

## SESSION: AROUND THE WORLD

### Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To teach children about the benefits of yoga
- To improve children's concentration through balancing poses
- To explore different countries and the animals and landmarks that can be found there
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

### Overview

To start the class, we are going to talk about the benefits of yoga for children. It is important that children understand why yoga is good for them so they can believe in what they are doing, as well as take away tips to help them back in the classroom.

### Discussion Point: 1 minute 20 seconds:

What are the Physical and Emotional Benefits of yoga?

#### Emotional:

- Helps children feel calm
- Help children relax
- Helps children deal with stress and anxiety
- Helps children focus

#### Physical

- Form of physical exercise
- Strengthens muscles
- Increases flexibility
- Improves coordination & balance



## Theme:

During this class the virtual teacher will take the class on a trip around the world, starting in England, then travelling to France and Australia. Children will go through a number of poses to represent animals, landmarks and modes of transport to introduce them to a variety of yoga poses.

## Relaxation Time

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.

Throughout this part, children should try to stay still and quiet and practice their breathing, in through the nose and out through the mouth. This helps them to feel calm and relaxed. We will play relaxing music throughout the relaxation.

At first children may find it difficult to relax and stay still, but over the weeks you will notice the difference and the length of the relaxation will increase.

This week, the children will listen to a star fish visualisation.

### Extra Discussion: how did the children get on with the visualisation?

Like anything, visualisation takes practice and you should not expect too much too soon from children. You can ask the following questions:

1. Who was able to picture themselves as star fish?
2. Who was able to picture the different colours/patterns? Ask what they imagined?
3. Whose mind wandered onto different thoughts?

Reiterate that this is ok and normal, when we notice our mind wandering we just need to be aware of it and try to get back onto task.

