

SESSION: YOGA FOR THE BODY AND MIND

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To understand poses that work all different muscles in our body
- To understand how to link breath and movement
- To improve children's memory retention
- To improve children's concentration through balancing poses
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Overview:

It is true that we cannot really find quietness in our mind until we can find stillness in our body. This class will teach children a number of poses whilst incorporating breathing techniques.

We will work through our body starting with our feet and ankles, working all the way up to our head using different postures to strengthen muscles across all of our body.

Children will be challenged physically and start to understand the different poses that help strengthen different muscles.

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 children will be taking part in a body scan meditation; this is a great way for children to release tension in the body. Body scanning involves paying attention to parts of the body and the different sensations we feel from our feet to our head. Children will then be left to stay in relaxation for a further few minutes listening to the music.

Children should be encouraged to focus on their breathing throughout.