



**brightpath**  
EARLY LEARNING & CHILD CARE



# YOGA & MOVEMENT

For Preschool Children

# **BrightPath Yoga & Movement Program – Preschool**

**What to expect:** This training was created for our team of educators at BrightPath to showcase the physical and emotional benefits of yoga for preschool aged children. It is a guided process that walks educators through a series of lessons designed to give them a better understanding of yoga breathing, mindset, and poses. The training will detail a series of basic yoga poses to facilitate with children in fun and engaging ways through both music and play. Educators will also learn important breathing and relaxation techniques, and ways to help children express themselves through body movement.

## **Outline**

Yoga Benefits for Children

When to Implement

Cleaning & Sanitizing

Music

Conscious Breathing

Week 1-8

Quiz

Summary

# **Yoga Benefits for Children**

The practice of yoga has been around for over 5,000 years, originating as a ritual practice in India. Introduced to the West in the 20th century, modern yoga has evolved to a practice modified for several different populations, including children, to participate.

Starting yoga at a young age helps children build a healthy connection between physical and mental health. This connection acts as a critical stepping stone for better stress management and physical health as children develop. Focused breathing techniques, and increased ranges of motion build as children progress into adulthood. Increased flexibility, core strength and balance are all incredible additional benefits of this practice.

## When to Implement

This yoga program is to be implemented to preschool aged children once per week for 15-20 minutes. Implement on a day when there is no Wee Move program.

Each classroom will need one small yoga mat per child, and one adult yoga mat for the educator. It will be important that your children understand their mat symbolizes their own space.

Here is a brief snapshot of the 8 week program that we will be detailing throughout this course. We will break each week down into more specific elements shortly.

Yoga Program Week	Focus
Week 1	Conscious Breathing Yoga Basics
Week 2	Mindfulness Relaxation
Week 3	Self Esteem Moving into Stillness
Week 4	Concentration Balance
Week 5	Conscious Breathing Free Movement
Week 6	Mindfulness Space Awareness
Week 7	Self Esteem Pose Review
Week 8	Concentration Pose Recollection

## **Cleaning & Sanitizing**

Before we launch into the specific lesson content, it is important to discuss the cleaning and sanitizing protocol for maintaining the yoga mats.

**At the end of every lesson, each yoga mat is to be cleaned and disinfected using Oxivir TB. If required, the mats should be cleaned of visible soil prior to disinfecting. In most cases, as there would be no visible soil, spray the mat with Oxivir, allowing the surface to remain wet for 1 minute. No further steps would be required. The mats can be wiped after one minute to remove any markings if necessary.**

As we mentioned earlier, the yoga mat represents the symbolic inner and outer space for each child, and must be respected as such. Ensuring it is clean and ready for each child is imperative.

## **Music**

Each week will showcase a few songs to help facilitate yoga poses and healthy movement. These songs can be accessed on our BrightPath Kids website with a password only to be accessed by BrightPath educators.

**Link:** <https://brightpathkids.com/yoga-movement-program/>

**Password:** Yoga2020

Here you will find songs divided into their applicable weeks.

There are plenty of child-friendly yoga songs on YouTube. Once educators become comfortable, you may begin to use different relaxation songs or stories to end your yoga classes with. Bari Koral's "Relax and Be Happy" Album has many great options.

# **Conscious Breathing**

Conscious Breathing will be an important practice throughout all of our yoga instruction. It is important to understand the value of this practice to the whole body development of the children in your classroom. Much like the Conscious Discipline breathing component of our Frog Street greeting circles, conscious breathing helps to disengage the stress and primes children for a contented frame of mind and excitement for learning.

Pranayama is the name we apply to this practice of breath control in yoga. Controlled breathing has been shown to reduce stress and anxiety, increase concentration, and boost the immune system.

## **How to implement:**

The key teaching component is to bring focus to the breath. Guide your children to lay on their backs and bring their hands to their bellies. Invite them to close their eyes and take at least 5 deep breaths. Children should feel their bellies rise with each breath.

## **Candle technique:**

Here is another technique that helps deliver focus to breathing. Encourage children to bring one finger in front of their mouth to create a "candle". Guide them to take a slow deep breath in followed by a slow release to blow out the candle. Do this 3-5 times.

## **Snake breath:**

This technique helps slow down the exhalations and helps to bring more control to the breath. Encourage children to sound out the letter "S" long and slow, making a sound like a snake, "Ssssssss".

# **Yoga Program Week 1**

## **Conscious Breathing & Yoga Basics**

Welcome to Week 1! We will begin our yoga instruction by focusing first on conscious breathing, followed by fun instruction on key yoga poses.

Conscious Breathing: Start your first class by bringing a focus to intentional breathing that is a critical piece of yoga. Invite children to blow out their candles, or feel their bellies rise as detailed above. Work on conscious breathing for at least one minute.

Upon completion of conscious breathing, model different yoga poses with the children and encourage them to follow suit. Use the following music links to accompany this learning process.

## **Music**

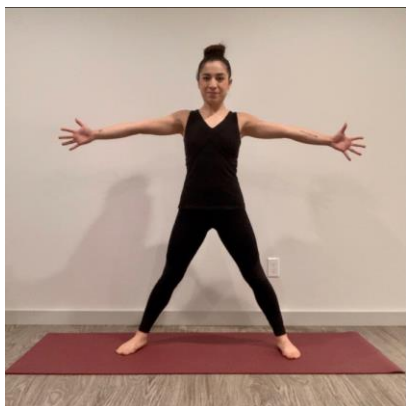
- “Yoga Song” Stephanie Leavell - Move it, Move it Album
- “Butterfly” Bari Koral - Anna and the Cupcakes
- “Skip To My Lou” Bari Koral - Little Box of Happy
- “Ocean Breath” Bari Koral (feat. Paul Avgerinos) - Relax and Be Happy

## Yoga Song

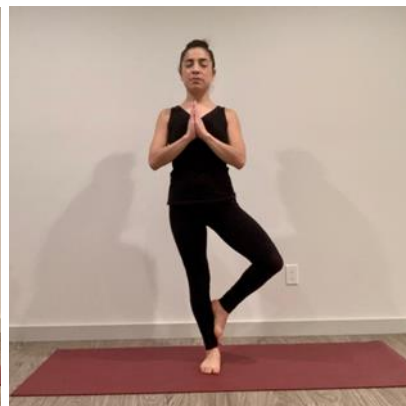
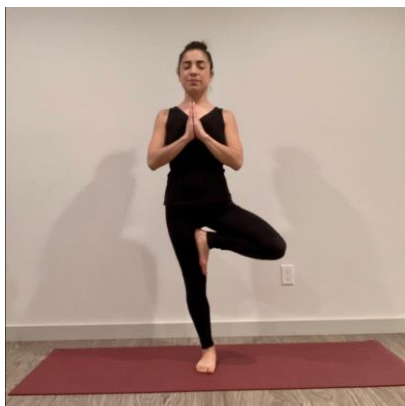
Stephanie Leavell – Move It, Move It

This music link reviews 8 key yoga poses: star, tree, frog, cat, snake, downward facing dog, child's pose, and the butterfly pose. It also introduces pranayama. Refer to the [video](#) on your Go1 training.

