

Yoga

Children's Activity

Overview

Children will engage in calm breathing while learning basic yoga poses and mindfulness. They will explore body movement while developing inner resilience (the ability to overcome challenges and frustrations) needed to navigate physical, mental, and emotional stress.

Themes Met:

- #1 Lungs help us breathe
- #2 Healthy lungs help keep our bodies healthy
- #3 Lungs help us do well in school
- #4 We use lungs to do healthy activities
- #5 Breathing helps us manage our feelings

Supplies

Printed and laminated (or put in page protectors) yoga poses (appendix A22-A27)

Extensions/ Adaptations:

Yoga poses can be done during one lesson or spread out over a week or longer by doing one new pose a day. To help children learn more about different roles in a community, you could invite a local yoga teacher to volunteer to join the children in doing this.

Before You Begin

Practice each yoga pose before doing the lesson so you feel comfortable.

Start by creating a tranquil, quiet place away from distractions. You could play calming music and turn down the lights. Children can remove their shoes to get more comfortable. Speak calmly and quietly throughout this activity.

Steps

Pre-Activity Discussion: Discuss with children how they breathe (bring air into their bodies through their nose or mouth and then the air goes into their lungs and helps the body be healthy and then we blow out the used air). Tell children that when they take deep breaths it helps the body calm down. Discuss with children how when they are calm, it makes them feel happier and they do better in school.

1. Sit together on the floor and begin by having children take slow deep breaths by filling their chest with air then slowly breathing out. Repeat a couple of times, helping to relax children.
2. Select a yoga pose to begin with. Show children the picture of the pose and have everyone get into the pose. It's helpful if you lead by example and do the poses with the children.
3. Some poses are named after animals (cat, cow, downward dog, cobra). While doing those poses, it's fun to have children make the animal's sound.
4. Try to stay in each pose long enough to take 4-5 breaths.
5. After doing a few poses, sit back down together on the ground and have children take deep breaths by filling their chest with air then slowly breathing out. Repeat twice.
6. Discuss the children's experiences with the movements.

Head Start Domains & Goals:

P-PMP 1, 2, 3, 4
P-LC 1, 2, 5, 6
P-SE 10
P-ATL 1, 5, 6, 7, 8, 9, 13

HighScope Curriculum Content:

1, 3, 5, 6, 9, 12, 16, 17, 18, 20, 21, 22, 23, 42, 43, 54



Cobra Pose



Cat Pose



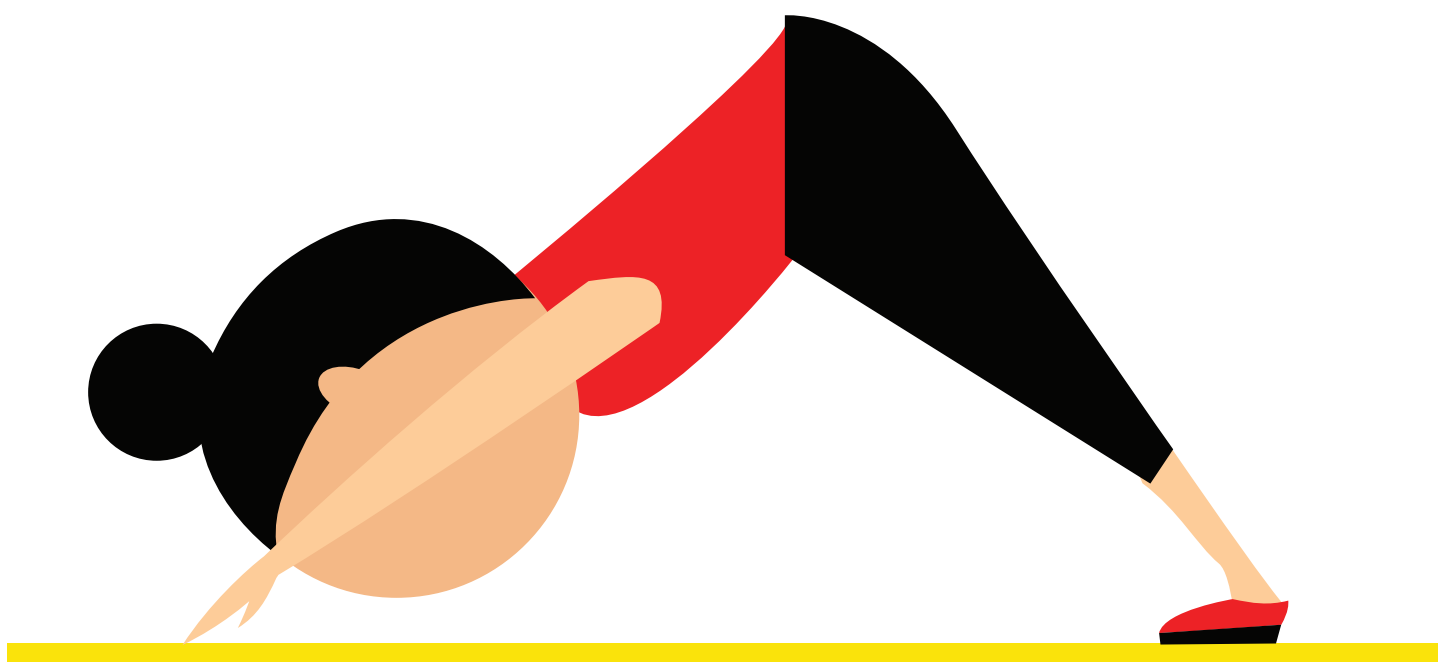
Cow Pose



Chair Pose



Downward Facing Dog



Seated Forward Bend

