

Find What Moves You



PREVENTION SUMMIT, SPOKANE, WA
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WASHINGTON STATE UNIVERSITY
Kinesiology

Psychology of Physical Activity Lab



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Our Students!

Agenda

Program Overview

Experiencing Find What Moves You

Community Engagement

Where We Go From Here



Let's start at the
beginning...

Recall a time during childhood when you felt embarrassed, ashamed or negative about your body in a physical activity setting or another context where your body was on display...how old were you? How did you feel?

Within a period of about 5 years or so, associated with puberty, girls...

View self
as object

Valued for physical
appearance

Reduced
agency

No longer speaking up
or speaking one's mind

Disrupted
body
connection

Disconnection from
body cues indicating
hunger, fatigue, stress,
or desire

What are some of the negative consequences that can occur when youth begin disconnecting from their body?



Disconnection
from their bodies

=

inability to feel,
to process, to
act in ways that
meet their needs.



There is a lack of programming for female/non-binary youth that supports the pathways back to positive embodiment at this critical stage of development.



FIND
WHAT
MOVES
YOU

Empowering youth to explore, appreciate,
and embody their authentic selves,
through movement, social connection, and
self-reflection.



Moving from theory to program design...

Developmental Theory of Embodiment

(Piran, 2016, 2017)



MENTAL

Resisting cultural
beliefs



PHYSICAL

Joyful immersion in
physical activity



SOCIAL

Empowering social
relationships

Developmental Theory of Embodiment

(Piran, 2016, 2017)