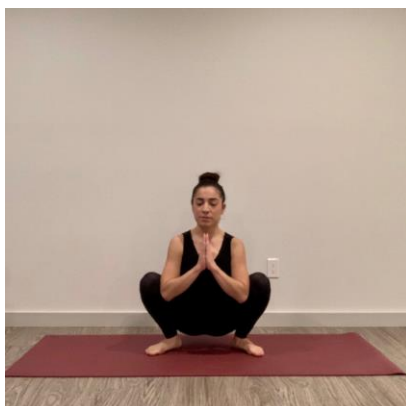
*Star Pose*



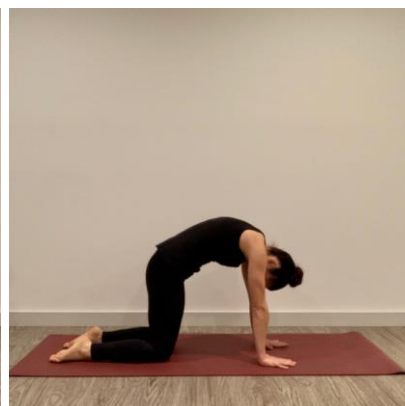
*Tree Pose*



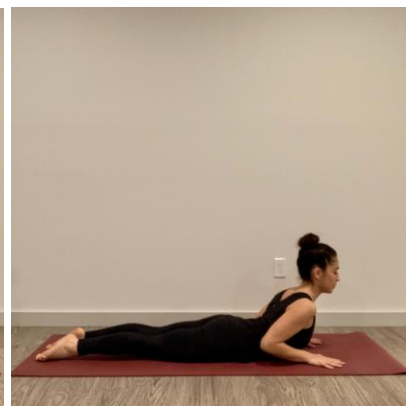
*Frog Pose*



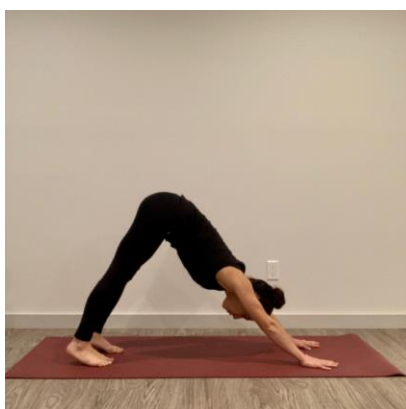
*Cat Pose*



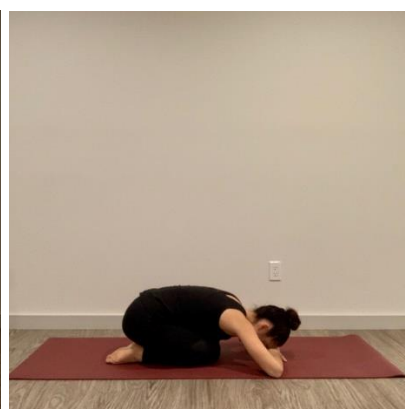
*Snake Pose*



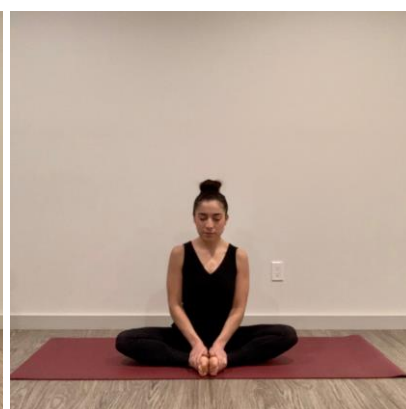
*Downward Facing Dog*



*Child's Pose*



*Butterfly Pose*



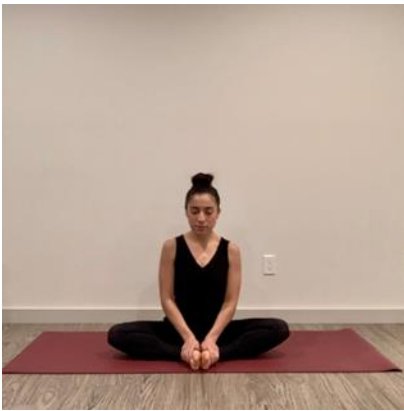
## **Butterfly**

Bari Koral - Anna and the Cupcakes

This music link uses the theme of the butterfly to help children form different yoga poses. The butterfly pose is a key yoga pose as seen above. However, on the first image below we have added some special options. The second pose below is considered the child's pose, though to pursue our theme of the butterfly, we can call it the egg or the cocoon pose! The third pose detailed on the flip card below is the plank pose. Again, to keep our learning fun, we can call it the caterpillar pose. Children will have fun with this!

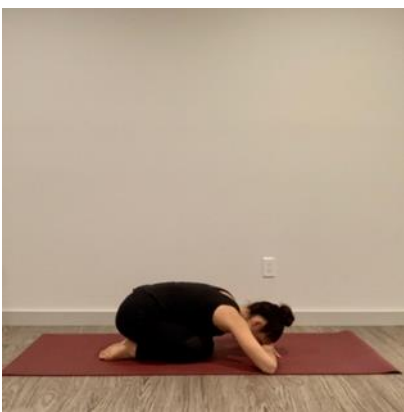
As you play the song, invite children to fly like butterflies while staying on their mat during any of the butterfly choruses. Refer to the [video](#) on your Go1 training.

### *Butterfly Pose*



- Butterfly options: bounce/flap knees up and down, flap arms like wings, stand and flap arms like wings.
- Option to stand and fly around like a butterfly during any of the butterfly choruses.

### *Child's Pose (Egg/Cocoon)    Plank Pose (Caterpillar)*

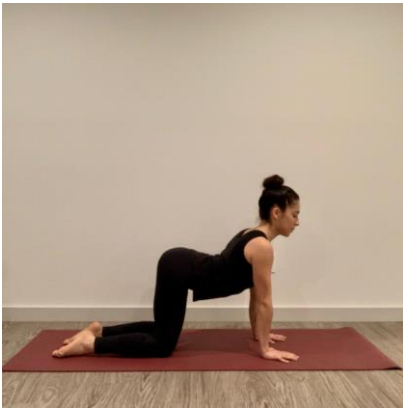


## Skip To My Lou

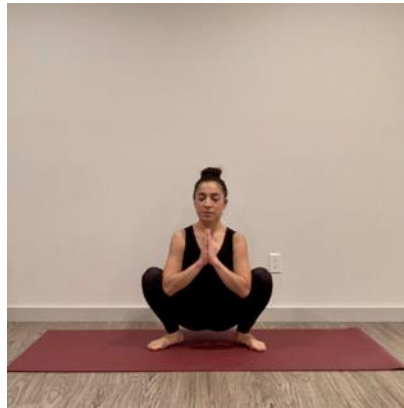
Bari Koral - Little Box of Happy

This music link features the cow, the frog, the plank , and the downward facing dog poses with some fun twists! When the song says, "skip to my lou", encourage children to skip on the spot within their mat space. Throughout the song, children are invited to "hop to my lou" using the frog pose, and "swim to my lou" using the plank pose as if they were dolphins. Refer to the [video](#) in your Go1 training.

*Cow Pose*



*Frog Pose*



*Plank Pose (Dolphin)\**



*Downward Facing Dog (Dinosaur)*



- \*For the “Swim” portion of Dolphin, come all the way onto your belly, reach out arms in front of you, and pedal arms and legs as if you are swimming.
- If you travel when skipping, return to your mat at the end of the song.

## Ocean Breath

Bari Koral - Relax and Be Happy

Ask children to spend some quiet time focusing and listening, either seated or laying down. Encourage them to close their eyes. If the entire track is too long, find an appropriate time to lower the volume and phase out the music to transition into Namaste.

## Namaste

Have children come to a seated position, bring their palms together, inhale through the nose and exhale like a snake making a big “Sssssss” sound. End class with everyone saying “Namaste”.

Namaste means the light in me sees the light in you.

# **Yoga Program Week 2**

## **Mindfulness and Relaxation**

Welcome to week 2! The focus of week 2 is mindfulness and relaxation. Mindfulness is defined as the ability to be aware of yourself and how you are feeling. You may choose to ask children how they are feeling, and ensure you acknowledge all feelings as valid. We will implement gentle relaxation techniques to bring out mindfulness in the children.

Following are our music selections for week 2!

