

YOGA ACTIVITIES

K-3

ENCOURAGES A HEALTHY LIFESTYLE



INCLUDES

- Practical activities that develop flexibility, strength and focus

chalkboard
publishing

Contributions by Demetra Turnbull, Wendy Scavuzzo, Lauren Eyton-Jones
© 2018 Chalkboard Publishing Inc.
Yoga Activities Grades K-3

All rights reserved. Reproduction of activities for use in the classroom and not for commercial sale is permissible. Reproduction of these materials in any manner, in whole or in part, for an entire school or for a school system is strictly prohibited. No part of this publication may be transmitted, stored or recorded in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written permission of the publisher.

Canada This project is funded in part by the Government of Canada.



Yoga

Activity Level: moderate

Yoga is a wonderful form of exercise to calm the mind, and warm, stretch, and strengthen the muscles and body. Slow movements gently increase breathing and blood flow, which in turn fuels the muscles and tissues and increases flexibility. Children benefit from gentle stretching and movement that is done in a calm and quiet manner, leaving students feeling calm, peaceful, flexible, and ready to take on more vigorous and strenuous activities. Remember that every body is different, so each child's pose might also look a little different from their neighbor's pose. The emphasis should not be on performing perfect poses, and should be adapted as needed for individual children.

Getting Started

- Ideally, children should wear comfortable clothing and practice in bare feet on individual yoga mats or on a smooth non-slippery surface.
- You may want to set the tone for yoga by playing soft, soothing music.
- Ensure that children have enough personal space to participate.
- Be a good role model and always demonstrate the poses for children, rather than just explaining what to do.
- Do not expect children to remember how to do the various poses. Be patient and review. You may ask children to show and explain the poses they know.

About Breathing

- Breathing deeply and steadily is important in yoga because it gives us energy for our body, and keeps us calm and focused.
- Remember to breathe in through your nose, down into your belly. Feel your belly get bigger as you breathe in, and get smaller again as you breathe out.
- Try to always breathe out through your nose. If you are working really hard, you may need to breathe out through your mouth.

More Ideas

- Encourage students to be creative and invent their own unique poses and movements. Invite students to teach their peers their creations.
- Tell imaginative stories as a springboard for doing different yoga poses. For example, pretend you are going on a trip through the forest. Do poses such as a Tree, Frog, etc., as they come up in the story.

Downward-Facing Dog Pose

We are going to get down on the floor, lift our hips up high and let our head hang underneath our bodies, like a dog stretching.

1. Go down on your hands and knees like a dog.
2. Breathe out, curl your toes under, and straighten your legs. Lift your dog tail into the air.
3. Breathe in, lift your bottom higher.
4. Breathe out and press your heels and hands into the floor.
5. Pretend you are a dog stretching its front legs and wagging its tail.



Three-Legged Dog Pose

We are going to get down on the floor, lift our hips up high, then lift one leg up off the floor like a dog stretching its leg.

1. Go down on your hands and knees.
2. Breathe out, and curl your toes under as you straighten your knees. Lift your hips so your bottom is up.
3. Breathe in and lift your left leg straight out behind you. Hold it up.
4. Breathe out and lower your left leg so your foot is back on the floor.
5. Repeat with your right leg.



Tree Pose

Let's become tall and strong like a tree.