MENTAL

PHYSICAL

SOCIAL

Monitor & Acceptance Theory

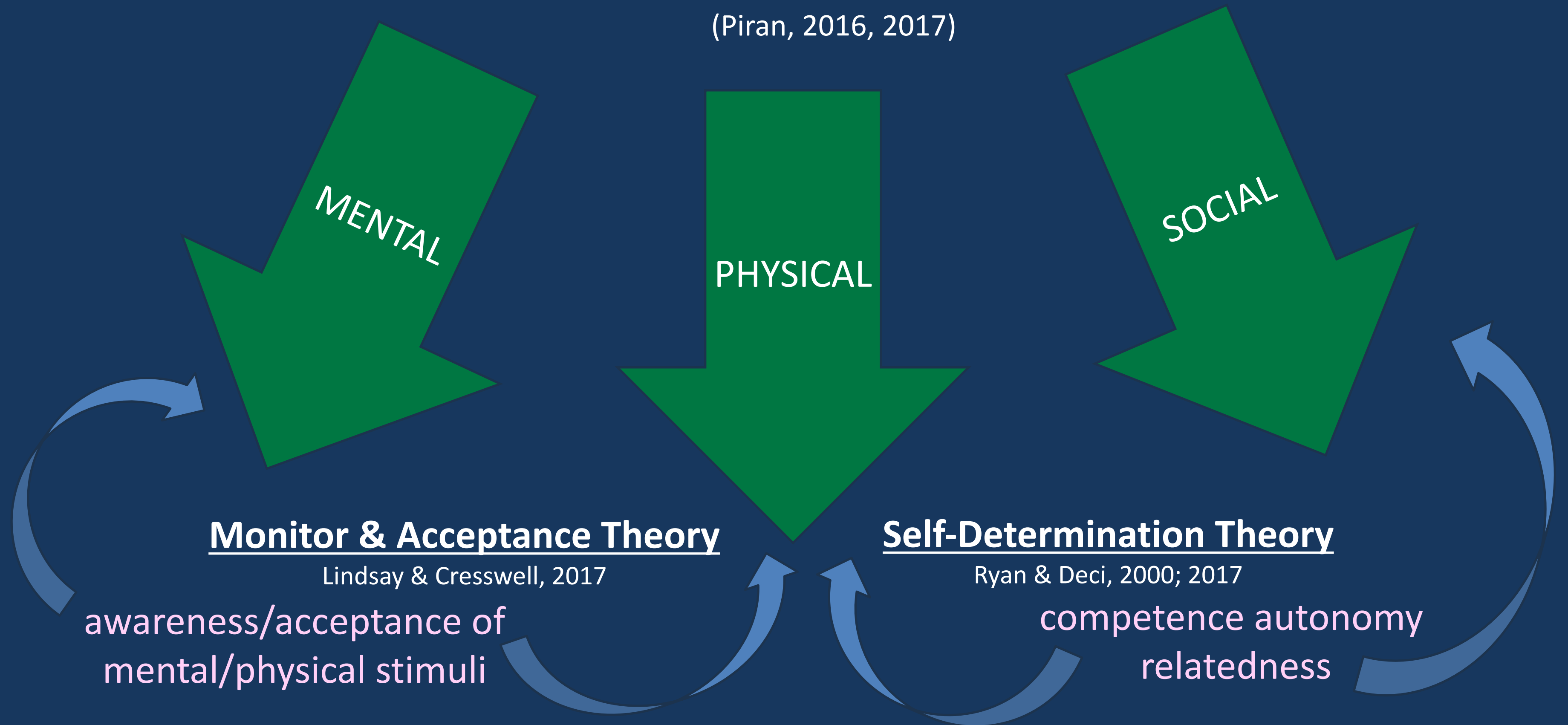
Lindsay & Cresswell, 2017

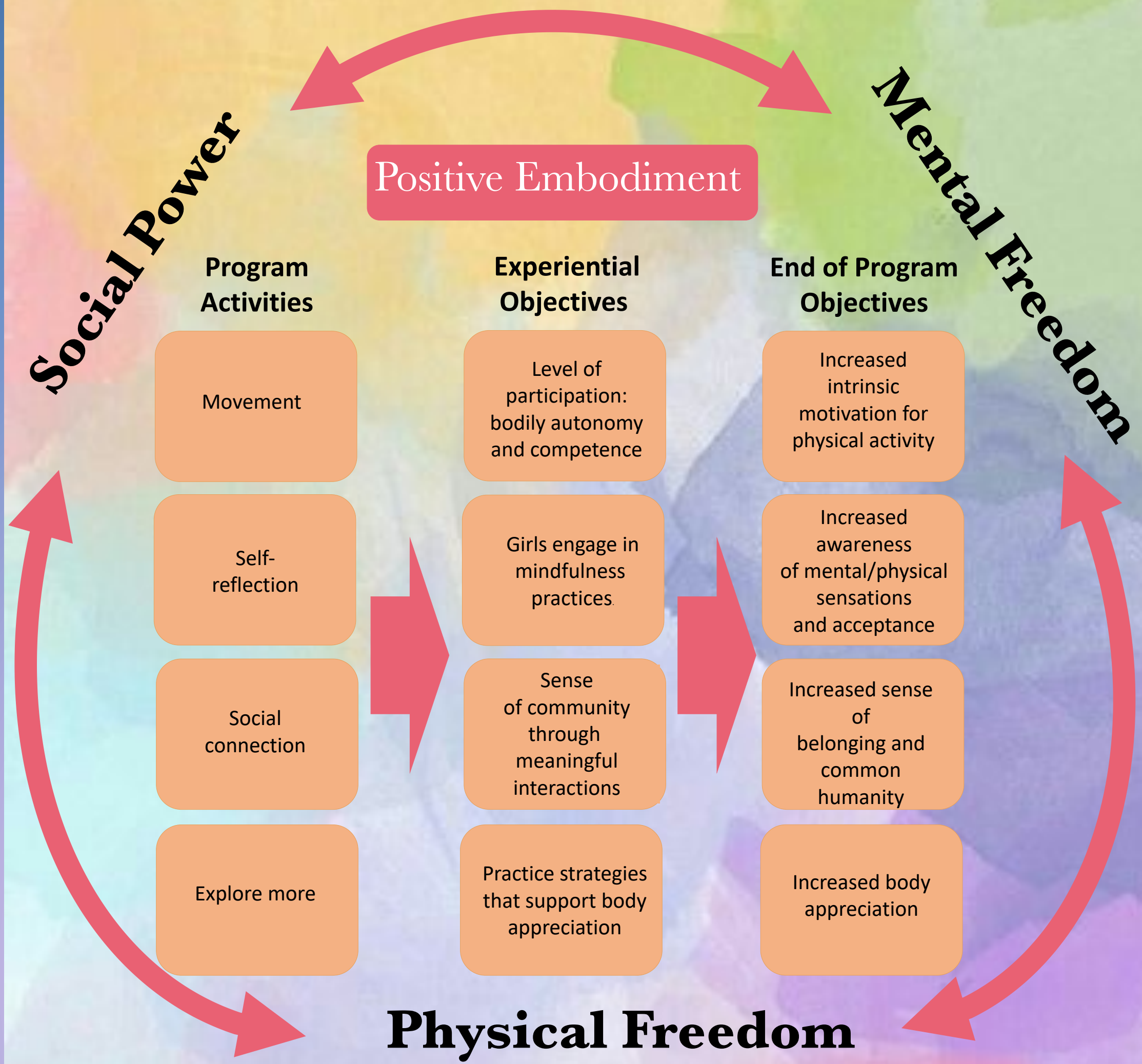
awareness/acceptance of
mental/physical stimuli