## **Music**

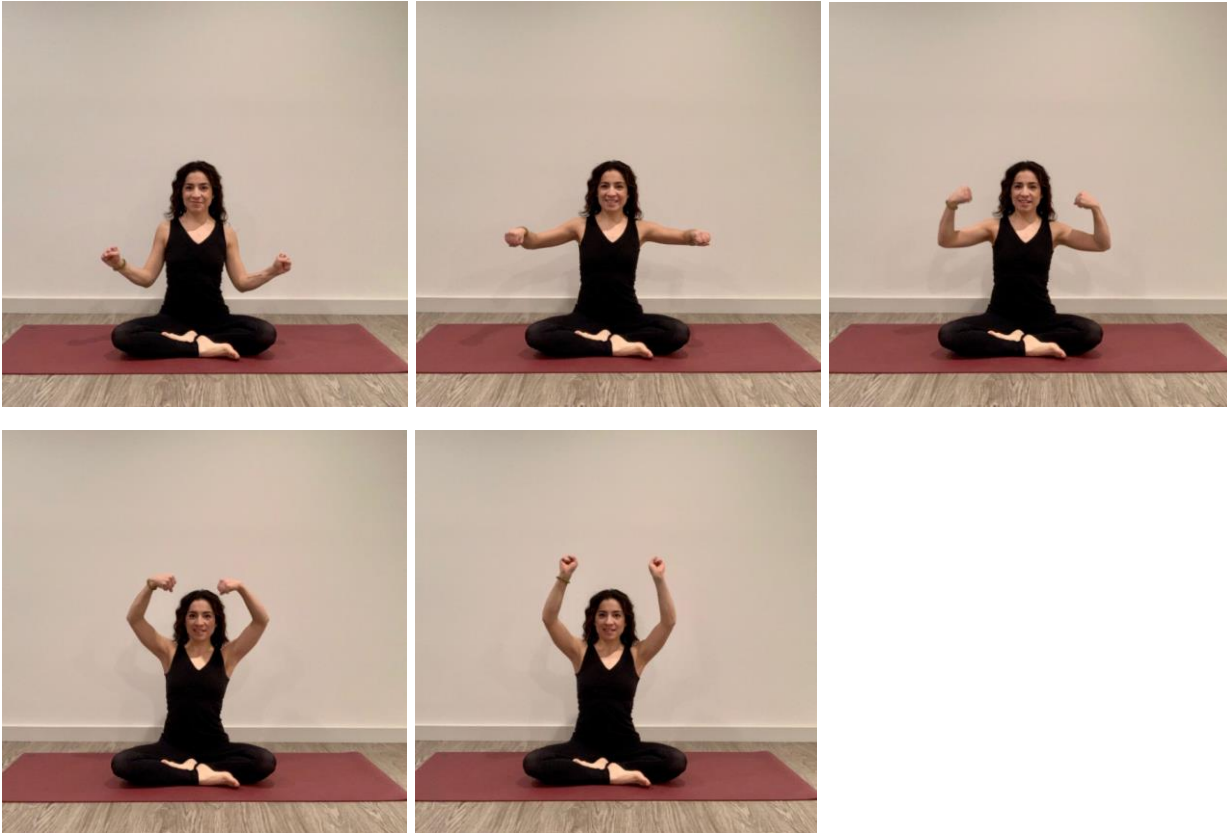
- “Happiness” Bari Koral - Little Box of Happy
- “Scaly Little Snake” Bari Koral - Little Box of Happy
- “Garden Relaxation” Bari Koral (feat. Paul Avgerinos) - Relax and Be Happy

## Happiness

Bari Koral - Little Box of Happy Album

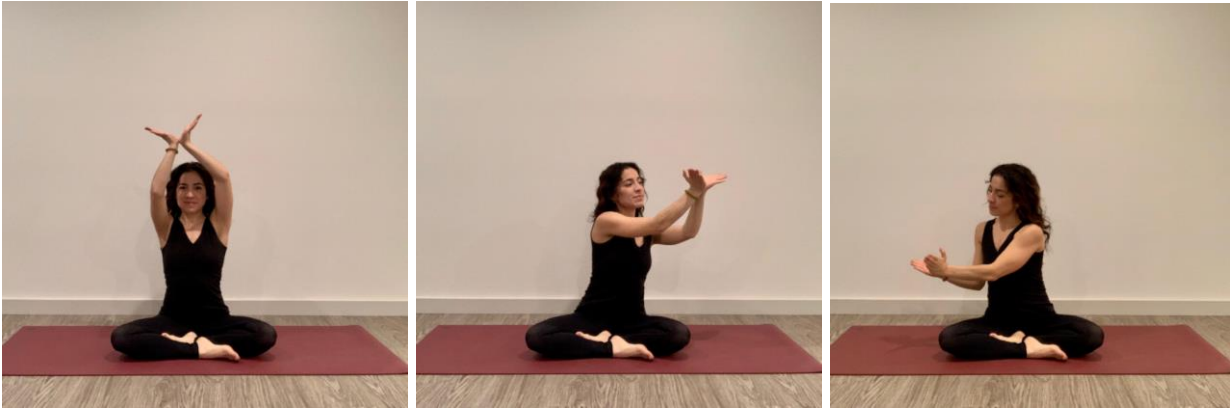
This song encourages mindfulness and focus using gentle upper body motions. You can play the video for the children to help them understand the lyrics and the simple movements embedded within it. Break it down and pair the hand motions detailed in the photos below with the song lyrics to encourage calming arm, hand and wrist movements. Feel free to sing along and encourage children to do so too. Follow the hand motions in the [video](#) from your Go1 training.

*“Happiness runs in a circular motion” (song excerpt)*



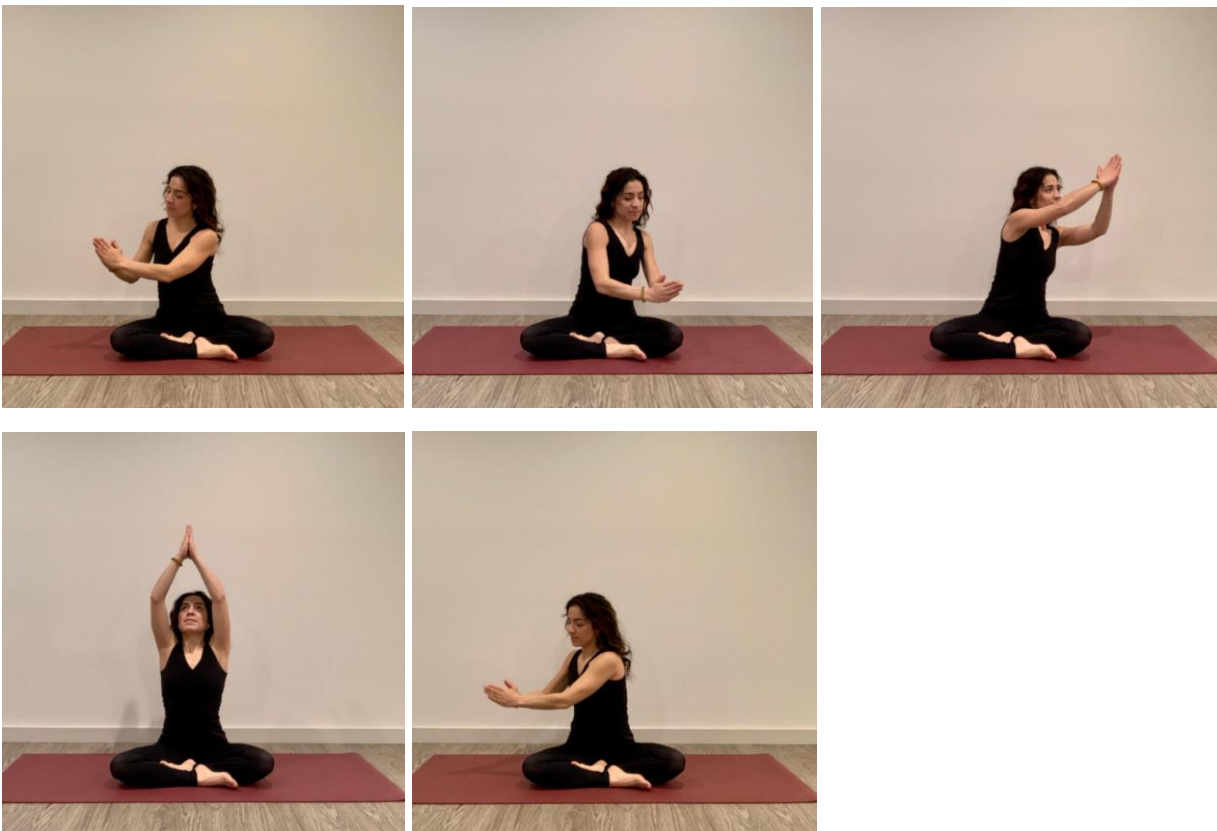
- Form hands into fists, rotating wrists in little circles while lifting arms up as the music plays this excerpt.

