

SESSION: ALL ABOUT OUR HEART

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To understand the function of our Heart and how to keep it healthy
- To improve children's concentration through balancing poses
- To understand how breathing techniques can help lower the heart rate and keep us clam
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Overview:

Extra Discussion for you to ask the children at the start to the class.

What is the main function of the heart?

Our heart pumps blood around the body, the blood sends nutrients and oxygen and carries away unwanted carbon dioxide and waste products.

It's important to keep a healthy heart and this can be done in many ways with yoga. We are going to start by looking at inversion poses – this is where the heart is higher from the ground than the head. There are many benefits to these poses including:

- Eliminates toxins
- Boosts in positive energy and immunity
- Increased flow of oxygenated blood to the brain
- Works as a natural antidepressant
- Stimulates the nervous system and calms the mind
- Improves circulation

This class is all about the heart. Exploring the function of our heart and how to keep it healthy through yoga and exercise.

We will work through a number of inversion poses (where the head is lower than the heart), poses to help open up the heart and poses that increase the heart rate, which in turn helps make the heart more efficient and **better** able to pump blood **throughout** your body.

Relaxation

To follow the theme of the heart, during the relaxation, we will talk through a heart visualisation with the children.

Children should lay down on their back and close their eyes if they feel comfortable to do so.

If possible, turn off the lights to help with the ambience of the room.

They will be asked to focus on their breathing as they listen to the music.