

May/June 2015 Yoga Guide

Yoga Guide Updates: For the months of May will provide resources to help you facilitate yoga games that involve the poses you have already introduced throughout the year. Please choose 1 yoga game to focus on each week in May, then cycle through all as you wish throughout the month of June. Utilize photos from previous months to create yoga pose cards, bulletin board displays, and other visual references.

Why Yoga?

- The American Academy of Pediatrics (AAP) and The National Association of the Education for Young Children (NAEYC) recommend that children should participate in activities that support the development of the whole child. Yoga is a safe and fun activity that helps children grow flexible and strong in body and mind. This daily doodle activity complements our busy days, providing a time for gathering in a quiet, relaxing way.
- Yoga has been shown to be effective in helping kids develop social skills, focus on the present moment, and slow down their thoughts. Yoga's physical benefits include increased flexibility, coordination, balance, strength, and body-awareness. Yoga at an early age can also encourage self-esteem and acceptance through exercise in a noncompetitive, fun atmosphere.

Curriculum Expectations

- It is expected that yoga be a part of each and every doodle day. At a minimum, you will notice that yoga is required during the afternoon Happy Hour in each daily lesson plan.
- The poses and links included in each monthly guide will help you in planning and leading each session during Happy Hour as well as other areas in the day as you choose. To ease into a yoga routine, start with slow, brief sessions, focusing on just one pose at a time with lots of language, praise, and guidance. Keep in mind that a child's attention span is typically their age in years plus 3, meaning that the developmentally appropriate expectation is that a 2 year old will focus for about 5 minutes. Feel free to sprinkle yoga sessions in several times a day. It is an excellent transition tool and great for winding down before naptime.
- Yoga doesn't have to be a stand alone event. Make connections to learning wherever possible. Yoga can be an extension of a read-aloud, a way to ease into a gross motor activity, or a great way to wind down after an active team game.

Share!

- Have ideas for future poses? Would your class like to create a share videos and photos of poses? Wouldn't it be awesome for our Yoga Guide to be completely built using our own doodle photos next year?
- **We appreciate all of your feedback and are grateful for your efforts in sharing photos and videos with us! Please share via Google Drive with: db.educationteam@gmail.com**

Bee Breathing-Bhramari Pranayama

This yoga activity is an age appropriate way to settle your children in for story time, circle time, or any other large group activity. In yoga bhramari pranayama is used to release the mind of agitation or frustration.

Invite your students to pretend to be buzzing bees. Begin by humming as you walk, run, hop, and buzz around the room. As you are playing, invite children to feel their face as they hum to observe how it makes their whole face vibrate. Invite everyone to buzz in the hive by sitting on the carpet together. Then, sit in “butterfly pose” and flap your knees up and down softly to simulate the flapping of bees wings. Together buzz loudly, softly, very quiet, all-the-while breathing deeply in between. Invite busy bees to think about happy things as they focus on their buzzing.

In yoga the practice of focusing on your breathing is an important tool to center yourself.

This activity intentionally draws children’s attention to their patterns of breathing. The buzzing creates a natural calming effect.

Consider using this activity as a transition tool while walking in the hallways!



Thunderstorm

This activity is done while in boat pose, a balancing seated posture. This activity balances the release of energy with self-control. Lead you students by modeling the movements and sounds.

“A storm is coming... here comes the rain.” Lightly tap the floor with your feet, like the pitter patter of rain. Tap your face and head with your fingers, like raindrops.

“It’s raining harder– its pouring!” Stomp the floor with your feet. Row the boat through the puddles, using your arms.

“Here come the big gusts of wind!” Wave your arms and make whooshing noises.

“Here come the thunder and lightening!” Pat your legs or clap.

After the noise and movement have peaked, “Freeze!” Everyone balances in boat pose and tries to be as still and quiet as possible.



Yogi Says

Begin this activity by being the “Yogi” and demonstrating for children how to play the game. The players do the yoga pose that the Yogi tells them to do if he/she first says “Yogi says.” If players follow an order that doesn’t begin with “Yogi says” they are now the yogi!

After you have demonstrated for children how to play a couple round of “yogi says” allow one child to become the yogi!

Toddlers may benefit from choosing their yoga pose from a set of yoga cards. Hold a card out for little ones to pull from and allow them to say the pose out loud!

Yoga Cube

You will need– a square cardboard box or dice. Tape or glue pictures of yoga poses to each side of your cardboard box or dice. Show children how to roll the dice. Whatever yoga pose the cube lands on is the pose that they perform!