*“Life is like a little boat upon the sea” (song excerpt)*



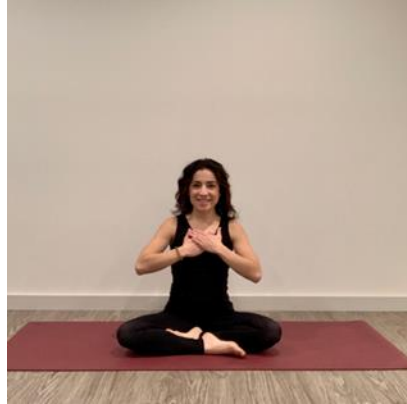
- Make a little boat with your hands and rock it from one side to the next as the music plays this excerpt.

*“Everybody is a part of everything anyways, you can have it all if you let yourself be” (song excerpt)*



- Place hands together and form one big circle around you as the music plays this excerpt.

*“Why oh, because! Why oh, because!” (repeats)*



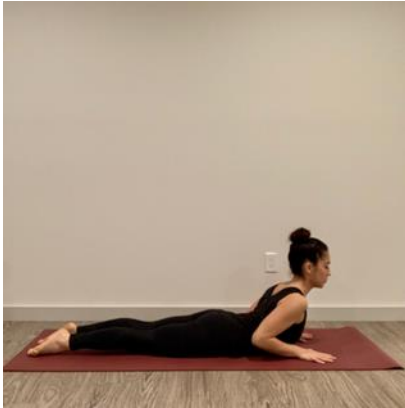
- Place hands on heart at first “Why”, place hands up high for first “Oh”, place hands back to heart for “Be”, and place hands down in front of you for “Cause”.
- Repeat with same hand motions.

## Scaly Little Snake

Bari Koral - Little Box of Happy

Children will be introduced to new animal poses during this song, and will revisit the frog and the downward facing dog pose. Study the photos below to showcase the specific movements embedded in the song and added twists to the poses to accompany the music lyrics. Encourage the children to make animal noises with each of their poses!

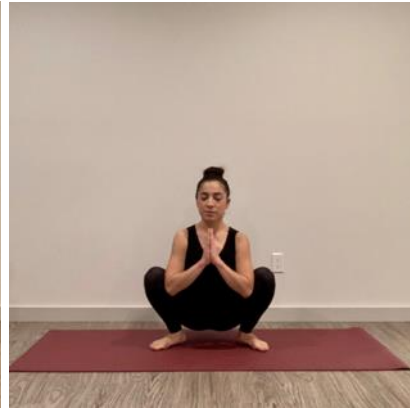
*Snake Pose*



*Cat Pose*



*Frog Pose*

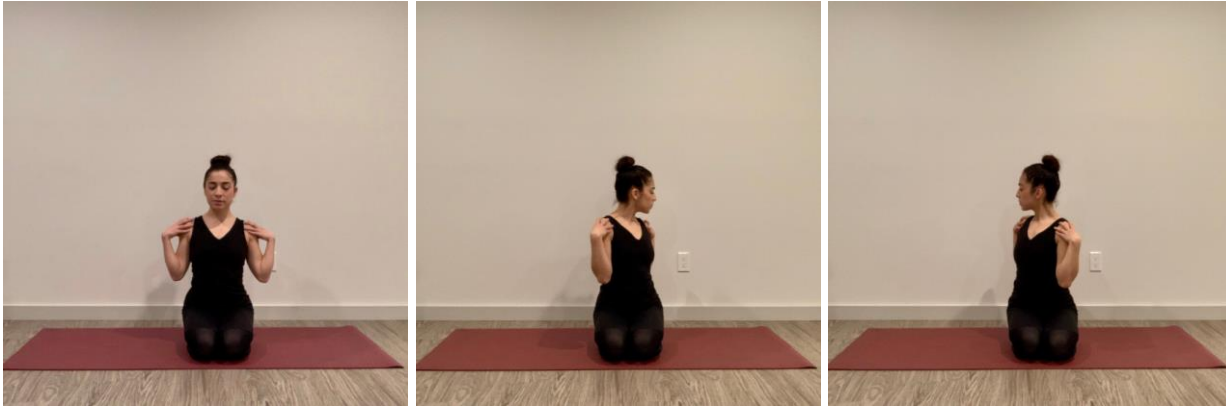


*Downward Facing Dog (Bear)*



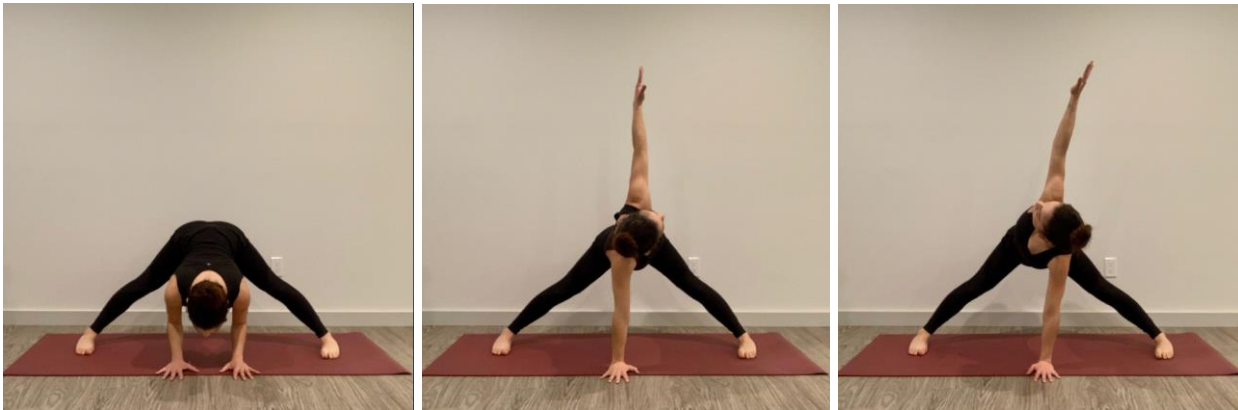
- Stomp hands and feet like a bear.

### *Owl Pose with twist*



- Flap owl wings.

### *Wide Legged Fold with twist (Elephant)*



- Treat lifted arm as your elephant trunk.
- The song ends with the lyric, "I'm a happy little person watch me jump!" Encourage children to rise to a standing position and jump when the song says to do so.
- Once song finishes, guide children to sit down on their mats.

## **Garden Relaxation**

Bari Koral (feat. Paul Avgerinos) - Relax and Be Happy

Encourage the children to spend some quiet time listening to the song, either seated or laying down. Guide them to close their eyes. This will encourage mindfulness, relaxation, and focus. If the entire track is too long, find an appropriate time to lower the volume and phase out the music to transition into Namaste to end the lesson.

## **Namaste**

Have children come to seated position, bring their palms together, and take a deep breath. End class with everyone saying "Namaste".

Namaste means the light in me sees the light in you.

Ask children how they are feeling at the end of class.

