

Unit 5 Yoga Guide

(Toddler, 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**

Photos in this Unit's Yoga Guide from inspiredtreehouse.com and namastekids.com

Unit 5 Yoga Guide

Start up our Let's Pretend Unit with these poses!

See attached pages for illustration.

Partner Boat

Buddy up and take a boat ride together!

Skating Pals

Where will your skates take you today?

Breathing Buddies

Pay attention to your breath and work together with a classroom buddy.

Skyscraper

Stretch up to the sky and be a tall skyscraper!

Thunderstorm Yoga Story

Little Cloud Yoga Story

The Very Hungry Caterpillar Yoga Story (multi-day)

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Partner Boat

Benefits: promotes flexibility in the backbone and hips.

1. Sit face to face with your partner with your knees bent, feet on the ground, and toes almost touching.
2. Sitting up nice and tall and grab your partner's hands. Gently begin to lean back so that both partner's arms are straight and you're holding each other's weight a little.
3. From there, begin to slowly inch one foot and then the other towards your partner so that eventually the bottoms of both your feet are touching and lifted in the air.

See if you can keep your spine long and heart lifted while you keep your balance



Skating Pals

Benefits: improves balance, develops concentration, strengthens legs, chest, and arms

1. Stand next to a friend and wrap an arm around their waist (as if you were giving a sideways hug) like a pair of figure skaters.
2. With your outside arm reaching out to balance, slide your outside leg up your standing leg into Tree Pose.
3. Once you and your partner have your balance, bring your outside arm up overhead. Reach for your partner's hand to create an arch or rainbow with your arms.



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Buddy Breathing

Benefits: increases coordination and balance

1. Sit so that you're back-to-back with your partner. Lengthen your spine and make sure your backs are touching.
2. inhales and exhales deep and see if you can feel and hear your partners breath.

This is a great way to connect with your own breath/body as well as connecting with your partner!



Skyscraper Pose

Benefits: stretches out the arms, and legs, and opens up the chest, increases coordination and balance

1. Stand up straight and place feet a bit more than shoulder-width apart.
2. Raise your arms above your head.
3. Grasp your hands and turn your palms up.



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Thunderstorm

This activity is done while in boat pose, a balancing seated posture. This activity balances the release of energy with self-control. Lead your students by modeling the movements and sounds.

“A storm is coming... here comes the rain.” Lightly tap the floor with your feet, like the pitter patter of rain. Tap your face and head with your fingers, like raindrops.

“It’s raining harder– its pouring!” Stomp the floor with your feet. Row the boat through the puddles, using your arms.

“Here come the big gusts of wind!” Wave your arms and make whooshing noises.

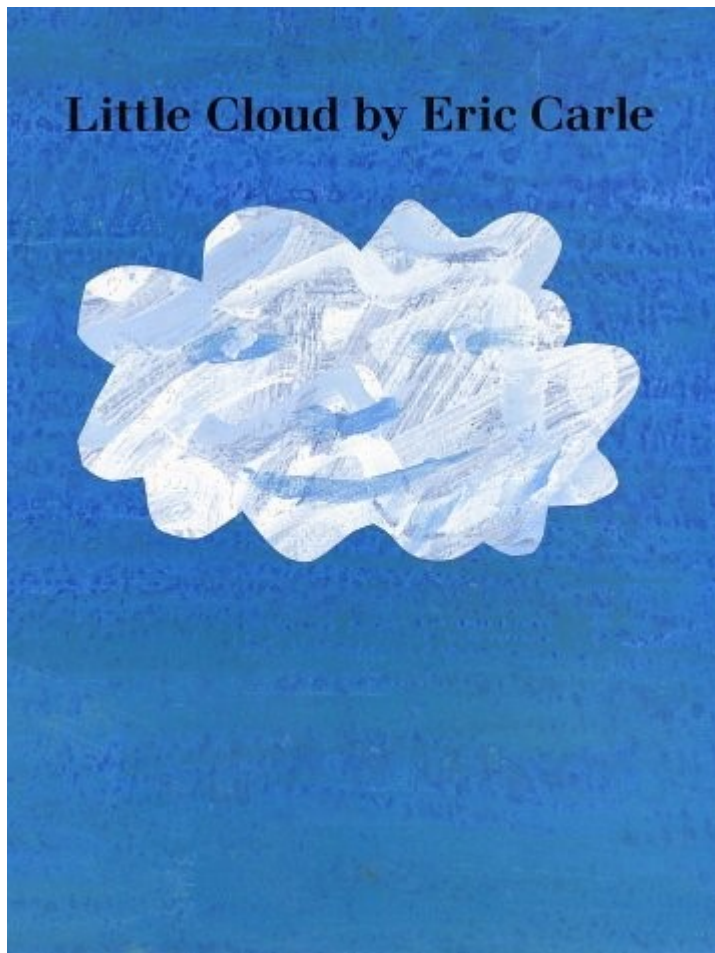
“Here come the thunder and lightening!” Pat your legs or clap.

