

## Unit 3 Yoga Guide

### 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. Children benefit from yoga during many parts of their routine. For example: before nap, during Happy Hour (as noted in lesson plans), in small groups throughout the day, and whenever they are moved to do so!
- 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](mailto:db.educationteam@gmail.com)**

# Unit 3 Yoga Guide

## Crescent Moon Pose /

Benefits: relieves stress, stretches your abdomen, hands and spinal cord.

1. Breathe in and stand erect.
2. Raise your hands upwards while inhaling. Reach your fingers towards the ceiling.
3. Exhale and bend your body towards the right side, hold this position for a few seconds.
4. Stand erect, bring your hands down while exhaling.
5. Repeat on the left side.



Photo Credit: [Namastekid.com](http://Namastekid.com)

## Ragdoll Pose

Benefits: relaxes the mind and stretches your back, neck, and legs.

1. Breathe in and stand erect with your hands towards the ceiling.
2. Bend your body from waist to head forward. Try to touch your toes with your palms.
3. Take a deep breath. First, nod your head yes, and then shake it no. Hold this position for a few seconds.



Photo Credit: [kidsyogawithkara.com](http://kidsyogawithkara.com)

## Sandwich Pose

**Benefits:** Calms down the nervous system and improves concentration.

1. Start in a seated pose with legs extended and feet flexed.
2. Reach arms up to the sky and bend forward at your hips.
3. Touch your hands down to your feet or shins.



Photo Credit: [yogakids.com](http://yogakids.com)

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### Mermaid Pose

**Benefits:** creates flexibility in the backbone and lower abdomen.

1. Bend your knees and sit down.
2. Bend your left leg backwards and slide your right leg inside your left leg.
3. Place your left hand on your left toe, and your right hand up to the sky.
4. Hold this position for a few breaths.



Photo Credit: [Namastekid.com](http://Namastekid.com)

### Floor Bow Pose

**Benefits:** improves body posture, stretches whole body and strengthens back muscles.

1. Lie down on your belly.
2. Bend your knees while exhaling.
3. Keep your hands backwards.
4. Hold your toes with both hands.
5. Stretch your body and look forward, hold this pose for a few seconds.



Photo Credit: [yogaforeverybodystl.files.wordpress.com](http://yogaforeverybodystl.files.wordpress.com)

**Yoga Minute:** Yoga has become a part of every Doodle Day! Now that you have had a couple yoga guides to use with the kiddos in your classroom, consider implementing an all day yoga box! Decorate a shoe box together and cut a hole in the top so little ones can pull out pictures of the different yoga poses they have been learning. This allows children to participate in yoga whenever they want throughout the day.

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### Archer Pose

**Benefits:** Develops confidence and focus in children.

1. Stand with your feet in front of each other a little more than shoulder width apart.
2. Bend one elbow and touch your hand to your chin.
3. Stretch the other arm out straight in front of you.



Photo Credit: [yogachicago.com](http://yogachicago.com)

### Make a Snowman– Squat Pose

**Benefits:** stretches leg muscles and develops coordination.

1. Stand with your feet a little further than should width apart.
2. Bend down into a squat and fold your hands together.
3. Pretend you are building a snowman! Act like you're packing snow off the ground while doing the squat pose.



Photo Credit: [cubbyhouse.net](http://cubbyhouse.net)

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### London Bridge

**Benefits:** Builds core strength.

1. Lie on your back with both arms flat on the ground.
2. Push your bottom off the floor and raise your belly towards the ceiling.
3. Hold this position while singing London Bridge!

Click [here](#) to hear the tune!



Photo Credit: [Namastekid.com](http://Namastekid.com)

### Bunny Hops

**Benefits:** strengthens leg muscles and receptive language

1. Start in child's pose and do bunny hops when you wake up the bunnies!
2. From child's pose, extend your arms straight and place your hands down flat.
3. Tuck your toes, tilt forward bringing the weight into your arms and lightly hop both feet up together as you hop like a bunny!

Click [here](#) to hear the tune!

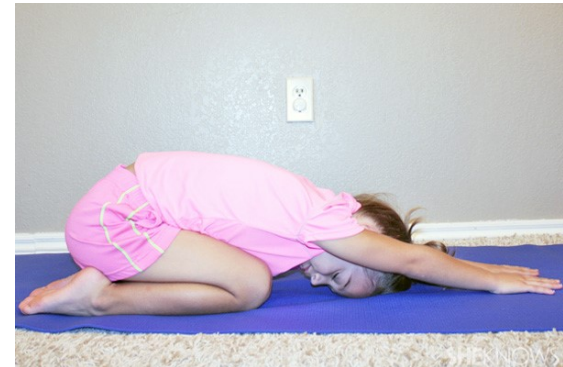


Photo Credit: [sheknows.com](http://sheknows.com)

## **Musical Yoga Adventures**

Attached are two yoga posters and routines that correspond to a song. You can access the corresponding songs via Youtube [here](#).

Utilize the posters \*provided with color copies and hang them up in your room so that students can attempt the routines individually as many times a day as they wish.





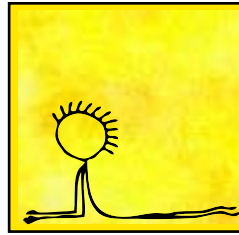






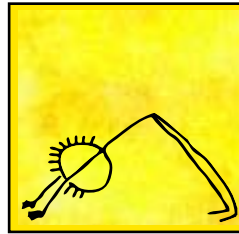
# SUN DANCE

I push up to the cobra snake (3x)  
Ssss, ssss, ssss, ssss



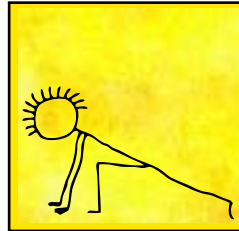
with legs straight (feet pointed), pelvis down, elbows close to body, push chest up and shoulders down

It's back into the downward dog (3x)  
Wag, wag, wag my tail



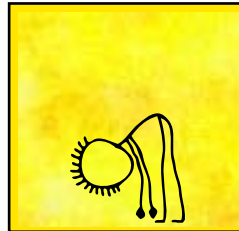
push up so arms and legs are straight, "tail" up in the air, eyes looking at your belly

I bend one leg forward, I'm a grasshopper (3x)  
Boing, boing, boing da boing



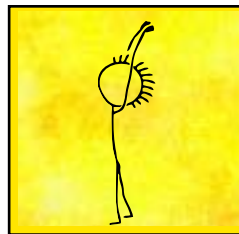
bring right leg forward, bending right knee directly over, but not in front of, ankle

I hang down, down, down to the ground (3x)  
Hang way down and I touch the ground



stand and bend from the hips, knees slightly bent, reaching down toward the ground

I reach up, up, up to the sun (3x)  
Way up high to the big yellow sun



stand with feet hip-width apart, shoulders down, chest open; raise arms up overhead

Namaste!

Namaste means: The very best in me sees the very best in you!



place palms together at chest