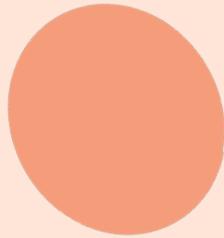


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Calm Activity

Calm down! How often do we remind our children to be calm? Before asking something of someone, it is important to explain what it is that we are asking. "I need you to calm down!" What does calm mean? In the dictionary calm is defined as: Not showing or feeling nervousness, anger, or other emotions.

Calming Activity #1:

A wonderful way to teach what calm is, is by showing what it is not. Also, a great activity for emotional literacy and normalization of feelings that sometimes have a negative connotation.

Ask the students if they ever feel angry, anxious, frustrated, sad, etc. Then act out that feeling for a little while and encourage the child to do the same. Then ask, "Is it ok to feel this way? Of course. Would it be fun to feel that way all of the time? No. What could we do about it? Take 3 slow Yoga Breaths. This is what calm feels like, our bodies feel cool and relaxed."

Calming Activity #2:

Materials: Smooth stones



Encourage a child to sit with a very calm body and place their hands in their lap. As soon as the child is sitting calmly, place a calm stone in the child's hand. Ask the child to hold the stone calmly for a little while and concentrate on being still and calm".

Have the child pick it up and explore it. Ask the child to “concentrate only on the stone”. Let them know that this is a calming stone, and can help them to feel calm in their body.

Encourage them to take their time and use the stone to massage their hands, their wrists, their shoulders, their belly, their legs, their feet, etc. All the while, concentrating on being calm. Once the child has explored the stone, have them place their stone in one of their hands and place their hands back in their lap.

“Concentrate on calming your body down as you keep your hands and your stone in your lap. Take 3 or more slow breaths.”

Then collect the stone.

This is also a wonderful group activity, particularly for a class that has a harder time transitioning into calmer activities).

Flow For Self-Regulation



Yoga Breath



Side Stretch



Lion Pose



Downward Dog



Forward Bend



Child's Pose



Kind Hearts-Words-Thoughts

FULL YOGA BREATH



How

Start with hands at your heart.

Inhale and keep the hands together as you extend arms up over your head.

Slowly exhale, as arms begin to lower and reach through your fingertips.

Bring hands back to the heart.

Repeat 3 times.

When

hOMe - Daily transitions (mealtime, school, bedtime, ect.).

Classroom - Transition, morning community circle, before a test (or stressful event), anytime calm and focus are needed.

Yogi - To begin the adventure flow, to calm the class.

Why

Calms the mind and body.

Promotes relaxation and focus.

Kindness

Kindness Ball Game

Materials needed: A ball

It is important to create opportunities that inspire the intentional practice of kindness, sharing their kind hearts, words and thoughts with themselves and others.



Kindness Flow

Take 3 Full Yoga Breaths.

Put your hands on our knees and close your eyes. Think about how good it feels when someone is kind to you (pause). Think about how good it feels when you are kind to others (pause). Think about how good it feels to be kind to yourself (pause). Now imagine that your heart is so full that your chest feels warm.

Open your eyes and bring your hands to your kind hearts. Look how many kind hearts we have in this room.

What if I say something very kind to you? How does that make you feel? What if I say something very unkind? How does that make you feel? The way we speak to each other really matters.

Play the game and encouraging the students along the way.

Example:

Pick a child and roll the ball to them.

Teacher: "Jasper, I love the way that you always do your best in my class. I also love how kind you are with all of your friends. It makes me very happy to teach you!"

Teacher: "Jasper, how does it make you feel to receive kindness?"

Jasper: "GREAT. Uncomfortable. Happy. Etc."

Keep rolling or passing the ball until everyone has had a turn.

Make sure children only get passed to one time. Also note that if being picked 'first or last' is an issue, simply pass the ball to the person next to you.

Option: Have the children say something kind about themselves.

KIND HEARTS, KIND WORDS, KIND THOUGHTS



How

Put your hand to your heart and say “Kind Hearts”, honoring your own unique kindness and the kindness of others.

Next, put your hands to your lips and say “Kind Words”. Reminding yourself of the power of your words and to use them to uplift and empower.

Finally, put your hands to your head and say “Kind Thoughts”. Remembering that thoughts turn into action. Offering your kind thoughts and actions into world.

When

Everywhere, every day.

Why

Empowers and emboldens kindness.

Invokes conversation about what it means to be kind.

Honors each individual's nature; through hearts, words and thoughts.

Introduces the word “interconnection”.

Concentration

Webster's Dictionary defines concentration as: "the ability to give your attention or thought to a single object or activity, the ability to concentrate." Studies show that by teaching children what concentration is, and how to put it into real life practice, their educational experience is positively impacted.

CONCENTRATION ACTIVITY

Has anyone in this class ever heard the word Concentration? What does it mean? (Give the students an opportunity to give their definition). When you are concentrating, your eyes & ears, your mind and your body are all directed at one thing. I brought something very special into class today! (Pull your concentration stone out and hold it up with one hand). This is a concentration stone. Your eyes, your body and your mind are going to concentrate on this stone and ONLY this stone. I am going to try to distract you and make you look away... but you are going to do your best to keep your eyes locked and concentrated on this stone. Ready?? OK, here we go! (Make a silly sound, wave your hand behind the stone, etc. Do this for a few moments and then stop). Oh my goodness, you did it! You practiced your concentration! Even when I was trying to distract you, you still kept your eyes, minds and bodies focused on the concentration stone! (Repeat the activity one or two more times)

"Mindful stillness has a calming effect on the central nervous system. Students who practice mindful stillness report having more positive emotions, stronger self-identity, greater self-acceptance, and higher optimism. They also experience reduced stress, anxiety, and depression"

- Waters, 2015

