

July–August 2016 Yoga Guide

Yoga Guide Updates

For the months of July and August, this guide will provide resources to help you facilitate yoga games that involve the poses you have already introduced throughout the year. Please choose 1 yoga game to focus on each week, then cycle through all as you wish. Utilize photos from previous months to create yoga pose cards, bulletin board displays, and other visual references. Yoga guide links are available below - referencing previously introduced poses, related activities, and useful blog posts.

[Unit 1](#)

[Unit 2](#)

[Unit 3](#)

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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.
- 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**

*Many of the ideas in this guide originated from the article: [8 Creative Ways to Share Yoga with Children by Alexandra Moga](#)

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Draw Your Pose

This activity works great in a larger group of children but can also accommodate two children, or one child and one adult. Invite children partner off and choose who will be the “yogi statue” and who will be the “yogi artist”. Statues pick a pose to hold for the artist to draw. When drawing is complete, switch. Differentiate by challenging children to use different colors for various lines found in the pose (e.g.: blue for vertical lines, red for horizontal lines, green for curves)!

Musical Dots

Lay out colored dots for children to stand on. Place a yoga card on the top of every dot. Press play on a fun, upbeat song and invite children to dance around the dots in a circle. When the music stops, children take the pose of whatever dot they land on. The goal of the game is to have fun, and try different yoga poses! (Nobody should get “out”.)

Yoga Freeze Dance

Bring your yoga cards to the celebration! Invite children to choose a yoga card from a basket and then turn on your favorite freeze dance. Children can strike a yoga pose when the music stops! Invite children to choose a new card between songs, or even between freezes.

[Party Freeze Dance](#)

[Greg and Steve– The Freeze](#)

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Pose Detective

Once children are aware of some of the basic poses, call out different body parts that should be touching the mat and invite them to move into a yoga pose that satisfies the request. While playing this game, children start to listen to their bodies and move into whatever pose they want or need to practice. I.e. "Show me a pose with 2 feet and 2 hands on the mat only." This could result in: downward dog, plank, table pose, upward plank, upward bow, standing forward fold, or a new pose that they invent. It gives students a chance to make their own choices and promotes creativity.

Hoop Yoga

Provide children with a hula hoop. Invite them to hold the hula hoop while performing chosen yoga poses! This encourages children to use their spatial awareness and manipulate the hula hoop as an extension of their body.

For an added challenge, you can invite children to try and hold a yoga pose while they move the hula hoop around their body from their head to their toes.

I AM

This activity encourages self-reflection, imagination and self-creation. Invite children to lie down and take a few deep breaths while finding stillness in their bodies. Prompt them to think about a quality they admire, suggesting a few possible ones, like kind, smart, funny, caring, happy, peaceful, beautiful etc. to put them on the right track. Then ask them to repeat the mantra I am ____, inserting the quality they admire. Encourage little ones to start and end their day with this mantra, choosing the quality on which they'd like to focus for that day.

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Yoga Pictionary

Play this with teams of two or more members. The first team chooses one member to be the 'drawer'. Set a timer to 30 seconds. Start the timer when the drawer picks a card (use your yoga cards or write the names of poses on pieces of paper). Draw clues without drawing the exact pose.

SA Extension- 4 points for guessing before time runs out with an extra point if they guess within 20 seconds, 2 extra points if they guess within 10 seconds. 1 point goes to each of the other teams if they don't guess before time runs out.

Box Yoga

Incorporate not-a-box fun in your yoga routine by challenging children to use a box to accompany various yoga poses.

They may balance the box on their head, figure out how to do the pose inside of the box, or use it as a support for some of the more difficult poses to balance. Take photos of the fun and share!
#notaboxyoga

Yoga Song, Rap or Rhyme

Use a familiar melody children already recognize—or make one up! Write a song, rap or rhyme together about yoga poses of your choice. This could also be used to break down a pose and explain the steps. Repetition of lyrics is especially helpful with younger children.