

## Unit 6 Yoga Guide

**Yoga Guide Updates:** For the months of May 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 in May, then 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.
- 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](mailto:db.educationteam@gmail.com)**

### Bee Breathing-Bhramari Pranayama

This yoga activity is an age appropriate way to settle your children in for story time, Circle Time, or any other large group activity. In yoga bhramari pranayama is used to release the mind of agitation or frustration.

Invite your students to pretend to be buzzing bees. Begin by humming as you walk, run, 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!



### Magnetic Hands!

Breathe in deeply through your nose (1-2-3-4).

Breathe out fully through your mouth (1-2-3-4).

Put your hands in front of you shoulder width apart and palms facing each other.

Pretend there is a magnet that is slowly drawing your palms together.

Bring your palms very, very close until they almost touch. Then slowly bring your palms back out again.

Keep breathing. Repeat.



Mindfulness is the ability to train your mind to observe your thoughts and feelings. Children are invited to purposefully focus attention on the present experiences, control their body movements, and develop self-regulation.

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## Yogi Says

Begin this activity by being the “Yogi” and demonstrating for children how to play the game. The players do the yoga pose that the Yogi tells them to do if he/she first says “Yogi says.” If players follow an order that doesn’t begin with “Yogi says” they are now the yogi!

After you have demonstrated for children how to play a couple round of “yogi says” allow one child to become the yogi!

**Toddlers** may benefit from choosing their yoga pose from a set of yoga cards. Hold a card out for little ones to pull from and invite them to say the pose out loud!

## Dogs Chasing Frisbees

Each student gets 2 Frisbees, one for each hand. Place them on the floor, curved side up, in front of the student. Invite students to stand in front of the Frisbees and get in downward dog pose. Invite students to bend their knees & “dog walk” as they push the Frisbees to the other side of the room.

Toddlers will enjoy pushing around the Frisbees just for fun, or you can turn this into a relay race for older students!

You can make this activity into a relay race!

## Yoga Poses to Try While Singing

### Tree Pose



### Come Under My Umbrella (Tune: The More We Work Together)

Come Under My Umbrella, Umbrella, Umbrella  
Come Under My Umbrella It’s Starting to Storm  
With Thunder and Lightning and Wind and Rain  
Come Under My Umbrella It’s Starting to Storm

As you sing bring your arms from above your head to horizontal with the ground (to imitate an opening umbrella)



### Airplane Pose

Sing this fun song while trying either the airplane pose or the locust pose. Toddlers may have an easier time performing the locust pose.

### Tune: Row, Row, Row Your Boat

Fly, fly, fly your plane  
Fly your plane so high  
Merrily, merrily, merrily, merrily  
Way up in the Sky

### Locust Pose



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## Bean Bag Balancing

Provide each child with a beanbag. Invite children to pick a yoga card and then try to balance the beanbag on their head, shoulder, knee, or hand while performing the yoga pose.

## Yoga Freeze

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!

## Yoga Poses to Add to Your Collection



### Lizard Pose (Cricket)

1. Kneel down and place one foot out in front.
2. Stretch your other leg back and place your hands on the floor in front of you parallel with your front foot.



### Table Top Pose (Spider)

1. Sit on your bottom and lean back on your hands.
2. Use your feet to push your bottom off of the ground.
3. Stretch your belly towards the ceiling.



### Flower Pose

1. Sit on your bottom and rock back so that your feet come off of the ground.
2. Lift your feet up with your knees bent and place your arms underneath your feet.

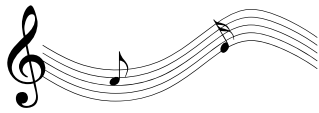
## Musical Yoga Adventures

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.

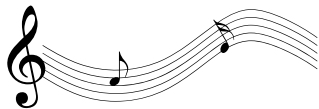
Click [here](#) to listen to “Butterfly.”

Click [here](#) to listen to “Swimming”



Butterfly where do you come from?  
Butterfly what do you see?

Butterfly where are you going?  
Butterfly do you see me?



Butterfly what are you doing?  
Butterfly what do you smell?



Roll shoulders backward and forward



Slowly roll head to right, then to left



Keeping shoulders down slowly tilt right ear, repeat on other side



Slowly bring chin down to chest and then up, making neck long while keeping shoulders back and down

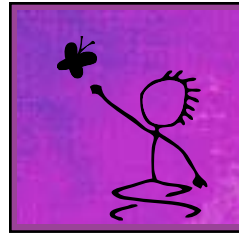


Stretch left arm up, side stretch to right (can wiggle butterfly fingers)



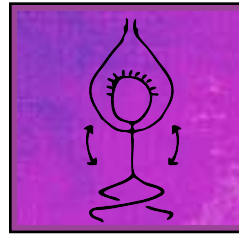
# BUTTERFLY

Butterfly tasting the flowers  
Butterfly, do you see me?



