

## SESSION: ASPECTS OF THE ALPHABET

### Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To improve children's concentration through balancing poses
- To understand and recognise different body parts
- To understand different yoga poses that help strengthen different parts of the body
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

### Theme:

This class will focus on 4 different the letters of the alphabet (EFHS), connecting the different body part and muscles to the particular letter. We will then practice different yoga poses to that help strengthen those body parts.

### Discussion Point: 4 minutes 45 seconds:

Name body parts beginning with the letter E:

- Ears
- Elbows
- Eyes

### Discussion Point: 16 minutes 45 seconds:

Name body parts, bones or muscles beginning with the letter F:

- Finger
- Feet
- Face
- Forehead
- Forearm
- Femur bone
- Fibula bone

**Discussion Point: 25 minutes 33 seconds:**

Name body parts, bones or muscles beginning with the letter H:

- Hands
- Hip
- Head
- Heart
- Heels
- Humerus bone
- Hamstring

**Discussion Point: 37 minutes 23 seconds:**

Name body parts, bones or muscles beginning with the letter S

- Stomach
- Sacrum
- Shoulders
- Scalp
- Skulls
- Spine
- Shin bone
- Skeleton
- Skin
- Small intestine

## 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 the staircase visualisation about achievement.