

SESSION: SUPERHEROES

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To understand there are different emotions that people feel and ways to help control them
- To understand it is normal for us to feel different emotions
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme

Children will meet some of their favourite superheroes and they will explore their superpowers. This class takes children on the superheroes first day of school; they will explore the different emotions the superheroes feel and how this affects their superpowers. Children will go through a number of breathing exercises to help the superheroes calm down.

Discussion Point: 17 minutes 35 seconds:

How do you think the Daredevil will feel when he trips over batman in-front of the other children?

Daredevil could feel a few different emotions:

- Embarrassed
- Silly
- Foolish
- Sad
- Angry
- Shy

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 superhero visualisation.