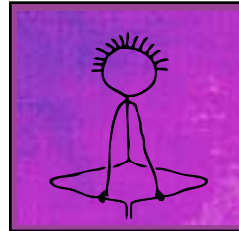
stretch right arm up,  
side stretch to left (can  
wiggle butterfly fingers)

Move my arms like a butterfly  
Move my legs like a butterfly

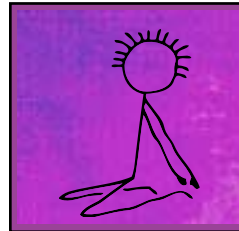


flap arms, flap legs (sit  
with soles together for  
more of a stretch; gently  
push down on thighs  
or ankles for deeper  
stretch)

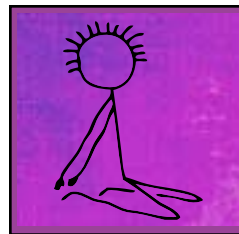
Fly away like a butterfly  
Free to see the world



in same position, stretch  
forward, bending at hips  
with chest toward feet  
(can wiggle butterfly  
fingers)

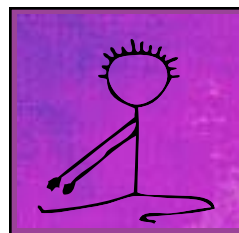


side sit right with arms  
behind you



side sit left with arms  
behind you

Butterfly, where are you going?  
Butterfly, what do you hear?



bend left leg, stretch  
over straightened right  
leg (can wiggle butterfly  
fingers over toes)

Butterfly, please take me with you  
Butterfly, do you see me?

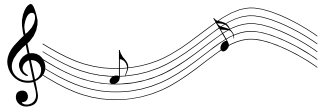


bend right leg, stretch  
over straightened left  
leg (can wiggle butterfly  
fingers over toes)



# BUTTERFLY

Butterfly, do you see me?



gentle twist to right (look for butterfly behind you)



gentle twist to left (look for butterfly behind you)



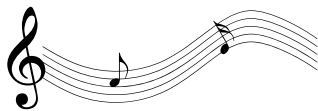


# MUSICAL YOGA ADVENTURES



## SWIMMIN'

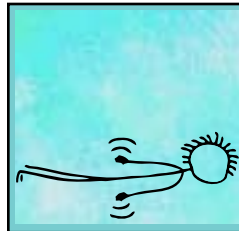
Swimmin' in the ocean, swimmin' in the sea,  
Swimmin' in the swimming pool, swim with me



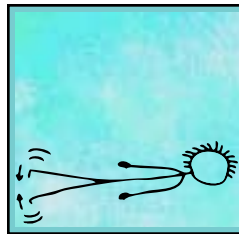
Stretch out in the ocean, stretch out in the sea,  
Stretch out in the swimming pool, stretch with me



Paddle with your arms, right and left,  
Kick it with your legs, it's fun to get wet



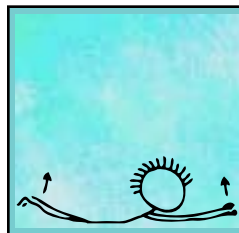
on stomach, arms close to body, palms down; keep legs down, lift head and chest while "splashing" hands in the water



place head and chest down, gently lift legs, keeping them straight, and tap heels



stretch arms out in front, legs straight with toes pointed



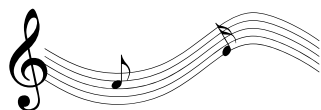
for deeper stretch, lift arms with head and chest up, lift legs up from floor



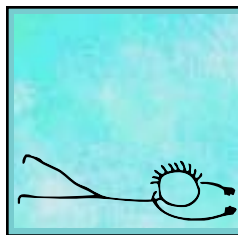
do forward swimming strokes with arms, kick with legs



# SWIMMIN'



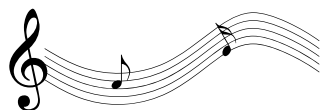
Push up on your arms, stand up on your legs, jump out of the water and splash with me



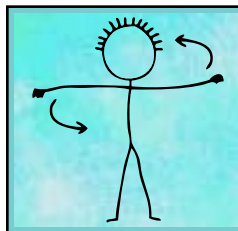
kick with legs (longer slow kicks for more of a stretch)



stand up



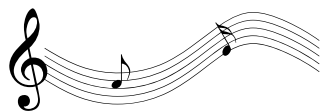
Now let's take a deep breath, easy as can be, Go under the water and hold your breath with me



splash up and down with arms straight as you twist from side to side



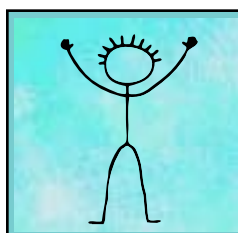
start on tip toes with arms overhead. Spread arms out to side for swan dive; squat down and take deep breath



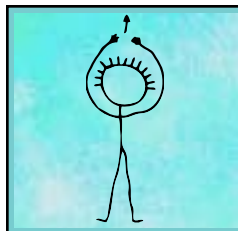
Jump out of the water, let your breath go, reach up to the sun and let it all go



while squatting and holding breath, count to 8 with fingers (can hold your nose while under water, switching hands after a count of 5)



let your breath out with a big exhale, reaching up to the sun



keep exhaling while reaching to sun with hands interlaced (on toes for more of a stretch)



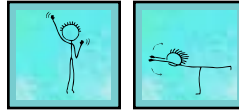
# SWIMMIN'

Swimmin' in the ocean, swimmin' in the sea,  
Swimmin' in the swimming pool, swim with me

La, la, la, la, la, la, la, la, la, la  
Isn't swimmin' fun, you did a great job  
Du, du, du, du, du, du, du, swim with me!



standing, swim around room with forward stroke



switch to back stroke  
switch to breast stroke  
(for more of a challenge, lift leg) dry off!