

Unit 4 Yoga Guide

(Preschool, Pre-K, SA)

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. Children benefit from yoga during many parts of their routine. For example: before nap, during Happy Hour (as noted in lesson plans), in small groups throughout the day, and whenever they are moved to do so!
- 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**

Unit 4 Yoga Guide

Kick off our Amazing Animals Unit with poses provided by some of our very own Pre-K Doodlebugs!

See attached pages for illustration.

These pages will also be distributed in color *provided by Education Team to make animal yoga pose cards!

Bear

Downward Dog Pose – Get this pose in motion by walking like a bear on all fours.

Flamingo

Tree Pose – This pose requires working on single leg balance skills like a flamingo.

Lion

Lion's Breath – Encourage a BIG roar with this pose!

Zebra

Cow pose – A great pose to use on it's own and with a cat pose.

Monkey

Chair pose – shift your weight side to side like a monkey and make monkey sounds.

Penguin

Walk with your knees together. A great way to make this work is to stick a ball between your legs and walk like a penguin.

Elephant

Make an *elephant trunk* and swing side to side.

Giraffe

Get on your hands and knees and reach for the sky. Alternate arms, making them as long as you can— just like a giraffe's neck!

Crocodile

Plank or Modified Plank Pose – Getting low to the ground like a crocodile!

Polar Bear

Walk on hands and feet with knees off the ground like a bear!

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Animal Yoga Game!

Fill a basket, box, or bag with all kinds of animal toys, animal photos attached to beanbags, or animal books! One at a time, give each child a turn to pull one out and lead the animal pose for everyone to follow.

After one cycle, feel free to extend by inviting volunteers to spontaneously make up a new pose or use their toy/beanbag/book prop to do a balancing pose for friends to follow!



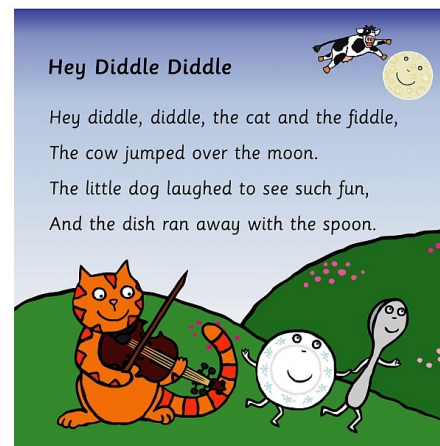
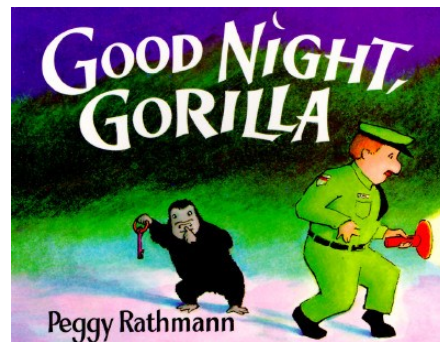
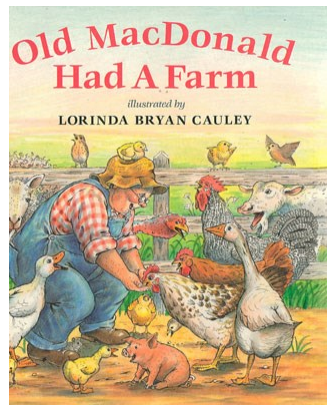
Unit 4 Yoga Guide

Yoga Story

Choose a story that has animals or other yoga pose names (clock, mountain, star, kite, happy baby, table, doll, bow). Each time you encounter the word or photo of one of these, invite children to pause the story and do the pose! After a few moments, return to the story and continue. You could also tell a story, chant a rhyme, or sing a song orally and follow particular words with poses based on your lead. Consider using your felt board to support these yoga stories!

After you've introduced Yoga Story a few times, invite children to help you make up a yoga story about going to the zoo, going on a safari in Africa, or watching the sky. Be sure to have visual props (photos, felt pieces, animals) to support children in learning both vocabulary as well as the poses themselves.

As children become comfortable with this routine, give them the option of leading! Have volunteers lead your yoga session with their own story, or a well known nursery rhyme or song.



Hickory Dickory Dock
The mouse ran up the clock
The clock struck one,
The mouse ran down
Hickory Dickory Dock.

Unit 4 Yoga Guide

Here to There

One at a time, ask each child where they would like to go and how they would like to get there. Follow the child's suggestion (flying to the north pole and doing a bear pose for the polar bears or driving to the zoo and landing in giraffe pose.)

Provide toddlers with specific suggestions such as “Let's fly to the zoo! Now, show me your giraffe pose.” Continue in this way until toddlers begin to verbalize where they would like to go on their own. You may hear “I want to go to the store.” then follow their lead and create a story based on what they say.




Musical Yoga Adventures

Attached are two yoga posters and routines that correspond to a song. You can access the corresponding songs via Youtube! Just click on the blue links below.


Utilize the posters *provided with color copies and hang them up in your room so that students can attempt the routines individually as many times a day as they wish.

[Strong and Free](#)




MUSICAL YOGA ADVENTURES
STRONG and FREE

"Come on everyone"
"Now take a deep breath"



I am strong and I am Free
I feel the energy flow through me
(repeat)

Open up your body, bend one knee
Stretch all the way to infinity



I am strong and I am Free
I feel the energy flow through me
(repeat)

stand with feet hip-width apart, arms at sides, shoulders down and back; take a deep breath through nose and slowly release it

stand with hands together at chest, feet apart, knees basic, straighten leg while raising hands overhead, opening arms wide with a big exhale; return hands to chest and repeat

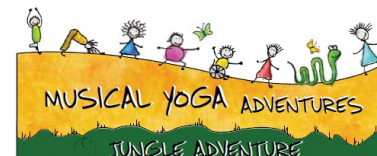
feet hip-width apart, turn right foot 90° and turn left foot 45°; bend right knee directly over, but not in front of ankle, while reaching right arm forward and left arm back

hold above pose while taking deep breaths


maintain legs in above position while alternately punching one right and left arms

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[Jungle Adventures](#)



MUSICAL YOGA ADVENTURES
JUNGLE ADVENTURE




Life is an adventure, it's a jungle out there!
Come along with us, but only if you dare

Look to your left and then to your right
Keep your body cash if you wanna see the sights!

I see Mr. Monkey, he is climbing a tree
He's gonna sing a song for you and me

"Aah-eh-eh-eh-eh"
"Aah-eh-eh-eh-eh"

Now you sing "Aah-eh-eh-eh-eh"
"Aah-eh-eh-eh-eh"



stand with hands together at chest, feet apart, knees basic, straighten leg while raising hands overhead, opening arms wide with big exhale; return hands to chest and repeat

stand with legs open, knees slightly bent; move arms as if finger-punching from one side to the other; palms facing forward

with both hands do left block, shifting body to the right; then right block, shifting body to the left; bring palms together at center

stretch each side of torso while alternately reaching each arm up high to "climb tree"

with legs apart, bend knees, tap chest like monkey while repeating sounds

with legs apart, bend knees, tap chest like monkey while repeating sounds

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