After the noise and movement have peaked, “Freeze!” Everyone balances in boat pose and tries to be as still and quiet as possible.



Little Cloud Yoga Story

Try out this yoga story with your students.
This is a great addition to any pre-nap routine!
Where will your clouds take you?



FLOATING ON A CLOUD

* Lie on your back & close your eyes.

Imagine a big fluffy cloud
floating above you. See it come
down gently beside you.

* Imagine what your cloud looks like.
What color is it? Does it have a shape?
This is your own special cloud... you
are completely Safe & Happy when you
are on your Cloud.

* Climb up onto your cloud & it will
take you anywhere you want to go.

* What things do you see as you float
on your cloud? Where will it take you?
Let your cloud Fly you to a special
place where you can rest Quietly & feel
Peaceful.

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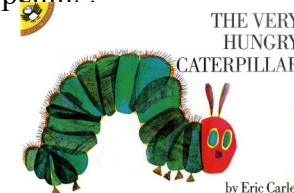
The Very Hungry Caterpillar by Eric Carle is a classroom favorite. When you combine a childhood story with the activity of yoga it becomes a memorable experience.

Work slowly through this yoga story and provide time between each pose for children to think about what they are doing. **Do not try to complete this yoga story at one time.** Break the experience into smaller and more manageable pieces.

You may want to stretch this story over the course of a week or even two weeks. When children are made to take part in an activity longer than what is developmentally appropriate, they no longer retain any of the learning or experience that is happening.

PreS/PreK/SA - Consider making a class yoga video of this story! Then, try to do the same with a different book!

*Credit to Cosmic Kids Yoga for the use of their Yoga Story.



Story

In the light of the **full moon**



a little **egg** lay on a leaf.



The little egg **rolls over** onto its side, then over onto its other side (**hugging knees**). It can feel something happening.



It is beginning to **grow** (interlace fingers and stretch up in **hero pose**).

It's a stormy evening and the wind is blowing the egg around the leaf. (**side stretches** from heels, flow back and forward from **camel**



to mouse).



Then it begins to rain on the egg (**pitter patter rain** with fingertips all over face and body).



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One Sunday morning the warm **sun** came up (sun salutation)



and the egg went **POP!**



Out **wiggled** a very tiny and very hungry caterpillar looking for something to eat. *"I'm so hungry. I'd love something to eat!"* he said as he looked from side to side.



But he couldn't find anything so wiggled back to his leaf and fell asleep (**mouse**).



On Monday the sun came up (reach up "**hello sun**")



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and the hungry caterpillar **wiggled** out onto the edge of his leaf, looking for something to eat. *"I'm so hungry. I'd love something to eat!"*



Along came a very happy **dog**, wagging his tail, who gave the hungry caterpillar one apple.



The hungry caterpillar says **Namaste**



and sitting with his **legs wide** leans forward to eat it all up.



After finishing the apple he **rubs a hand on his tummy and pats his head** at the same time. *"Mmmm. That was tasty."*



But the hungry caterpillar was still.... Hungry!
He **wiggles** back onto his leaf



and falls back to sleep again
(mouse).



On Tuesday the sun came up (**hello sun, hello earth**).



The hungry caterpillar **wiggled**



out onto the edge of his leaf, looking for something to eat. *"I'm so hungry. I'd love something to eat!"*

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Along came a **horse**, clip clop, clip clop, who gave the hungry caterpillar two pears.



The hungry caterpillar says **Namaste**



and sitting with his legs in **butterfly pose**



leans forward to eat them up.

After finishing the pears he **rub**s a hand on his tummy and **pats** his head at the same time.



"Mmmm. That was tasty." But the hungry caterpillar was still.... Hungry!

He **wiggles** back onto his leaf



and falls back to sleep again (**mouse**).



On Wednesday the sun came up (**hello sun, hello earth**
step one leg back – beep beep).



The hungry caterpillar **wiggled** out



onto the edge of his leaf, looking for something to eat. *"I'm so hungry. I'd love something to eat!"*

Along came a **cat**, meow, meow,



who gave the hungry caterpillar three plums.



