

SESSION: BALANCE

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To teach about the importance of balance in their lives
- To improve children's balance
- To improve children's concentration through balancing poses
- 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 why balance is important to us in our every-day lives. We will discuss where to look when practicing a balance pose and a purple dot will appear on the screen for children to use as a focus point.

Discussion Point: 0:35 seconds

1. Why is balance important?

- a. Balance is a key component for fitness
- b. Balance prevents us from falling over
- c. Balance helps us to move and walk

2. When practicing balance, where should we look?

- a. We should find a space on the wall in front of us, if we don't focus, we will find it hard to balance and may wobble

Extra Discussion: You can choose to expand on this discussion with children to discuss what we mean by a balanced diet and what foods are good for us.

Food with good fats (i.e., they are good for your heart, your cholesterol, and your overall health):

- Nuts (almonds, peanuts, macadamia, hazelnuts, pecans, cashews)
- Olive
- Avocados
- Peanut butter



Food high in protein

- Lean chicken
- Lean pork
- Fish
- Lean beef
- Tofu
- Beans
- Lentils
- Low-fat yogurt
- Milk
- Cheese
- Seeds
- Nuts
- Eggs

Food high in fibre:

- Wholegrain breakfast cereals
- Whole-wheat pasta
- Wholegrain bread and oats
- Barley and rye
- Fruit such as berries, pears, melon and oranges
- Vegetables such as broccoli, carrots and sweetcorn
- Peas, beans and pulses
- Nuts and seeds
- Potatoes with skin

Foods high in sugar:

- Chocolate
- Sweets
- Cakes
- Biscuits
- Ketchup
- Fruit juices
- Sugary drinks such as coca cola, lemonade, Fanta
- Low fat yoghurt
- Canned baked beans



Foods high in salt:

- Frozen breaded meats and meals such as pizza and lasagne
- Salted bacon
- Ham
- Sausages
- Canned soups
- Processed cheese

We will then go through a range of different balance poses from standing to seated poses. If you feel that children need more time to practice, simply pause the video. Children will be challenged to hold their balance.

You will notice how the children have to really focus to hold their balance and if they look around, they will lose their balance. These balances help children to develop better concentration outside of the YogaBugs class and with their school work.

In the Tree pose we will ask children to close their eyes and see how this affects their ability balance.

Safety point: If you notice the children hopping when trying to balance, ask them to stop and try again. If they are hopping, they have lost their balance and the best way to retain balance and prevent them from falling over is to simply put their foot back down, re-focus and start again.



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.

Following this challenging session, children will be taken through a progressive muscle relaxation. This is mind-body technique that involves slowly tensing and then relaxing each muscle group in the body. This technique will help children increase their awareness of the sensations associated with tension. It will help them go deeper into their relaxation.