# **Yoga Program Week 3**

## **Self Esteem & Moving into Stillness**

Welcome to Week 3! This week will focus on building self esteem through positive affirmations. You can begin this process by encouraging children to repeat positive affirmations such as: "I am happy. I am strong. I am kind. I am brave. I am friendly. I am wise." Create your own meaningful positive affirmations with your group of children. These affirmations should be repeated at the end of class as well.

Refer to the following list of music selections for week 3.

## **Music**

- "Teddy Bear Sun Dance" Bari Koral - It Takes a Little Kindness
- "This Merry Tune" Bari Koral - Little Box of Happy
- "Cheer" Bari Koral (feat. Paul Avgerinos)- Relax and Be Happy

## Teddy Bear Sun Dance

Bari Koral – It Takes a Little Kindness

This song teaches children how to complete a sun salutation. This is a shorter yoga song. Feel free to repeat it or add in a sun salutation (same poses as below) without music! Referencing the [videos](#) in your Go1 training is highly encouraged here.

*Mountain Pose (arms up)*



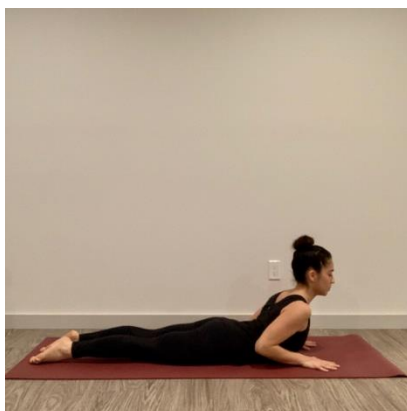
*Forward Fold (touch toes)*



*Plank Pose*



*Snake Pose*



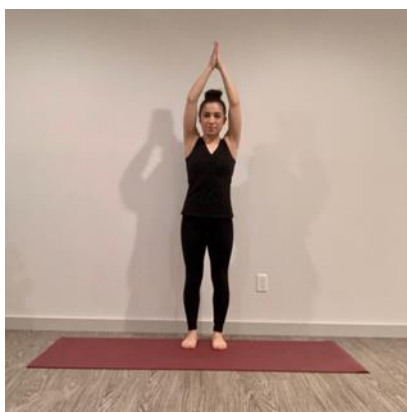
*Downward Facing Dog*



*Forward Fold*



*Mountain Pose (arms up)*



## [This Merry Tune](#)

Bari Koral - Little Box of Happy Album

This song focuses on pose stillness, concentration, and spatial awareness. We will revisit some familiar poses, the child's pose, the downward facing dog, and the frog pose, and will learn the low lunge position and the turtle pose. For the "wake-up" portions of the song, encourage children to move like the featured animals within their mat space.

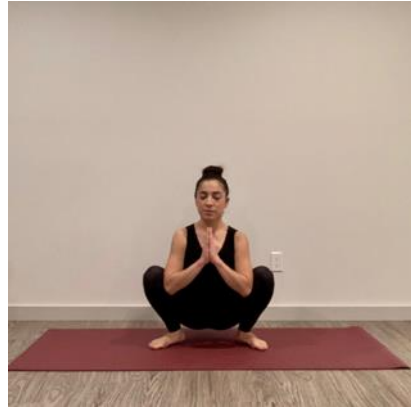
*Child's Pose (Bunny)*



*Downward Dog (Bear)*



*Frog Pose*

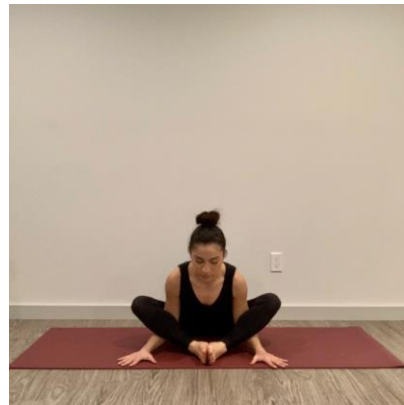


- For "wake-up Bunny", children can hop around like bunnies.
- For "wake-up Bear", children can stomp their arms and feet in their bear pose.
- For "wake-up Frog", children can jump around like frogs.

*Low Lunge (Dragon)*



*Turtle Pose*



- For "wake-up Dragon", children can stand and flap wings like a flying dragon.
- For "wake-up Turtle", stretch to either side of each leg. Stay seated.

## Cheer

Bari Koral (feat. Paul Avgerinos) - Relax and Be Happy

Ask children to spend some quiet time focusing and listening, either seated or laying down. Encourage them to close their eyes. If the entire track is too long, find an appropriate time to lower the volume and phase out the music to transition into Namaste.

## Namaste

Have children come to seated, bring their finger in front of their face, and practice the candle breath three times, each time more slowly.

Repeat the same positive affirmations from the beginning of class such as “I am happy. I am strong. I am kind. I am brave. I am friendly. I am wise.”

End class with everyone saying “Namaste”.

Namaste means the light in me sees the light in you.

# **Yoga Program Week 4**

## **Concentration & Balance**

Welcome to Week 4! This lesson will introduce children to a more challenging balance pose while encouraging them to focus on their body and space.

Refer to the following music selections for this week's lesson.

## **Music**

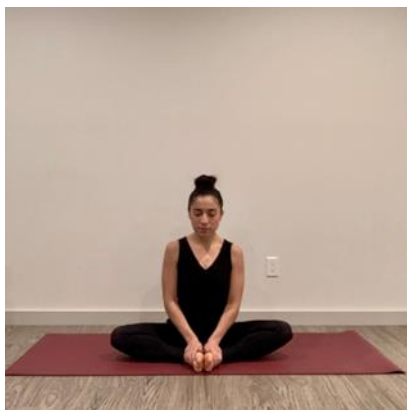
- “Fly Like a Butterfly” Bari Koral - Little Box of Happy
- “Rocket Ship” Bari Koral - Anna and the Cupcakes
- “Star Energy” – Bari Koral (feat. Paul Avgerinos)- Relax and Be Happy

## **Fly Like a Butterfly**

Bari Koral - Little Box of Happy Album

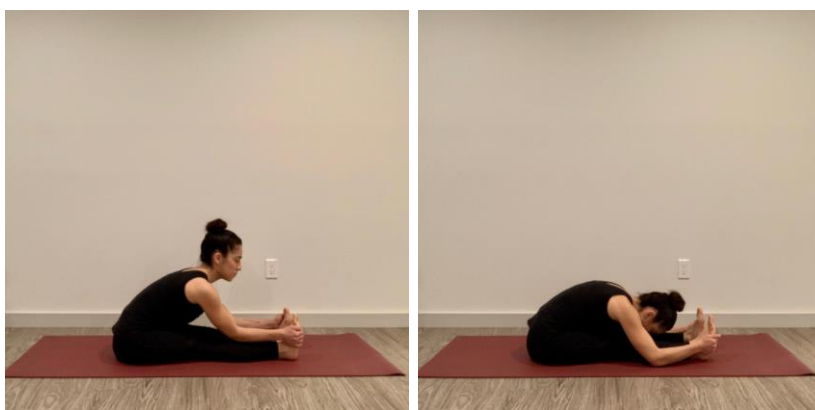
Guide your children to move like a butterfly as you play this music. These are extensions to the butterfly pose as demonstrated below. As detailed on the back of the butterfly pose photo below, "fly like a butterfly" involves flapping your knees up and down while in the butterfly pose. "Stretch like a butterfly" involves raising your arms up high above your head while in the butterfly position. "Twist" like a butterfly involves placing your hands on your shoulders and twisting your body from side to side while in the butterfly position. Refer to the [video](#) in your Go1 training.

### *Butterfly Pose*



- For "fly like a butterfly", flap knees up and down like butterfly wings.
- For "stretch like a butterfly", bring both arms up and stretch from one side to the other.
- For "twist like a butterfly", bring hands to shoulders like wings and twist your upper body from one side to the next.

