

July-August 2016 Infant/1YO

Yoga Guide Updates: For the months of July and August, this guide will provide resources to help you facilitate yoga games and songs that involve the poses you have already introduced throughout the year along with a few easy but new poses. Please choose 1 or 2 to focus on each week and repeat poses that little ones enjoy the most. Please take photos using your classroom tablet of teachers helping youngsters with poses and upload to your classroom Gogole Drive account in a folder titled, "Yoga." These will be awesome additions to the updated yoga guide we'll be designing for the fall.

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 babies build coordination, body awareness, and healthy digestion. This is a great resource for helping little ones ease into a nap when they appear tired and also great for babies who are having tummy troubles. It also builds vocabulary when you narrate the body parts you're working with in each pose. Most importantly, this daily doodle activity is a wonderful bonding time for you and your little ones.

Curriculum Expectations

- It is expected that yoga be a part of each and every doodle day. Younger infants will require one-on-one guidance through poses, while older infants/young toddlers who are more independent may mimick your poses in small groups.
- 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 outdoor or playroom play.

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

Bee Breathing-Bhramari Pranayama

This yoga activity is best for older infants/young toddlers but great exposure for youner friends as well. It's an engaging way to lead children in for story time!

Invite little ones to pretend to be buzzing bees. Begin by humming as you walk, hop, and buzz around the room. As you are playing, invite children to feel their face as they hum to observe how it makes their whole face vibrate. Invite everyone to buzz in the hive by sitting on the carpet together. Then, sit in "butterfly pose" and flap your knees up and down softly to simulate the flapping of bees wings. Together buzz loudly, softly, very quiet, all-the-while breathing deeply in between. Invite busy bees to think about happy things as they focus on their buzzing.

In yoga the practice of focusing on your breathing is an important tool to center yourself.

This activity intentionally draws children's attention to their patterns of breathing. The buzzing creates a natural calming effect.

Consider using this activity as a transition tool while walking in the hallways!



Yoga Cube

You will need– a square cardboard box. Tape or glue pictures of yoga poses to each side of your cardboard box. Show children how to roll the dice, look for the pose that's on top, and perform the pose with your help!

*Ahead of time, take photos of each little one in your classroom in a different pose to make your cube personalized and special to your classroom community. Ask your front desk to print (or use your air printer). If you'd like color copies, please upload your photos to Google Drive and share with jennifer.horner@doodlebugs.com. Jen is happy to print and send.

Bean Bag Balancing

Demonstrate how to balance a beanbag on your head. Add some silliness by pretending to sneeze and letting the beanbag fall off. This is sure to go down as a night of giggles and smiles.

Provide each child with a beanbag and help them try to balance on their head! Older infants may also want to try their arm, shoulder, or knee!

Yoga Freeze

This game is best for older infants/young toddlers and great exposure for younger infants even though they will mostly be observing.

Turn on your favorite freeze dance and get ready to move! When the music freezes choose a yoga pose and hold that pose until the music begins again!

Extended Tummy Time

Tummy time can be extended into some strengthening yoga by helping little ones place their arms under their chest and push up into an upward facing dog pose illustrated below. Help our littlest friends experience this pose by gently holding their trunk and raising their chest slightly off of the ground.



Strengthen back muscles by showing little learners the shark pose illustrated below! This extension of tummy time helps the upper back muscles between the shoulders. Younger infants will just need a gentle lift of their arms to experience this pose.



*Thanks and credit go to kidsyogastories.com for the accompanying free image resources. <http://www.kidsyogastories.com/free-resources/page/2/>

2015 Infant/1 Year Old/Young Toddler Summer Yoga Guide

There are many books that lend themselves to becoming yoga stories! These are typically classroom favorites that children are familiar with and have some awareness of the repetitive text within. Combining stories with yoga adds movement and meaning to the words and makes the experience more memorable, ultimately strengthening the neural connections being made.

**Thanks and credit go to kidsyogastories.com for the accompanying free image resources.
<http://www.kidsyogastories.com/free-resources/page/2/>*

* *Go, Dog, Go!* by P.D. Eastman

When the word or phrase "Dog" or "Go Dog, Go" appears in the story, pause to try downward facing dog pose for older infants and seated forward bend for younger infants illustrated here. (some of our littlest friends who aren't yet sitting up on their own will need to sit on your lap to try.)



downward dog



seated forward bend

* *Mr. Brown Can Moo, Can You?* by Dr. Seuss

There are a few animal appearances within this book such as a cow, a horse, and a bumble bee. When the cow appears, get into cow pose and Mooooo! The standing horse pose is great for stomping and repeating "Klop klop klop klop." Finally, the butterfly pose is great for enacting the bumble - be sure to buzz and flap your wings!



cow



horse



butterfly

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Goodnight Moon by Margaret Wise Brown,
The Going To Bed Book by Sandra Boynton,
(or any nighttime book that involves moon/stars)

When the words "moon" or "stars" appear in the story, pause to try the poses illustrated here. Younger infants can be guided in doing these poses sitting in a teachers' lap with gently arm movements only.



crescent moon



warrior/star

* **Nancy Tillman** books are also great for yoga stories.

They're soft poetic words and lovable characters are perfect for winding down. Several of her books also have a moon on each page to find and insert the moon pose occasionally. Illustrated are some other poses that can be used anywhere in her books to replicate her character movements.



kangaroo hop



child's pose



tortoise



reclining angle pose