

June 2016 Yoga Guide (for Toddlers and up)

Yoga Guide Updates: For the month of June this resource will provide suggestions to help you facilitate yoga games/activities that involve the poses you have already introduced throughout the year. Please cycle through all as you wish throughout the month of June. Utilize photos from previous months to create yoga pose cards, bulletin board displays, and other visual references.

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. At a minimum, you will notice that yoga is required during the afternoon Happy Hour in each daily lesson plan. 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.
- 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 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.

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

Yoga throughout the day!

Yoga is a great activity for every part of your doodle day. See the below suggestions for ways to incorporate yoga into your daily routines.

<p>Wake Up Yoga Center</p> <p>Post a couple yoga photos on a “wake up yoga center” poster. Display the poster at your children’s level. Once friends have finished their breakfast for the morning, invite children to look at the wake up yoga poster and begin their day with some stretching!</p>	<p>Yoga During Circle Time</p> <p>Incorporate yoga into your Circle Time routine using a more fast paced strategy. Invite children to join you in one of your favorite freeze dances. When the music stops, strike a yoga pose!</p>
<p>Yoga Before Nap</p> <p>The practice of yoga is a great activity to help children calm their bodies, begin to self-regulate, and prepare to sleep.</p> <p>Try this bedtime yoga sequence before your little ones are ready for rest!</p> <p>Teach it slowly at first-- try only 2 to 3 poses. Each day, add a new pose. It could be fun to post pictures of the sequence and add a new picture each day with the children so that they can prepare for what is coming next. (A similar concept to your classroom picture schedule!)</p>	<p>Afternoon Yoga</p> <p>Musical yoga adventures are a fun way to start your day! Invite children to join you in a large group gathering and use one of the yoga routines below.</p> <p style="text-align: center;">Sun Dance Jungle Adventure Butterfly</p> <p>Follow this link and click “Download PDF” for your choice of yoga routine.</p> <p>Much like the “Yoga before nap” routine, begin slow and teach the routine in tiny segments. By the end of 2 weeks, children should be able to work through the entire yoga routine with your help!</p>



Photo Credit: homeremedystore.com

Dolphin Pose

Invite children to begin in “downward dog” pose. Then, show little ones how to ease themselves onto their elbows and hold their head just above the ground.



Photo Credit: yogajournal.com

Hero Pose

Invite children to kneel on the floor and then lean back. This is a nice easy pose to end your yoga routine or you can challenge children to sit this way during Circle Time!



Photo Credit: thejennyevolution.com

Plank Pose

Try this pose after “downward dog” or “snake” pose! Push your arms right out in front of you, balance on your toes, and hold.

Plank pose promotes proprioceptive work—sensory information that contributes to the sense of position of self and movement.

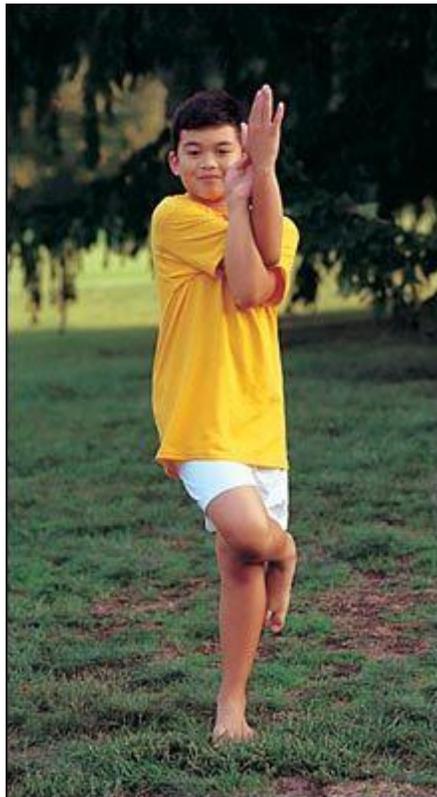


Photo Credit: yogakids.com

Eagle Pose

Invite children to cross their arms at their elbows and point their hands with their fingers straight up. Then, show them how to stand on one foot and cross their leg overtop of the other.

This pose may be difficult for some children as it requires the ability to cross the midline!