### *Forward Fold (Sleep like a butterfly)*



- Knees can be bent in your forward fold.

### *Roll Like a Butterfly – steps 1, 2 and 3*



- Begin in a seated position, with legs bent and hands tucked behind your knees.
- Roll onto your back keeping your hands in the same position and legs bent.
- Return to a seated position and begin the process again as the chorus repeats.

## **Rocket Ship – Track 12**

Bari Koral - Anna and the Cupcakes

This song will showcase four poses for your children, the "Rocket Ship Stretch", the "Warrior 3 Pose", the "Squat Pose" and the "Child Pose". The "Rocket Ship Stretch" is the adapted version of the traditional "Half Salute" yoga pose. As you start the music, begin immediately with the "Rocket Ship Stretches" and then guide your children to fly to outer space alternating between these yoga poses according to the lyrics. Reference the [video](#) in your Go1 training.

### *Rocket Ship Stretch right/left*



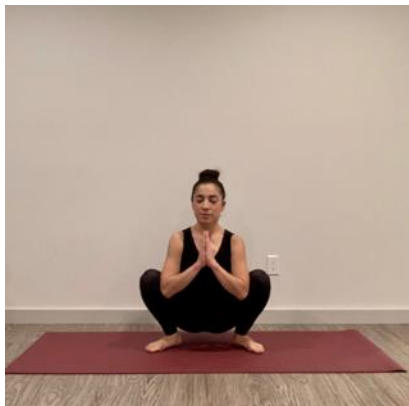
- Start the side stretches right away when the song starts.

### *Warrior 3 (Fly out to outer space)*



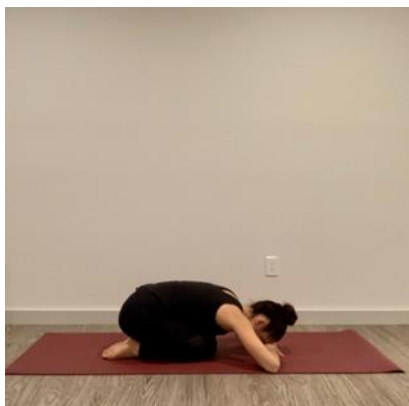
- Listen for the song to say “here’s the part where we go zoom” to start bringing arms up.
- Challenge: You may keep your back toes on the mat, or you can bring your back leg off the ground to form a more challenging balance pose.

### *Frog Pose (Getting ready for take off)*



- Song will count down 5-4-3-2-1, then from your Frog Pose jump up into standing to blast-off.
- Music will repeat through the same movements, follow accordingly.
- Second “blast-off” is longer, you can have kids come up to their tip toes with their arms up before the chorus starts again.

### *Child’s Pose*



- End song in Child’s Pose.

## Star Energy

Bari Koral - Relax and Be Happy Album

This portion of the lesson invites children to quiet their minds and bodies. Ask your children to sit down cross legged for this quiet time and listen closely to the directions in the song and story.

## Namaste

Have children bring their palms together, take a deep breath together, and end class with everyone saying “Namaste”.

Namaste means the light in me sees the light in you.

# **Yoga Program Week 5**

## **Conscious Breathing & Free Body Movement**

Welcome to Week 5! Throughout this lesson, we will further explore conscious breathing as we move our bodies through different yoga poses and free movement. You may recall that Conscious Breathing is connecting your breath to your body.

Refer to the following list of music selections for this week's lesson.

Begin this lesson by guiding the children to stand up while making prominent snake breaths, "Sssssss"...

### **Music**

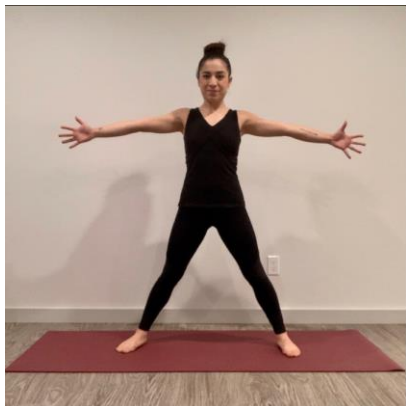
- "Yoga Song" Stephanie Leavell - Move it, Move it!
- "Body Dance" Bari Koral (feat. Paul Avgerinos) – Relax and Be Happy
- "Balloon Relaxation" Bari Koral – Little Box of Happy

## Yoga Song

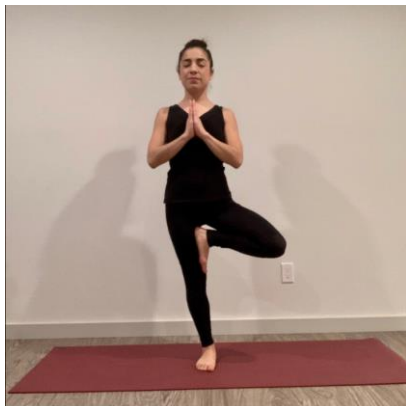
Stephanie Leavell – Move It, Move It

Revisiting this song from week one, you will guide your children through a series of different yoga poses outlined in the photos below. Children will be encouraged to hold these key yoga poses for the count of 10. The concept of pranayama will also be revisited. Refer to the [video](#) in your Go1 training.

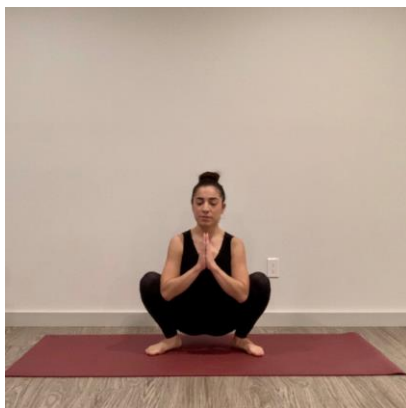
*Star Pose*



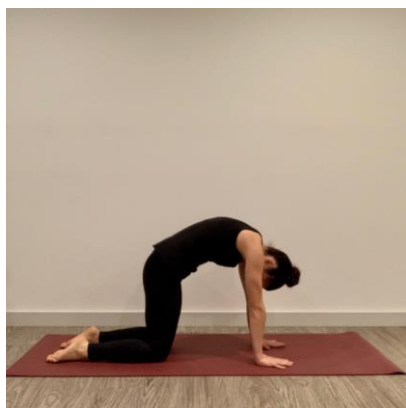
*Tree Pose*



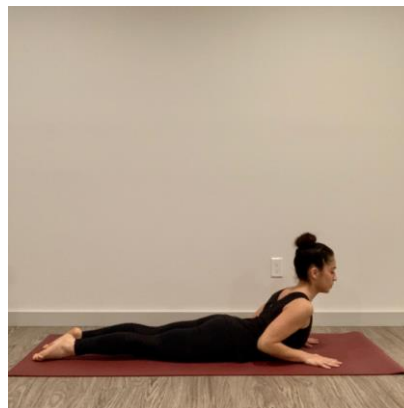
*Frog Pose*



*Cat Pose*



*Snake Pose*



*Downward Facing Dog*



*Child's Pose*



*Butterfly Pose*



## Body Dance

Bari Koral - Relax and Be Happy

This music selection is intended to welcome free body movement and breathing. Have fun with it! Listen to the cues in the music to help guide which body parts to focus on. Encourage children to stay on their mat space. It is important to guide your children through a relaxation and cool-down period to bring focus to breathing.

## **Balloon Relaxation**

Bari Koral - Little Box of Happy

Invite your children to lay down and spend some quiet time focusing and listening. Encourage them to close their eyes.

## **Namaste**

Guide your children to come to a seated position, bring their palms together, and take a big breath. End class with everyone saying “Namaste”.

Namaste means the light in me sees the light in you.

# **Yoga Program Week 6**

## **Mindfulness & Space Awareness**

Welcome to Week 6! This lesson will focus on developing mindfulness, an awareness of oneself, and of others.

Refer to these music selections to help support the lesson content.