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The hungry caterpillar says **Namaste**



and sitting with his legs out long in front of him, leans forward to eat them up.



After finishing the plums he **rub**s a hand on his tummy and **pats** his head at the same time.



"Mmmm. That was tasty." But the hungry caterpillar was still.... Hungry!

He **wiggles** back onto his leaf



and falls back to sleep again (**mouse**).



On Thursday the sun came up (**hello sun, hello earth** step one leg back – beep beep). step the other leg back – hissy snakes).



The hungry caterpillar **wiggled** out



onto the edge of his leaf, looking for something to eat. *"I'm so hungry. I'd love something to eat!"*

Along came a **camel**, blowing rude raspberries!



who gave the hungry caterpillar four strawberries.



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The hungry caterpillar says **Namaste**



and sitting with his legs in **turtle pose** leans forward to eat them up.



After finishing the strawberries he **rub**s a hand on his tummy and **pats** his head at the same time.

"Mmmm. That was tasty." But the hungry caterpillar was still.... Hungry!

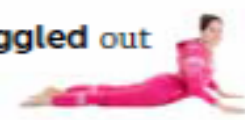
He **wiggles** back onto his leaf and falls back to sleep again (**mouse**).



On Friday the sun came up (**hello sun, hello earth** **step one leg back – beep beep**). **Step the other leg back – hissy snakes**). **Lift up to dog. – woof woof**)



The hungry caterpillar **wiggled** out



onto the edge of his leaf, looking for something to eat. *"I'm so hungry. I'd love something to eat!"*

Along came a **dinosaur**, clumping with his big feet.



who gave the hungry caterpillar five oranges.



The hungry caterpillar says **Namaste**



and sitting in **boat pose**, eats them up.

After finishing the oranges he **rub**s a hand on his tummy and **pats** his head at the same time.

"Mmmm. That was tasty." But the hungry caterpillar was still.... Hungry!

He **wiggles** back onto his leaf and falls back to sleep again (**mouse**).



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On Saturday the hungry caterpillar was rolling from one side to the other on his **twisted twig** (supine twists with arms wide). He was moaning; *"I'm so hungry. I'd love something to eat!"*

Along comes a **lion** who does a big friendly roar!



The lion has brought the hungry caterpillar lots of food.

The hungry caterpillar says **Namaste**



decides to make one big ginormous sandwich with it all.

Sitting with his legs out long, he **butters his bread** (reaching to toes and back to tummy singing "butter, butter butter!")



Then he twists round side to side as he pops in all the fillings.



One piece of chocolate cake, one ice cream cone, one pickle, one slice of Swiss cheese, one slice of salami, one lollipop, one piece of cherry pie, one sausage, one cupcake and one slice of watermelon.

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He sits with his **legs crossed**



and gobbles up the whole sandwich!

Oh dear! That night he had a stomach-ache and he **rocked and rolled** forward and backwards hugging his knees.



He decides to **telephone** the doctor.



The doctor answers and says he will call back shortly. RING RING RING RING!

That's the **telephone!**



The hungry caterpillar answers it (picking up the other foot) *"Hello, this is the hungry caterpillar speaking, how can I help you?... Oh hello doctor. Thanks for calling me back. Right. So I need to go to bed and keep off the unhealthy food. Rightio. I'll do that."*

The hungry caterpillar puts down the phone, heads to his **bed,**



lies back and falls asleep.

The next day is Sunday again. The hungry caterpillar wakes up and decides to go and find some healthy food to eat.

He **wiggles** off



to a lovely old **tree**



full of delicious green leaves.

He **climbs up** "up we go, up we go, up we, up we up we go..."



And eats one nice green leaf.

After finishing he **rub**s a hand on his tummy and **pats** his head at the same time.

"Mmmm. That was tasty. I feel much better." Now the hungry caterpillar wasn't hungry any more, but when he looked down at himself he saw he wasn't a little caterpillar anymore... he was a big fat caterpillar! (**star pose** with puffed out cheeks.)



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He did some exercises – **running on the spot**, stretching and swishing like a **windmill**, **jumping** and some **silly dancing**!

Then he built a small house, called a **cocoon** around him.



He stayed inside for more than two weeks. Then he **nibbled** a hole in the cocoon (**open and close jaw**) and pushed his way out (**donkey kicks**).



He was a beautiful **butterfly**.

(flutter knees then extend
alternate wings/both wings
asking the children what
colour their butterfly is).