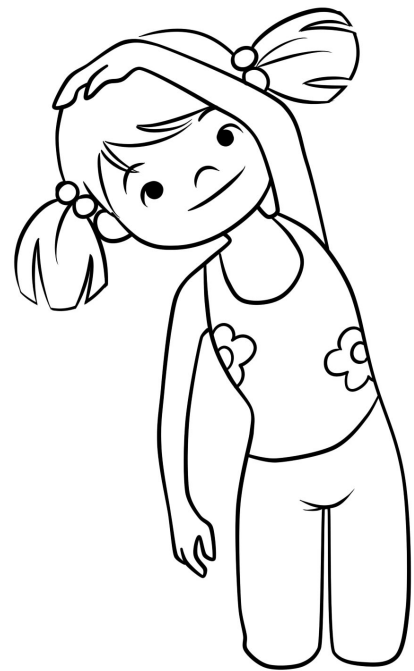
1. Stand straight, with your arms at your sides and feet together.
2. Imagine your feet are the roots, deep in the soil.
3. Breathe in. Lift your arms out at your sides. This will help you balance. Pull your belly button in to your spine for a strong tree trunk.
4. Shift your weight to one leg.
5. Slide your other foot up that leg, and place the bottom of your foot against your thigh or below your knee. Turn your knee out.
6. Lift and stretch your arms upward like the branches of a tree growing in the sun.
7. Then, bring your hands down in front of your chest, and press your palms together in the salutation pose.



Rainbow Pose

Let's show off all the beautiful colors of the rainbow.

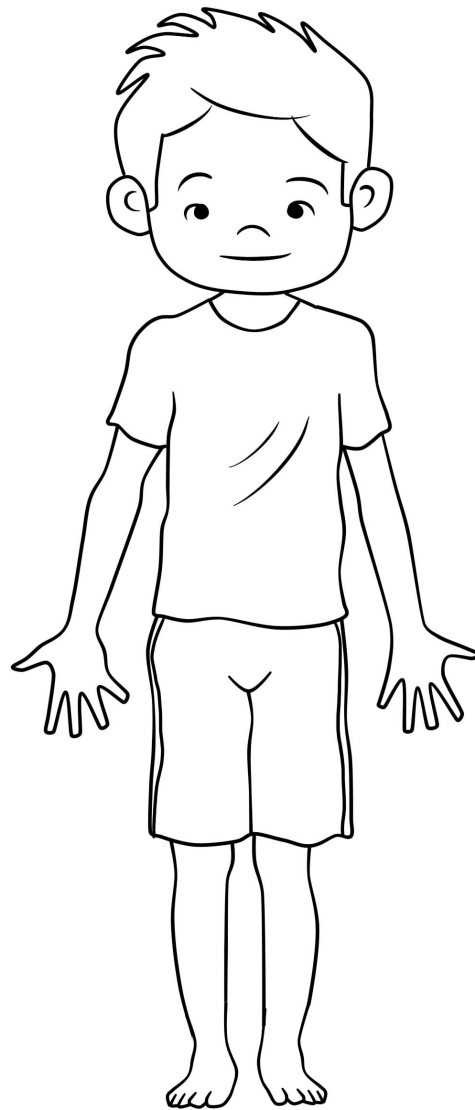
1. Either kneeling or standing, breathe in while raising both arms over your head.
2. Lower one arm. Slowly breathe out as you sweep the other arm over your head toward the opposite shoulder to make a rainbow shape.
3. Hold this position. Pull in your belly button to keep your rainbow big, beautiful, and bright. Show off all the colors!
4. Breathe in as you slowly straighten your body and return to the starting position.
5. Now make a rainbow with your other arm.



Mountain Pose

Let's stand tall like a mighty mountain.

1. Stand tall with feet together, or feet wider apart. Point your toes forward.
2. Have your arms down at your sides.
3. Press your shoulders back.
4. Make your body tall, straight, and strong, like a mighty mountain.
5. Breathe in and out deeply and slowly.



Child Pose

Let's rest our bodies on the floor like a little child.