## **Music**

- “Dancing Bear” Bari Koral – The Apple Tree & The Honeybee
- “Skip To My Lou” Bari Koral – Little Box of Happy
- “Dragon Relaxation” Bari Koral – Little Box of Happy

## Dancing Bear

Bari Koral -The Apple Tree & The Honeybee

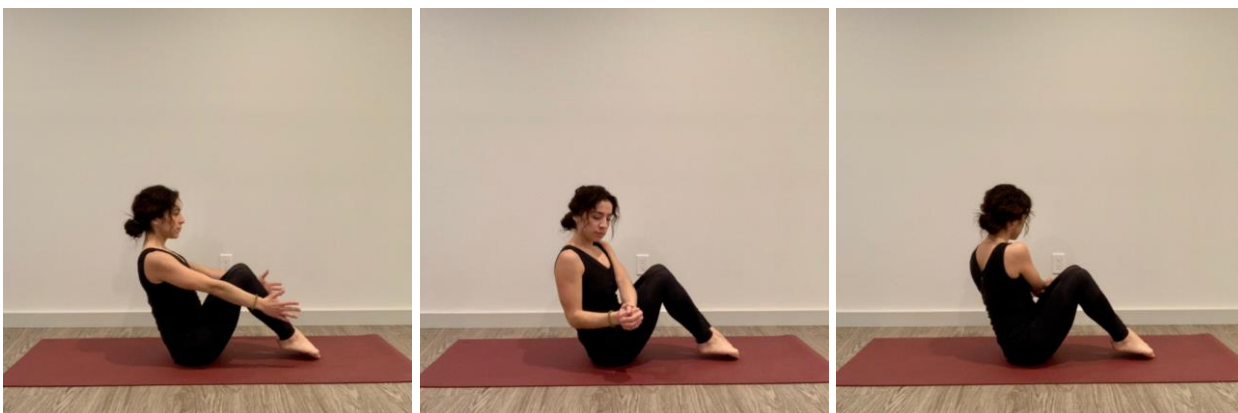
This is a faster paced song designed to get your children moving! The song describes a bear engaged in a series of fun movements. These movements will introduce your children to some featured yoga poses showcased below, the "Boat Pose", the "Boat Paddle Pose", the "Reverse Plank" and the "Chair Pose". These names have been converted in the song to mimic the adventures of our silly bear!

Children should begin the song immediately balancing in the "Tree Pose". When the song plays, "and then he started dancing", encourage your children to dance and move freely within their mat spaces. As well, the song repeats the lyrics, so guide your children to adjust their poses accordingly! Refer to the [video](#) in your Go1 training.

*Tree Pose (Bear in a Tree)*



*Boat Pose (Bear in a Boat)*



- "Bear in a boat", row from side with a pretend paddle.

*Reverse Plank (Bear on a Slide)*



*Chair Pose (Bear on a Chair)*



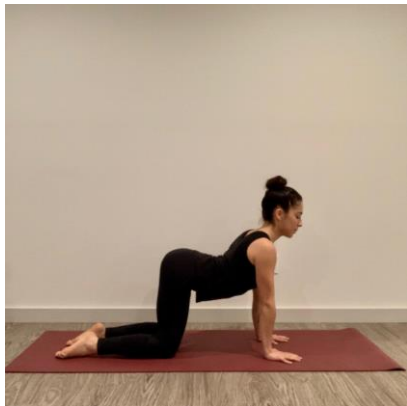
- Option to wiggle to the music in the chair.
- Song repeats poses, follow accordingly.

## Skip To My Lou

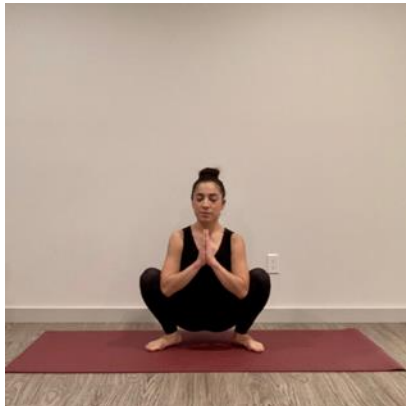
Bari Koral - Little Box of Happy

This music selection was first featured in Week 1! When the song plays, "skip to my lou", encourage children to skip on the spot or within their mat space. You may remember it also features the "Frog Pose", the "Dolphin Pose" and the "Dinosaur Pose" in which children should be encouraged to "hop, swim, and stomp to my lou!". Refer to the [video](#) in your Go1 training.

*Cow Pose*



*Frog Pose*



*Plank Pose (Dolphin)*



*Downward Facing Dog (Dinosaur)*



- For the "Swim" portion of Dolphin, come all the way onto your belly, reach out arms in front of you, and pedal arms and legs as if you are swimming.
- If you travel when skipping, return to your mat at the end of the song.

## Dragon Relaxation – Track 19

Bari Koral - Little Box of Happy

Ask children to lay down and spend some quiet time focusing and listening to the story. Encourage them to close their eyes. Feel free to read your own stories here as well.

### **Namaste**

Guide your children to come to a seated position, bring their palms together, inhale through the nose and exhale like a snake making a big “Sssssss” sound. End your lesson with everyone saying “Namaste”.

Namaste means the light in me sees the light in you.

# **Yoga Program Week 7**

## **Self Esteem & Pose Review**

Welcome to Week 7! Week 7 will focus again on building self-esteem through positive affirmations. Start your lesson by encouraging your children to repeat positive affirmations following your lead. For example, include the following "I am happy. I am strong. I am kind. I am brave. I am friendly. I am wise."

We will also practice some of the yoga poses we have learned to date, including the new "Low Lunge Pose"!

Refer to the following music selections to support your lesson.

## **Music**

- "This Merry Tune" Bari Koral – Little Box of Happy
- "Down By The Ocean" Bari Koral – Little Box of Happy
- "Let It Go" Bari Koral (feat. Paul Avgerinos) – Relax and Be Happy

## [This Merry Tune](#)

Bari Koral - Little Box of Happy

Revisiting this song from week 3, we will focus on pose stillness, concentration, and spatial awareness. We will revisit the child's pose, the downward facing dog, the frog pose, the low lunge position, and the turtle pose. For the "wake-up" portions of the song, encourage children to move like the featured animals within their mat space.

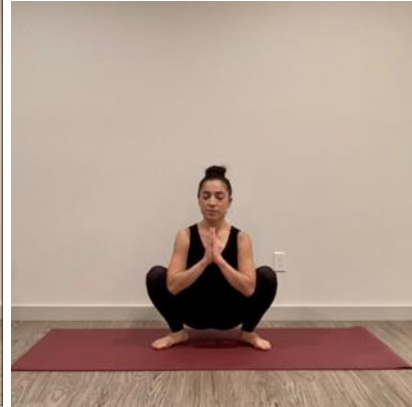
*Child's Pose (Bunny)*



*Downward Dog (Bear)*



*Frog Pose*



- For “wake-up Bunny”, children can hop around like bunnies.
- For “wake-up Bear”, children can stomp their arms and feet in their bear pose.
- For “wake-up Frog”, children can jump around like frogs.

*Low Lunge (Dragon)*



*Turtle Pose*



- For “wake-up Dragon”, children can stand and flap wings like a flying dragon.
- For “wake-up Turtle”, stretch to either side of each leg. Stay seated.

## Down By The Ocean

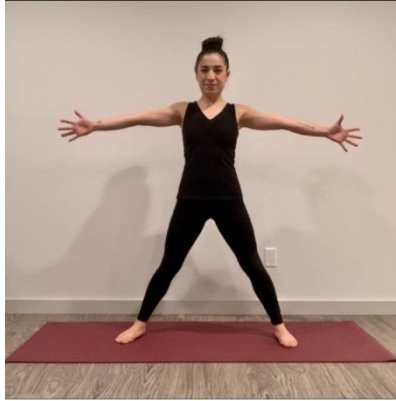
Bari Koral - Little Box of Happy

This music selection introduces some new yoga poses, such as the "Crab Pose", the "Star Pose", the "Whale Pose", and the "Shark Pose". We will also practice the "Boat Pose" learned in an earlier lesson. This song encourages children to hold poses for a longer period of time. Feel free to welcome movement into each standardized pose as detailed in the photos below.