Self-Determination Theory

Ryan & Deci, 2000; 2017

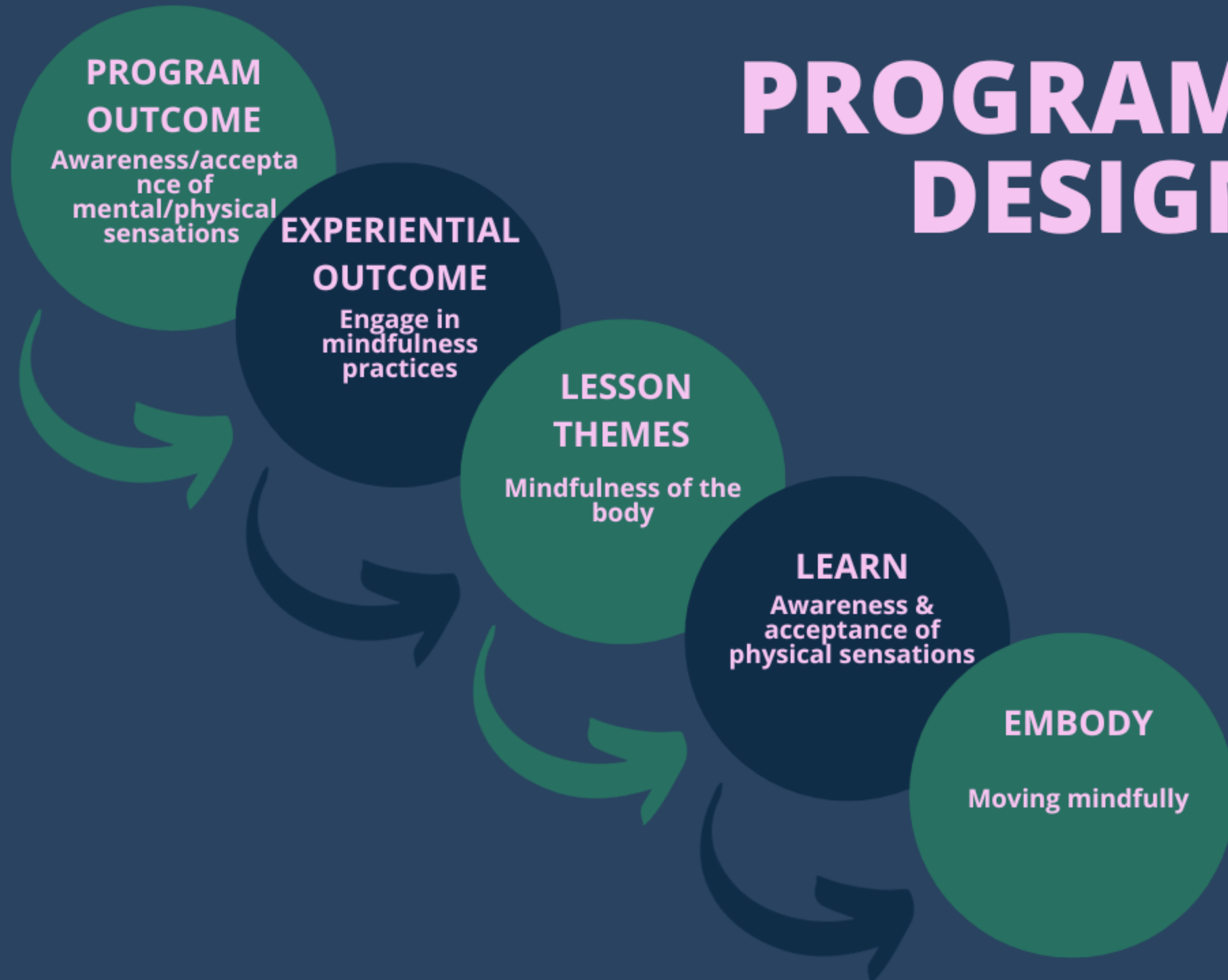
competence autonomy
relatedness





#	Theme	Physical Activity	Relaxation
1	Introduction to program	A brief movement exploration	Connecting to the earth
2	Kindness and belonging	Heart opening movements	Imagery of extending and receiving kindness
3	Mindfulness of the body	Gentle yoga flow	Body scan and progressive muscle relaxation
4	Mindfulness of the mind	Strength and balance	Noticing and accepting thoughts
5	Common humanity and self-kindness	Dance sequence	Common humanity song
6	Body appreciation and self-care	Kickboxing and restorative yoga	Self-care affirmations/restorative
7	Play	Sport-based movements	Cultivating gratitude

