

## SESSION: STRENGTHNING THE CORE

### Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To understand what our core is and why it is important for us
- To improve children's core strength
- 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 this class, we are going to discuss what we mean by our core, where it is and why it is important. We will be working on poses that help us to strengthen our core. It is important that we educate children about what they are achieving with their yoga and why it is good for them.

Extra Discussion: You can ask children if they can think of any poses which will help build their core before we start going through them.

Suggestions may include: Boat, Aeroplane, Plank, Shark, Dog (they can show you the pose rather than list them if they can't remember the names.)

The core is the centre of our body and it is important for us to keep a strong core for stability, strength to help us move and balance.

We will go through a range of poses that help to strengthen our core. There will be times in the video that you will need to pause to allow children to practice a pose and also to walk around and help children if they need some assistance. Regular practice of poses that build our core, will help strengthen the abdominal muscles.

**Bug Tip for Tiger pose:** in this pose we ask children to start in cat pose (on all fours) to lift their leg and then their opposite arm - some children find it difficult to get their opposites correct and may take up their arm and leg from the same side. If you notice this, you should go over to the child, ask them to then keep both hands on the floor, raise one leg and you can then point to their opposite arm to help them get it right.

## 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.

This week we will be taken through a guided visualisation walking through a forest and finding a magical waterfall. Children will then be left to stay relaxation for a further few minutes listening to the music.

Children should be encouraged to focus on their breathing throughout.