

# Infants & 1YO Yoga Guide (Sept. 8-Oct. 16)

## 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 young children build bonds with their caretakers, gain body awareness, aid in digestion, and build coordination, balance, and strength.

## Curriculum Expectations

- It is expected that yoga be a part of each and every doodle day. Older infants and 1YOs will need less direct guidance than friends who are non-mobile. You will find at first that they will simply observe you demonstrating the movements, but will soon begin to copy your movements. Younger infants will need gentle one-on-one guidance that is also respectful of their developmental abilities. A child who is not yet able to hold their head up, for example, will be best engaged in gentle leg and arm movements while on their back.
- The poses and links included in each unit guide will help you in planning and leading yoga as opportunities arise throughout your day. For 1YOs, yoga is especially helpful to children as they wind down for rest. Keep in mind that a child's attention span is typically very brief, less than five minutes, and based on how the child engages with you when you invite them to join you.
- Remember that 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, an outdoor creative movement activity on a blanket, or a great way to wind down before resting.

## Share!

- Have ideas for future poses? Would your class like to create a yoga video or submit photos of poses? Wouldn't it be awesome for our Yoga Guide to be completely built using our own doodle photos? We appreciate your feedback and are grateful for your efforts in sharing photos and videos with us! Please upload to your google drive account shared folder or share with [db.educationteam@gmail.com](mailto:db.educationteam@gmail.com)
- \* Thanks to namastekid.com. Many of the images found in this guide are part of a free media kit that they share.

### Happy Baby Pose

*Benefits: helps caretakers bond with baby, gently stretches inner groin muscles and spine, calms the mind, builds body awareness, and aids digestion.*

1. Lay down on your back (or lay baby down on his/her back)
2. Exhale, bend your knees into your belly, and hold onto your feet. (Gently help baby do the same.)
3. Allow your body to gently rock side to side. (Gently rock baby side to side.)



### Butterfly Pose

*Benefits: helps caretakers bond with baby, gently stretches inner groin muscles and spine, builds body awareness, and aids digestion.*

1. Sit with toes out. Gently bend knees back and bring toes together to create butterfly wings! (You will need to hold baby and gently guide them to do the same.)
2. Breathe slowly while gently moving your butterfly wings!
3. Stretch legs out straight and pull them back in to butterfly again.



### Upward Facing Dog

*Benefits: strengthens the spine, opens and stretches the chest, relieves stress and fatigue, relieves symptoms of asthma*

1. Begin on the floor, lying on your stomach
2. Bring your hands up by your shoulders, palms on the floor
3. Inhale, press your hands into the floor
4. Straighten your arms, lift your head and torso up as high as you can, keep your elbows close to your body
5. Hold this position, breathing easily
6. Exhale, return to the floor, leading with your chin
7. Breathe deeply and hold for 30 seconds to 1 minute



### Table Pose

*Benefits: aligns spine, strengthens bones, increases coordination and balance*

1. Begin on your hands and knees, with your knees and feet hip width apart.
2. Place your wrists directly under your shoulders with your palms on the floor.
3. Spread your fingers apart.
4. Keep your back flat, being careful not to drop your head.



### Child's Pose

*Benefits: stretches the hips, thighs, and ankles, calms the mind, relieves stress and fatigue*

1. Kneel on the floor, touching your big toes together.
2. Sit back on your heels, and separate your knees hip-width apart.
3. Exhale, bringing your head down, and rest it on the floor in front of you.
4. Place your hands wherever they are comfortable by your head, your knees, etc.
5. Relax and breathe, holding this pose.



**\*Build a yoga cube as you introduce poses and capture photos of children engaging in these movements and/or teachers guiding children through them. This adds a special element to your room, demonstrating the fact that you support healthy development, celebrate children's success, and gives children an engaging new toy to play with that features them!**

