

Unit 3 Infant & 1YO Yoga Guide (Nov. 28- Jan. 13th)

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!

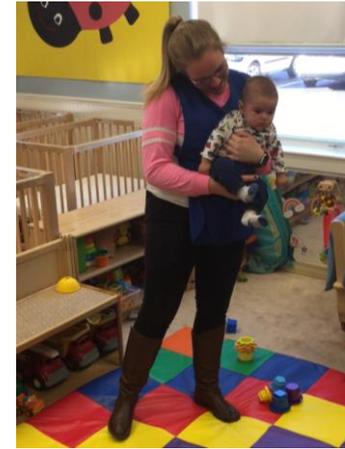
- Have ideas for future poses? Would your class like to create a yoga video or submit photos of poses? We appreciate your feedback and are grateful for your efforts in sharing photos and videos with us! Please upload to your google drive account shared folder, share on the faculty Facebook group, or share with Jennifer.Horner@doodlebugs.com

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Rocking Baby

- 1) Stand with your feet slightly wider than hip distance apart, holding the little one securely facing out.
- 2) Bend your knees, straighten your legs and transfer weight onto your left foot while coming to your tiptoes on your right foot.
- 3) Bend your knees, exhale, and move back to center.
- 4) Transfer your weight onto your right foot, coming onto left tiptoes.

This activity is fun to do with music playing in the background. Infants will respond to the rhythm and tempo of the music, as well as strengthen the muscles in their head, neck, shoulders and core.



Downward Dog

This yoga pose is one of the most natural and easy poses for little ones to experiment with. Lie on your belly and place your hands on the floor. Lift your knees off the floor and push your heels down as far as you can go. Make eye contact with little ones and encourage them to try. You can even push yourself forward to give little ones a kiss.



Airplane Pose

This pose is fun to do during tummy time! Gently place little ones on their tummies and lie on your tummy in front of them. Lift your arms off of the floor and pick up your head. Smile and encourage little ones to copy you. Supplement this pose with the tune below:

Tune: Row Your Boat
Fly, fly, fly your plane
Fly your plane so high.
Merrily, merrily, merrily, merrily
Way up in the sky.



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By N' By

A large part of yoga is body awareness. Lie little ones on their backs and blow bubbles above them while singing "By N' By" (click [here](#) for the tune) This encourage children to relax their bodies, focus their energy, an promotes body awareness.



Corkscrew

This pose aids little ones with digestion and discomfort.

1. Lie your little one on his back and place your thumbs on the back of his thighs.
2. Gently circle your baby's thighs clockwise with both hands.



Warrior Pose

This pose is fun for little ones to do with a little bit of help!

1. Place your left hand under the child's belly.
2. Lean your little one forward while supporting his movement with your left hand.
3. Keep your little ones left foot on the floor and lift up his right leg. Help him forward until he is parallel with the floor.



* 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!

