

Unit 6 Infant & 1YO Yoga Guide (April 25th - June 3rd)

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 jennifer.horner@doodlebugs.com.

Photos in this Unit's Yoga Guide from mamaandbabylove.com and namastekids.com

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Say “Ohm”

Invite little ones to play with sound, self-regulate their body, and calm down! Take a deep breath and say “Ohm”. Invite children to repeat and hold out the new sound for longer periods of time.

For older children ask “can you put your hand on your belly, and take a deep breath?”. This will encourage children to feel their breath as they breathe in and feel the air escape as they breathe out.



Image retrieved from [here](#).

The Wheels on the Bus

Sing “The Wheels on the Bus” and hold the little ones hands. Make large circle with their arms and repeat to the end of the song, approximately eight times.



Image retrieved from [here](#).

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“Row, Row, Row Your Boat”

The beauty of this pose is that children of all ages are able to take part in the fun! During tummy time with non-mobile babies, lay on your tummy facing baby and use your arms to pull your legs into boat pose. As you hold the yoga pose, sing “Row, Row, Row Your Boat”.

Encourage older children to reach behind their back and gently grasp their ankles to mimic your actions!



Image retrieved from joyfulabode.com

Knee Up and Down

Sit on the ground with your legs in a v shape. Help baby stand up between your legs. Gently guide baby’s leg up and down. As you do, say “Knee up. Knee down.”



Image retrieved from “Itsy Bitsy Yoga”

*** 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!**



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Magnetic Hands

Breathe in deeply through your nose (1-2-3-4).

Breathe out fully through your mouth (1-2-3-4).

Put your hands in front of you shoulder width apart and palms facing each other.

Pretend there is a magnet that is slowly drawing your palms together.

Bring your palms very, very close until they almost touch.

Then slowly bring your palms back out again.



Image retrieved from [here](#).

Bean Bag Balancing

Provide each child with a beanbag. Invite children to pick a yoga card and then try to balance the beanbag on their head, shoulder, knee, or hand while performing the yoga pose.



Image retrieved from [here](#).