

Unit 2 Infant & 1YO Yoga Guide (Oct. 12 – Nov. 27)

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
- * Thanks to namastekid.com. Many of the images found in this guide are part of a free media kit that they share.

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Mermaid Pose

1. Sit with your legs crossed in or straight out.
2. Exhale, and gently raise one arm straight up and then slowly arch to one side and hold. (Gently help baby do the same.)
3. Slowly lower your arm and repeat on the other side.



Fireworks Breath

1. Sit with legs crossed in and hands at your heart.
2. Take a deep breath in, and raise your hands over your head.
3. Clap your hands, exhale, and lower your hands to your lap.

See video example [here!](#)



Corkscrew

1. Let baby rest on his back with your thumbs holding the back of his thighs and forefingers resting on top.
2. Continue in the same direction for 30 seconds before starting the rotating in the opposite direction.



Froggy Pose

1. This pose can be done with older infants who are standing up on their own.
2. Show them how to lower themselves and put your hands in front of but in between your feet as shown. They most likely may wobble and fall backwards when they try to mimic you.
3. Be a support by standing beside them to catch their fall and help them back up. Gently guide them in lifting and lowering. When they are lowered and in the pose say “froggy pose!” As they grow, they’ll enjoy trying this on their own.

* Feel free to extend for older infants and 1YOs by creating the froggy pose guide (as illustrated in the photo) using poster board and craft foam. You may want to use hot glue to secure.



***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!**