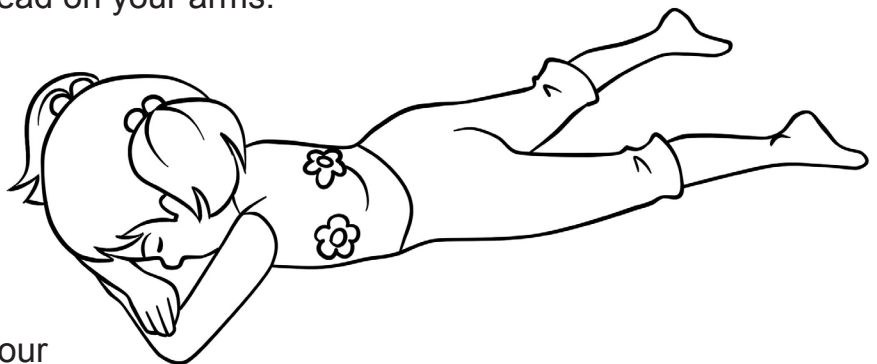
1. Kneel on the floor with your feet together, and flatten your feet out behind you, toenails on the floor.
2. Sit back on your heels with your knees slightly apart.
3. Slowly lower your forehead to the floor. Keep your bottom on your heels.
4. Place your arms beside your body toward the back, with your palms facing up.
5. Hold the pose. Then relax your body like a sleeping baby, quiet and peaceful. Then slowly sit up again.



Crocodile Pose

Let's lift our chest like a crocodile opening its mouth.

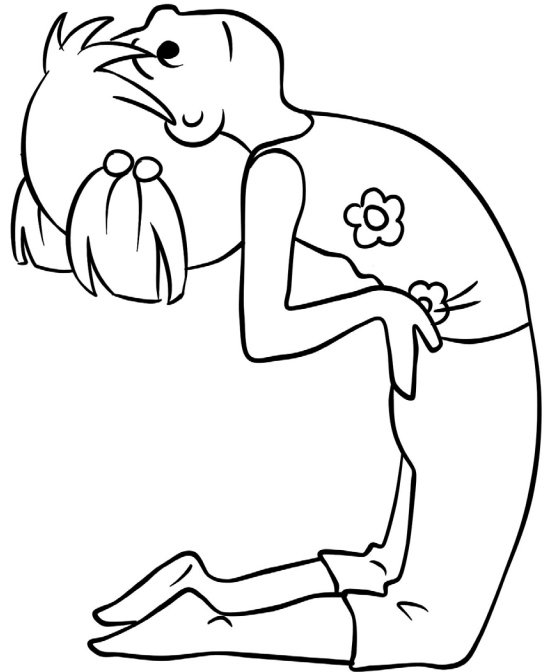
1. Lie on your tummy with your forehead touching the ground, your feet stretched out behind you, and squeezing your bottom.
2. Bring your arms in front of your head, then place each hand on your arm at the elbow. Rest your forehead on your arms.
3. Breathe in through your nose as you lift your chest from the ground nice and high like when a crocodile is opening its big mouth.
4. Breathe out as you bring your upper body back to the floor.



Camel Pose

Let's lift up our chest high like the hump of a camel.

1. Go on your knees on the floor with your feet flat out behind you, toenails on the floor.
2. Keep your body straight.
3. Place the palm of your hands on your lower back. Squeeze your bottom as you push your hips forward. Try to keep your hips over your knees.
4. Gently look up and arch your back and reach back behind you.
5. Lift your chest like a camel's hump.



Shooting Stars Breathing Exercise

Let's make stars twinkle as they shoot through the sky.

1. Sit strong and tall, and pull your belly button to your spine. Cross your legs.
2. As you breathe in, reach your hands up above your head, palms facing each other.
3. As you breathe out, wiggle your fingers like little stars twinkling, while you slowly bring your hands back down with your arms out wide.
4. Repeat.



Frog Pose

Let's squat like a frog ready to leap over a log.