Yoga Poses to Try While Singing

Tree Pose



Come Under My Umbrella (Tune: The More We Work Together)

Come Under My Umbrella, Umbrella, Umbrella
Come Under My Umbrella It’s Starting to Storm
With Thunder and Lightning and Wind and Rain
Come Under My Umbrella It’s Starting to Storm

As you sing bring your arms from above your head to horizontal with the ground (to imitate an opening umbrella)



Airplane Pose

Sing this fun song while trying either the airplane pose or the locust pose. Toddlers may have an easier time performing the locust pose.

Tune: Row, Row, Row Your Boat

Fly, fly, fly your plane
Fly your plane so high
Merrily, merrily, merrily, merrily
Way up in the Sky

Locust Pose



Bean Bag Balancing

Provide each child with a beanbag. Have children pick a yoga card and then try to balance the beanbag on their head, shoulder, knee, or hand while performing the yoga pose.

Yoga Freeze

Turn on your favorite freeze dance and get ready to move! When the music Freezes choose a yoga pose and hold that pose until the music begins again!

Yoga Poses to Add to Your Collection



Lizard Pose (Cricket)

1. Kneel down and place one foot out in front.
2. Stretch your other leg back and place your hands on the floor in front of you parallel with your front foot.



Table Top Pose (Spider)

1. Sit on your bottom and lean back on your hands.
2. Use your feet to push your bottom off of the ground.
3. Stretch your belly towards the ceiling.



Flower Pose

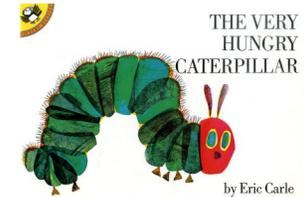
1. Sit on your bottom and rock back so that your feet come off of the ground.
2. Lift your feet up with your knees bent and place your arms underneath your feet.

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The Very Hungry Caterpillar by Eric Carle is a classroom favorite. Combine a childhood story with the activity of yoga and it becomes a memorable experience.

Work slowly through this yoga story and provide time between each pose for children to think about what they are doing. Do not try to complete this yoga story at one time. Break the experience into smaller and more manageable pieces.

You may want to stretch this story over the course of a week or even two weeks. When children are made to take part in an activity longer than what is developmentally appropriate they no longer retain any of the learning or experience that is happening.



PreS/PreK/SA - Consider making a class yoga video of this story! Then, try to do the same with a different book!

*Credit to Cosmic Kids Yoga for the use of their Yoga Story.

Story

In the light of the **full moon**



a little **egg** lay on a leaf.



The little egg **rolls over** onto its side, then over onto it's other side (**hugging knees**).
It can feel something happening.

It is beginning to **grow** (interlace fingers and stretch up in **hero pose**).



It's a stormy evening and the wind is blowing the egg around the leaf.
(**side stretches** from heels, flow back and forward from **camel**



to **mouse**).



Then it begins to rain on the egg (**pitter patter rain** with fingertips all over face and body).



One Sunday morning the warm **sun** came up (sun salutation)



and the egg went **POP!**



Out **wiggled** a very tiny and very hungry caterpillar looking for something to eat. *"I'm so hungry. I'd love something to eat!"* he said as he looked from side to side.



But he couldn't find anything so wiggled back to his leaf and fell asleep (**mouse**).



On Monday the sun came up (reach up "**hello sun**")



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and the hungry caterpillar **wiggled** out onto the edge of his leaf, looking for something to eat. *"I'm so hungry. I'd love something to eat!"*



Along came a very happy **dog**, wagging his tail, who gave the hungry caterpillar one apple.



The hungry caterpillar says **Namaste**



and sitting with his **legs wide** leans forward to eat it all up.



After finishing the apple he **rubbs a hand on his tummy and pats his head** at the same time. *"Mmmm. That was tasty."*



But the hungry caterpillar was still.... Hungry!
He **wiggles** back onto his leaf



and falls back to sleep again
(mouse).



On Tuesday the sun came up (**hello sun, hello earth**).



The hungry caterpillar **wiggled**



out onto the edge of his leaf, looking for something to eat. *"I'm so hungry. I'd love something to eat!"*

Along came a **horse**, clip clop, clip clop, who gave the hungry caterpillar two pears.



The hungry caterpillar says **Namaste**

and sitting with his legs in **butterfly pose**



leans forward to eat them up.

After finishing the pears he **rub**s a hand on his tummy and **pats** his head at the same time.



"Mmmm. That was tasty." But the hungry caterpillar was still.... Hungry!

He **wiggles** back onto his leaf



and falls back to sleep again (**mouse**).