PROGRAM DESIGN



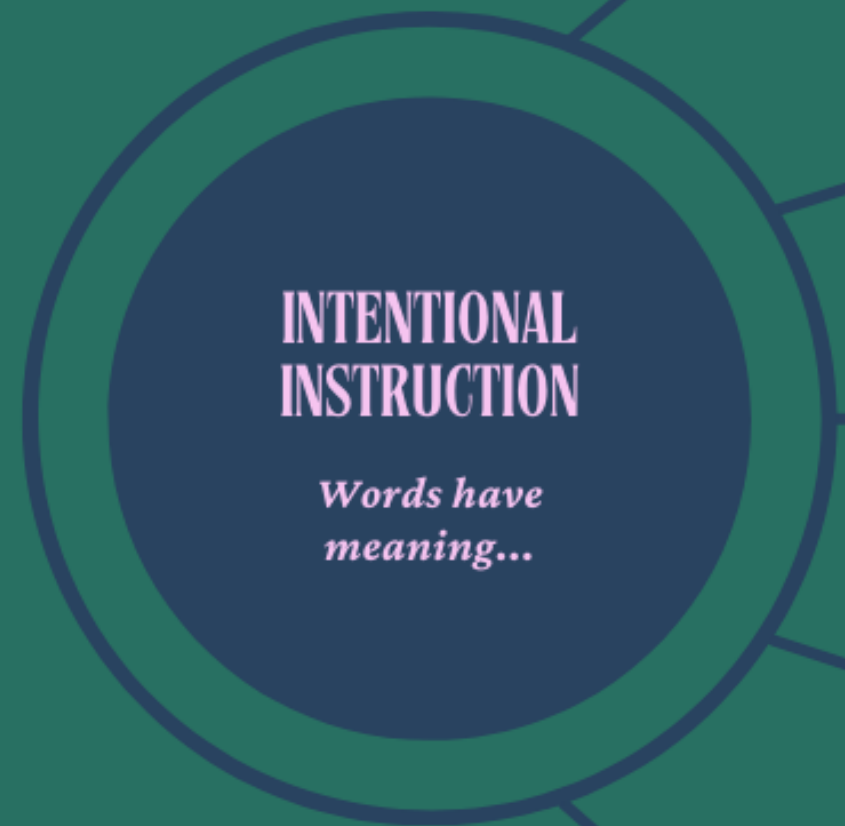
Movement Break: Eagle Pose



Reflection Questions

- What did you notice?
- What did you like?
- What did you not like?

INSTRUCTING MOVEMENT TO MEET OUTCOMES



1

COMPETENCE

*See where you can find more
stability either by...*

2

AUTONOMY

*Choose your level of challenge and
what is going to feel good in your body
today*

3

MINDFULNESS

*Notice whatever sensations are arising
and simply observe*

4

SENSE OF COMMUNITY

Congratulations you're human!

5

BODY APPRECIATION

*Notice the strength of your body
as you find your balance*

Online Implementation

($N=6$)

“This program was a great way to get moving, while also discussing body positivity and mental health”

“We have to accept our body, physical and mental together, as perfect just the way it is”

“This program gave me time to think about myself from a whole different angle”

Example of Hybrid Implementation



Spring 2023

- Worked with after school coordinators at 2 middle school sites
- Had 8-15 participants at each site
- 2 lessons were in person and 6 were Zoomed into a common area (e.g., library)
- Conducted focus group interviews

Results

- After school coordinators were very pleased
- Overall response was positive
- Data highlighted a desire for more movement and less journaling/talking
- Didn't work for all participants

Next Steps

Community
Engagement



The background of the slide features a light blue gradient on the left side, transitioning into a grey area on the right. On the right side, there is a stylized illustration of a human brain, composed of various grey and white shapes. Overlaid on the brain are numerous white question marks of varying sizes and orientations, creating a sense of inquiry and thought.

We need your input to help us partner with communities!

Thank you for your candid responses on the handout – we would like to collect these at the end of the session.

Does the FWMY program fit needs in your community?

- What needs or risk factors could this help your community address?
- How could this be useful to your community, or not?
- Does FWMY fit a need not currently being met?
AND/OR Are there other programs available?

How could FWMY be integrated into your community?

- What formats and/or structure would work best in your community?
- What are the barriers to bringing FWMY to your program in your community?
- What considerations should we know about integrating FWMY into your community?

How can we connect with your community?

- What are the best ways to disseminate information in your community?
- How do people hear about programming in your community?
- Ideas for how to reach local partners, parents, or participants?

What's Next?

- Ongoing conversations about how best to integrate FWMY into communities
- Webinars/trainings for professionals to learn more about the concepts we teach in FWMY
- Instructor training sessions in person and online
- Online FWMY session available in early 2024
- Summer sessions in select communities

connect with find what moves you

FOLLOW US

[@find.what.moves.you](#) to learn more about how to find trust, joy, and freedom in your body.

VISIT

Our website findwhatmovesyou.org to find out more about our program

SUBSCRIBE

When you visit our website, subscribe to our newsletter to stay updated on all things related to Find What Moves You



Scan this QR code and complete a brief form if you would like to learn more about FWMY and possibly bringing it to your community!



Or stop by our table here at the Summit to sign up for more information.