

## Unit 4 Infant & 1YO Yoga Guide (January 18 – March 11, 2015)

### 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)

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### Standing Knee to Chest

- 1) Support baby while standing by wrapping one arm around baby's belly.
- 2) Position your opposite hand on baby's shin, just below the knee.
- 3) Gently bring baby's knee up and toward the chest and hold briefly for about 5 seconds and lower back to the floor.
- 4) Add a favorite tune or simply sing "up and down" gently and softly as you help baby move.

This improves digestion, gives little ones exposure to balancing their body weight on one side, and builds strength and coordination for those who are new to standing and walking!



Click [HERE](#) for video example

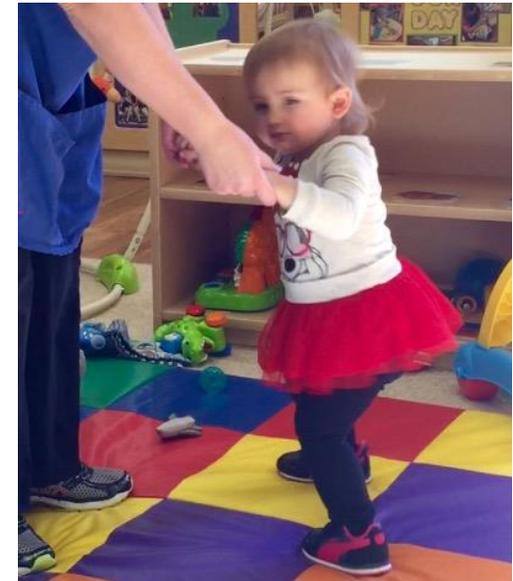
### Ring Around the Rosie

Engage children in a movement activity that promotes coordination while building social-emotional skills as you interact in a small group.

Walkers will enjoy holding your hands or the hands of others while move gently in a circle, forcing them to be conscious of the placement of their feet

Non-walkers can join by taking turns getting a ride on your hip as you use the other hand to hold a walking friends hand.

Sing as you play – but demonstrate gentle falling (and if you have a little one on your hip, be sure to lower them first before you lower yourself.)



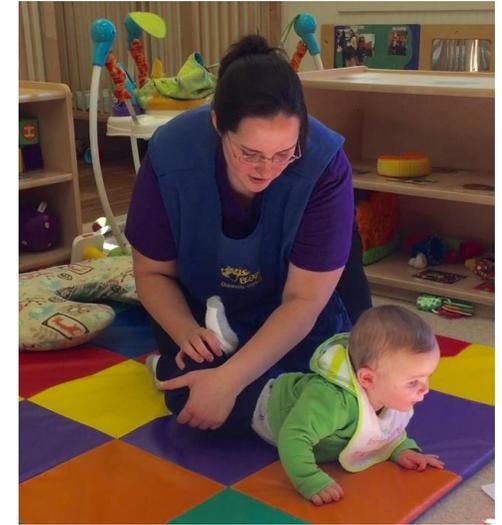
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### Tummy Time with a Twist

This is a great pose to do once a child is happily enjoying tummy time. You may also want to provide an engaging toy as a distraction.

- 1) Place one hand under the thigh, close to the knee. Place the other on baby's ankle.
- 2) Gently lift thigh off the floor just a little (making sure the hand near the knee is doing the lifting.)
- 3) Pause for a moment, and then gently lower the leg back down.
- 4) Repeat 3-5 times then switch to the other side.

This elongates the muscles in front of baby's hip joint and abdominal area, ultimately aiding in digestion and helping to relieve any constipation.



Click [HERE](#) for video example

### Seated Side Bends

- 1) Sit in front of baby, making eye contact and sign that you want to play (See this Unit's ASL Guide!)
- 2) Encourage baby to copy your slow, but deliberate arm movements. Reach up, and then reach over your head to stretch the side, open up the chest, and strengthen little ones balancing skills. Even if baby only watches you, you're planting a seed for them to copy you later down the road.
- 3) Repeat on other side.
- 4) Add a slow, soft song that accompany your movements and add vocabulary to your interaction.



**\* Continue to build/repurpose your 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!**

