





HEART-MIND
QUALITIES:

-  Secure and Calm
-  Alert and Engaged

AGE: Early Years
Middle Years

LEARNING OUTCOMES

- Students will be introduced to the mindful practice of yoga as a self-regulation technique (controlled movement and breathing awareness).

MATERIALS REQUIRED

- Quiet space
- Yoga mat for each student set up in a row (before students arrive)

TEACHING AND LEARNING ACTIVITIES

1. Ask students to leave shoes and socks outside of the practice room and enter the space in silence. Practice begins when students enter the room.
2. Begin in a seated posture on mats.
 - With legs crossed, reach the crown of the head up to lengthen the spine while dropping the shoulders down and back.
 - For students who have difficulty finding this pose, place your hand on the mid-low back to encourage the spine to lengthen.
3. Invite students to close their eyes so that they can be more aware of their place in the yoga space noticing the stillness of their body, keeping the face and jaw relaxed.
4. Invite students to place their hands on their belly and bring their attention to the feel of their hands on their belly.
 - Ask students to notice that their hands are moving because of the inhale and exhale breath. Observe the physical sensations in that place – are their hands warm? do their hands feel heavy on their belly?
 - Do this for up to 5 breath cycles.
5. Invite students to open their eyes and to place their hands to their knees and focus on their moving belly with just their awareness.
6. Ask the students to stand up on their mats, describe this position as Mountain Pose and continue to pay attention to their breath – they will notice an expansion of their chest or the rise and fall of their shoulders.

*Adapted From | Heather Kulbida
School District 45 (West Vancouver)*



7. Begin moving into Crescent Moon Pose.

- Inhale: cue the students to open their arms wide like a hug, sweeping their arms towards the ceiling, hands come together at the top.
- Exhale: pause.
- Inhale: extend palms towards the ceiling (sky), dropping shoulders away from the ears.
- Exhale: bend at the waist to the right side of the body (a side bend). Remind students that arms, head, shoulders, hips, and feet are all in one plane with feet rooted to the ground.
- Inhale: come back to center – arms still extended skyward.
- Exhale: bend at the waist to the left side of the body.
- Repeat steps 10 – 14 for a total of 3-4 times for each side (ensure equal treatment to both sides of the body and move into positions smoothly guided by their belly breathing).

8. Return to Mountain Pose to finish practice.

ADAPTATIONS

- Embed yoga elements into the classroom context during other instructional times such as prior to taking a test or settling into work after recess or lunch.