

## **YOGA & MINDFULNESS FOR KIDS CURRICULUM – EXCERPT**

### **WARM UP: 10 MINUTES**

1. Begin with making a circle.
2. Then play Simon Says. (We have chosen three forms.)
3. Act like a bunny.
4. Act like a frog.
5. Act like a dog.

Allow children to run around. Then say Simon says “one,” children will hop like a bunny. Then say Simon says “two,” children will jump like a frog. Allow children to run around again. Then say Simon says “three,” children will move like a dog. Play this game for six to ten minutes - depending on their level of engagement and enjoyment.

### **FREE HAND EXERCISE: 10 MINUTES WITH MUSIC**

In conjunction with children’s songs, start doing some lively exercises. To encourage imagination and coordination, ask children to create their own postures based on familiar activities. For example:

- Imagine you are playing basketball – so catch a ball and throw it.
- Imagine you are playing baseball – so swing your bat.
- Do the posture of jumping rope.
- Do the posture of jogging.
- Do the posture of cycling.
- Do the posture of sitting in a chair and reading a newspaper.
- Do the posture of swimming.
- Ask them to jump up and pluck fruits from a tree.

Do a combination of the above five times each and then come to a full stop and rest. Assume the below position.

Corpse Pose: 3-5 Minutes

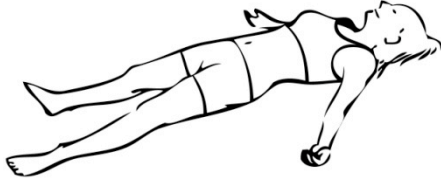


Illustration: handipoints.com

From the corpse pose, we will move on to the next set of yoga postures.

SAMPLE ASANA (POSTURE):

### **BHUJANGASAN (COBRA POSE)**

Lie flat with your face on the ground and extend the arms to place the palms on either side of the body to ensure that fingertips are along the line of the shoulders while elbows remain touching the body. Toes should be together and pointed, allowing the legs to stretch out in one long straight line. The anterior part of the feet should remain touching the ground. Bring your arms up by bending your elbows and placing your hands as to line them up to your shoulders. Fingers should be close to one another and palms should be flat. Now raise the torso from the waist upward from the ground with gaze fixed forward. Tilt your head back so as to get a deep, long stretch along the torso and the upper back. Fix your gaze towards the back of the room. Count to ten with normal breathing.

Benefit: Good for blood circulation and liver function and strengthening the abdominal muscles.



Illustration: funkidsyoga.com