Americano

After cosmic Yoga

Discuss

How did you feel before and after yoga?

How can yoga help you manage stress and improve leadership skills?

What leadership qualities did you observe in yourself or others during the session?

American Spaces
ÚNICO CENTRO BINACIONAL EN BOGOTÁ AVALADO POR LA EMBAJADA de ESTADOS UNIDOS BOGOTÁ
ALCALDÍA MAYOR DE BOGOTÁ D.C.
SECRETARÍA DE EDUCACIÓN
BOGOTÁ
Una educación que te responde
UNA VIDA SIN SUBTÍTULOS

Centro Colombo Americano

It’s all about your mind…

Think, then discuss

A leader needs to know how to express ideas, feelings and emotions correctly…

One effective way to develop and practice these skills is creating a mandala.

Have you ever seen a mandala before? If yes, where did you see it?

What do you think a mandala is used for?

Useful expressions

In my opinion… / I think

I agree / I disagree

I totally / partially (dis)agree with

I got your point! But…

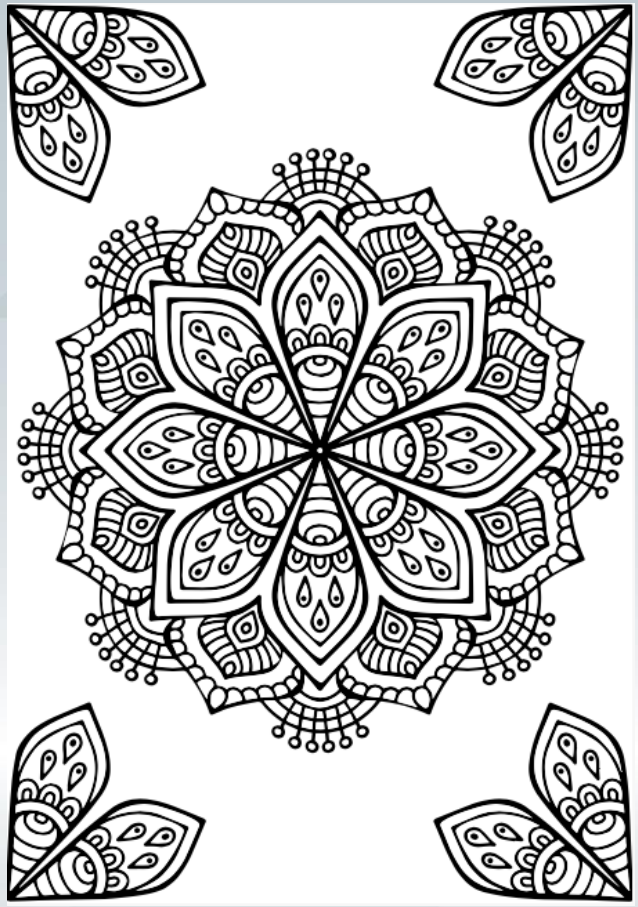
American Spaces
ÚNICO CENTRO BINACIONAL EN BOGOTÁ AVALADO POR LA EMBAJADA de ESTADOS UNIDOS BOGOTÁ
ALCALDÍA MAYOR DE BOGOTÁ D.C.
SECRETARÍA DE EDUCACIÓN
BOGOTÁ
Una educación que te responde
UNA VIDA SIN SUBTÍTULOS

Let’s analyze this mandala…

Discuss

Can you describe the shapes or patterns you notice in a mandala?

Use your dictionary, translator or even AI (LuzIA / Truora), to find the vocabulary you need to answer the question.



Let’s paint it!

Instructions

Go to https://www.mombooks.com/dp-online-activity/mandala-colouring/

Paint a mandala and explain your color choices and feelings, relating them to personal wellbeing and leadership.

Useful expressions

- Use this color code
- Right top / Left top section
- Upper / lower corner
- in the center / on the corner

Workshop Rating!

Scan the QR or go to the link

Centro Colombo Americano

Final Reflection!

How do fitness and mindfulness activities contribute to the development of leadership?

Provide examples

American Spaces
ÚNICO CENTRO BINACIONAL EN BOGOTÁ AVALADO POR LA EMBAJADA de ESTADOS UNIDOS BOGOTÁ
ALCALDÍA MAYOR DE BOGOTÁ D.C.
SECRETARÍA DE EDUCACIÓN
BOGOTÁ
Una educación que te responde
UNA VIDA SIN SUBTÍTULOS

At home... (Recording)

At home mission

If you are watching this recording, and you didn't attend the session Scan the QR. Paint the mandala. Write a short paragraph with the explanation of the colors, and how this can help you to be a better leader.

Scan the attendance list and upload your link there.