On Wednesday the sun came up (**hello sun, hello earth**
step one leg back – beep beep).



The hungry caterpillar **wiggled** out



onto the edge of his leaf, looking for something to eat. *"I'm so hungry. I'd love something to eat!"*

Along came a **cat**, meow, meow,



who gave the hungry caterpillar three plums.



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The hungry caterpillar says **Namaste**



and sitting with his legs out long in front of him,

leans forward to eat them up.



After finishing the plums he **rub**s a hand on his tummy and **pat**s his head at the same time.



"Mmmm. That was tasty." But the hungry caterpillar was still.... Hungry!

He **wiggles** back onto his leaf



and falls back to sleep again (**mouse**).



On Thursday the sun came up (**hello sun, hello earth** step one leg back – beep beep). step the other leg back – hissy snakes).



The hungry caterpillar **wiggled** out



onto the edge of his leaf, looking for something to eat. "I'm so hungry. I'd love something to eat!"

Along came a **camel**, blowing rude raspberries!



who gave the hungry caterpillar four strawberries.





The hungry caterpillar says **Namaste**



and sitting with his legs in **turtle pose** leans forward to eat them up.



After finishing the strawberries he **rub**s a hand on his tummy and **pat**s his head at the same time.

"Mmmm. That was tasty." But the hungry caterpillar was still.... Hungry! He **wiggles** back onto his leaf and falls back to sleep again (**mouse**).



On Friday the sun came up (**hello sun, hello earth step one leg back – beep beep**). Step the other **leg back – hissy snakes**). Lift up to **dog**. – woof woof)



The hungry caterpillar **wiggled** out



onto the edge of his leaf, looking for something to eat. "I'm so hungry. I'd love something to eat!"

Along came a **dinosaur**, clumping with his big feet.



who gave the hungry caterpillar five oranges.



The hungry caterpillar says **Namaste**



and sitting in **boat pose**, eats them up.

After finishing the oranges he **rub**s a hand on his tummy and **pat**s his head at the same time.

"Mmmm. That was tasty." But the hungry caterpillar was still.... Hungry! He **wiggles** back onto his leaf and falls back to sleep again (**mouse**).



On Saturday the hungry caterpillar was rolling from one side to the other on his **twisted twig** (supine twists with arms wide). He was moaning; *"I'm so hungry. I'd love something to eat!"*

Along comes a **lion** who does a big friendly roar!



The lion has brought the hungry caterpillar lots of food.

The hungry caterpillar says **Namaste**



decides to make one big ginormous sandwich with it all.

Sitting with his legs out long, he **butters his bread** (reaching to toes and back to tummy singing "butter, butter butter!")



Then he twists round side to side as he pops in all the fillings.

One piece of chocolate cake, one ice cream cone, one pickle, one slice of Swiss cheese, one slice of salami, one lollipop, one piece of cherry pie, one sausage, one cupcake and one slice of watermelon.

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He sits with his **legs crossed**



and gobbles up the whole sandwich!

Oh dear! That night he had a stomach-ache and he **rocked and rolled** forward and backwards hugging his knees.



He decides to **telephone** the doctor.



The doctor answers and says he will call back shortly. RING RING RING RING!

That's the **telephone!**



The hungry caterpillar answers it (picking up the other foot) *"Hello, this is the hungry caterpillar speaking, how can I help you?... Oh hello doctor. Thanks for calling me back. Right. So I need to go to bed and keep off the unhealthy food. Rightio. I'll do that."*

The hungry caterpillar puts down the phone, heads to his **bed**,



lies back and falls asleep.

The next day is Sunday again. The hungry caterpillar wakes up and decides to go and find some healthy food to eat.

He **wiggles** off



to a lovely old **tree**



full of delicious green leaves.

He **climbs up** "up we go, up we go, up we, up we up we go..."



And eats one nice green leaf.

After finishing he **rubs a hand on his tummy and pats his head** at the same time.

"Mmmm. That was tasty. I feel much better." Now the hungry caterpillar wasn't hungry any more, but when he looked down at himself he saw he wasn't a little caterpillar anymore... he was a big fat caterpillar! (**star pose** with puffed out cheeks.)



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He did some exercises – **running on the spot**, stretching and swishing like a **windmill**, **jumping** and some **silly dancing**!



Then he built a small house, called a **cocoon** around him.



He stayed inside for more than two weeks. Then he **nibbled** a hole in the cocoon (**open and close jaw**) and pushed his way out (**donkey kicks**).



He was a beautiful **butterfly**.



(flutter knees then extend alternate wings/both wings asking the children what colour their butterfly is).

