

Summer 2015 Yoga Guide

Yoga Guide Updates

For the months of July and August, this guide 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, then cycle through all as you wish. Utilize photos from previous months to create yoga pose cards, bulletin board displays, and other visual references. Yoga guide links are available below - referencing previously introduced poses, related activities, and useful blog posts.

<https://doodlebugsteachers.wordpress.com/2015/04/17/may-2015-yoga-guide/>

<https://doodlebugsteachers.wordpress.com/2015/02/10/yoga-resources-march-april-2015/>

<https://doodlebugsteachers.wordpress.com/2014/10/09/yoga-in-the-classroom/>

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**

*Many of the ideas in this guide originated from the article: [8 Creative Ways to Share Yoga with Children by Alexandra Moga](#)

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Draw Your Pose (interpersonal/visual-spatial)

Make yoga flash cards for use in future activities or use a large roll of paper for a banner of poses. This activity works great in a larger group of children but can also accommodate two kids, or one child and one adult. Have kids partner off and choose who will be the “yogi statue” and who will be the “yogi artist”. Statues pick a pose to hold for the artist to draw. When drawing is complete, switch. Make sure to balance out by taking the pose on the other side if it’s asymmetrical. Differentiate by challenging campers to use different colors for various lines found in the pose (e.g.: blue for vertical lines, red for horizontal lines, green for curves)!

Musical Mats (musical/bodily-kinesthetic)

This game works best in larger groups of younger children. In a circle, lay out one less mat than there are kids. Place asana index cards at the top of every mat. Press play on a fun, upbeat song and let kids dance (while singing along, perhaps) around the mats in a circle. When the music stops, kids take the pose of whatever mat they land on. Whoever doesn’t get a mat is out and can control the music for the next round, switching for each round. For older kids, and if they’re familiar with poses, after a few rounds, ask them to think about how a counter pose would feel and do that pose instead.

Rain Game (naturalist/musical)

This game engages the senses to contrast with complete stillness when you’re done. It works more powerfully in a group but is also appropriate for a duo. Together, you’ll create sounds of a rainstorm. Begin with whooshing sounds, like the wind carrying in rain clouds. Then, thunder slowly rolls in as you begin to pound your feet, thunder stops and rain slowly comes in, snap your fingers. Then part of the group simulates lightening: clap your hands. The rain gets heavier, slap your thighs. Layer sounds for a veritable nature symphony using your hands, voices and imagination. Explore other sound-filled environments from the jungle to the city, the ranch and farm. Sit in stillness when done and explore the sound of silence.

Pose Detective (logical-mathematical)

Once kids are aware of some of the basic poses, call out different body parts that should be touching the mat and have them negotiate their body into a yoga pose that satisfies the request. With Pose Detective kids start listening to their bodies and moving into whatever pose they want or need to practice. I.e. "show me a pose with 2 feet and 2 hands on the mat only". This could result in: downward dog, plank, table pose, upward plank, upward bow, standing forward fold, or a new pose that they invent. It gives students a chance to make their own choices and promotes creativity.

Scene of the Pose (verbal-linguistic)

In a larger group, have one child pick a pose for the group to take. The child to his or her right then begins to tell a story, describing the scene around the pose, passing on the scene when they're done by locking eyes with the next scene-setter. Add points to the game by awarding one point per detail they use to describe the scene. Encourage them to use imagery related to poses and each time a pose-specific animal, plant or thing is mentioned, the group takes that pose.

I AM (intrapersonal)

Bent On Learning teacher Jocelyn O'Shea practices this mantra meditation with 10th graders at a Brooklyn high school at the end of her yoga classes. It can also be used for younger children (and adults!), encouraging self-reflection, imagination and self-creation. Have kids lie down and take a few deep breaths while finding stillness in their bodies. Prompt them to think about a quality they admire, suggesting a few possible ones, like kind, smart, funny, caring, happy, peaceful, beautiful etc. to put them on the right track. Then ask them to repeat the mantra I am ____, inserting the quality they admire. Encourage kids to start and end their day with this mantra, choosing the quality on which they'd like to focus for that day.

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Yoga Pictionary (interpersonal/visual-spatial)

Play this with teams of two or more members. The first team up chooses one member to be the 'drawer'. Set a timer to 30 seconds. Start the timer when the drawer picks a card (use your asana cards or write the names of poses on pieces of paper). Draw clues without drawing the exact pose. 4 points for guessing before time runs out with an extra point if they guess within 20 seconds, 2 extra points if they guess within 10 seconds. 1 point goes to each of the other teams if they don't guess before time runs out.

Box Yoga (visual-special/bodily-kinesthetic)

Incorporate not-a-box fun in your yoga routine by challenging campers to use a box or boxes to accompany various yoga poses. It may balance on their head, they may want to figure out how to do the pose inside of the box, or maybe it could be used as a support for some of the more difficult poses to balance. Take photos of the fun and share! #notaboxyoga

Yoga Song, Rap or Rhyme (musical, interpersonal)

We're all familiar with the power of music to not only bring everyone together with a shared melody, but to also help assimilate ideas seamlessly and enjoyably. Using a familiar melody kids already recognize (or make one up!) write a song, rap or rhyme together about yoga poses of your choice. This could also be used to break down a pose and explain the steps. Repetition of lyrics is especially helpful with younger children. As a bonus, when times get a little tough off the mat, bust out your tune to playfully remind kids about the good stuff.