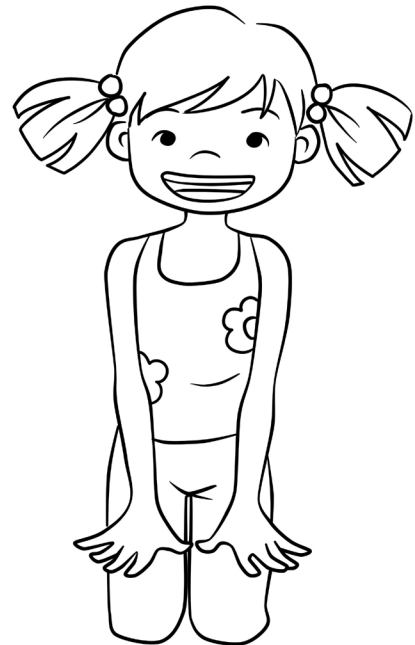
1. Stand with your feet shoulder-width apart, and squat down.
2. While balancing on your toes, keep your knees spread wide apart.
3. Put your hands on the floor between your knees.
4. Look straight ahead and breathe in. You are just like a frog. Say "ribbit!"
5. As you breathe out, keep your hands on the floor while you straighten your legs so your bottom goes up. Lower your head toward your knees.
6. Come back to the squatting position, and repeat.



Lion Pose

Let's become a lion, the mighty king of the jungle.

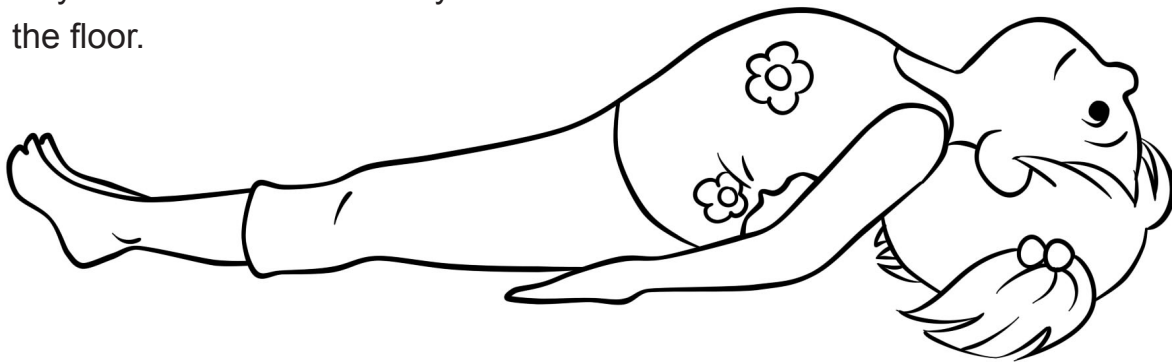
1. Kneel on the floor and sit back on your feet.
2. Place your hands on your thighs and stretch your arms.
3. Spread your fingers, flare your nostrils, and open your eyes wide.
4. Open your mouth wide like a big lion yawning and stick out your tongue.
5. Curl the tip of your tongue toward your chin. Breathe in deeply.
6. Exhale with a roar just like a mighty lion!



Fish Pose

Let's puff out our chest like a fish breathing through its gills.

1. Lie on the floor on your back, with your knees bent and your feet flat on the floor.
2. Lift your bottom slightly off the floor. Slide your hands, palms down, under your bottom and move your arms under your body. Lower your body so your bottom sits on the backs of your hands.
3. Press your forearms and elbows firmly against the floor. Squeeze your shoulder blades together.
4. Take a breath in. Arch your back to lift your back and head away from the floor.
5. Gently let the crown or back of your head rest on the floor. Keep your head touching the floor only very lightly to avoid hurting your neck. Press your heels forward. Keep the weight on your elbows to keep the weight off your head.
6. Imagine you are breathing through fish gills.
7. Breathe out. Press into your elbows again and slide your head gently back, returning your body and head to the floor.



GET EVEN MORE!

Access thousands of activities and student pages just like these with a Chalkboard digital subscription!

Chalkboard engages students and inspires a love of learning with

- 100% **American** curriculum-based content (featuring **American** spelling and grammar!)
 - A variety of materials that cover core, foundational and supplementary k-6 subjects and concepts
 - Instant access to thousands of resources on all devices. All you have to do is print and teach
 - High-quality learning materials, how-to's, tips and tricks, graphic organizers, and student success criteria
 - Illustrations, word games and hands-on activities, students are able to learn concepts and practice skills while having fun
-

Visit www.chalkboardpublishing.com to learn more or to get started!