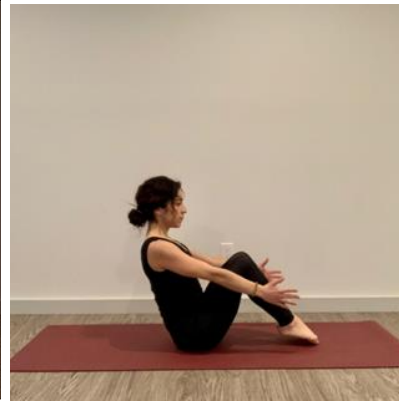
*Crab Pose*



*Star Pose*



*Boat Pose*



- For Crab: Walk around like a crab.
- For Starfish: Balance on one leg and then the other.
- For Boat: Row your boat from side to side with a pretend paddle.

*Whale Pose*



- Alternate legs kicking up as if your legs are swimming.

## *Shark Pose*



- Make swimming motions with arms and legs with extra challenge of lifting legs off the floor.

## Let It Go

Bari Koral (feat. Paul Avgerinos) - Relax and Be Happy

Ask children to lay or sit down and spend some quiet time focusing and listening. Encourage them to close their eyes.

## Namaste

Repeat the positive affirmations you used at the start of the lesson.

Guide children to come to the seated position, bring their palms together, and take a big breath. End class with everyone saying “Namaste”.

Namaste means the light in me sees the light in you.

# **Yoga Program Week 8**

## **Concentration & Pose Recollection**

Welcome to Week 8! Children will be encouraged to focus on their thoughts, their body, and their individual space. In addition, we will conclude our final lesson by reviewing our poses, while building our memory and information retention.

For the next week, refer back to Week 1!

Refer to the following list of music selections to support your lesson.

## **Music**

- “Let’s Get Together” Bari Koral – Anna and the Cupcakes
- “Kindness Mantra” Kira Willey – Every Voice

## Pose Recollection

Do this *before* playing any music

Spend at least 5 minutes reviewing core yoga poses without music. Engage in conversation with the children, asking them what their favourite poses are. Name a pose and see if kids remember which pose it is.

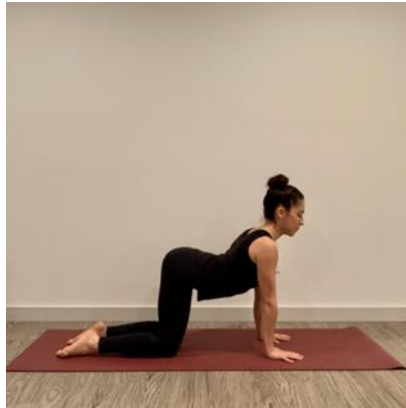
After reviewing poses, if children have a favourite yoga song they would like to do from prior weeks, you can do so after reviewing key poses.

Some key yoga poses:

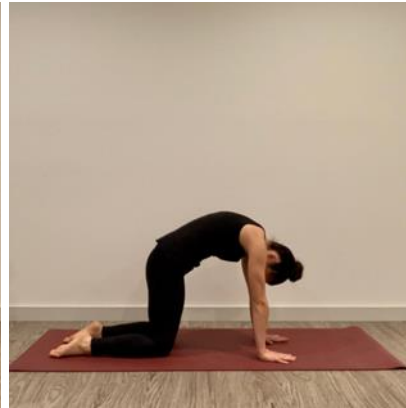
*Downward Dog (Bear)*



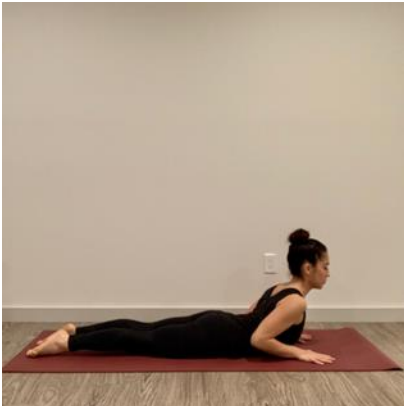
*Cat Pose*



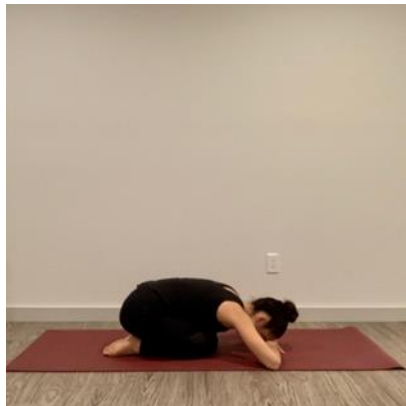
*Cow Pose*



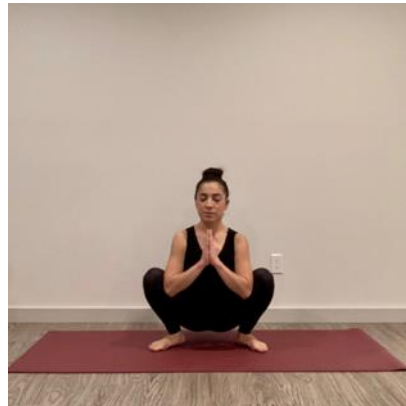
*Snake Pose*



*Child's Pose (Egg/Bunny)*



*Frog Pose*



*Star Pose*



*Tree Pose*



## Let's Get Together

Bari Koral - Anna and the Cupcakes Album

Encourage the children to really have fun with the revisited poses in this song, inviting them to add animal sounds and movement. For example, they can stomp around their mat, roaring like a bear while in the bear pose. Review the photos below for more sounds and movements to add on to the basic animal poses.

Invite children to dance or skip during the part of the song that plays, "Lets Get Together" within the space of their mat. The song also begins with this chorus, so the children will be off to a fun start! Refer to the [video](#) in your Go1 training.

As the song ends, guide the children to a seated position.

### *Tree Pose (Monkey)*



- Add "monkey arms"!

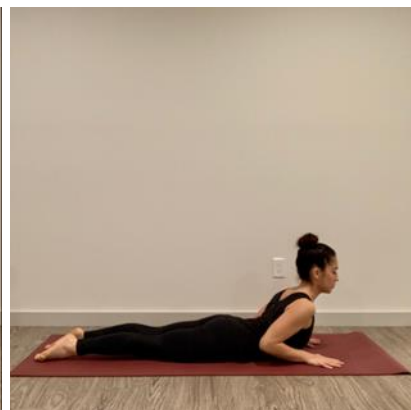
### *Crab Pose*



### *Downward Dog (Bear)*



### *Snake Pose*



- For Crab: Walk around like a crab.
- For Bear: Stomp around like a bear.
- For Snake: Slither on your belly like a snake.
- Song end with everyone sitting down.

## Kindness Mantra

Kira Willey – Every Voice

"I can breathe in light and breathe out love.

I can breathe in hope and breathe out joy.

I can breathe in peace and breathe out kindness."

## Namaste

Have children bring their palms together, inhale through the nose and exhale like a snake making a big "Sssssss" sound. End class with everyone saying "Namaste".

Namaste means the light in me sees the light in you.

# **Summary**

## **Dear Educators,**

As much as our Yoga and Wellness program is designed to bring wellness and movement into the early development of children, this program is for you as well. Enjoy it, have fun, be creative and expressive. The more you enjoy yourself, the more the children will too!

Don't worry about making poses perfect or about falling out of a tree pose, this is meant to be fun and giggling though it is the best yoga-attitude one could have.

## **Questions**

For further guidance or questions, feel free to contact Sandra Escobedo at:

[sescobedo@brightpathkids.com](mailto:sescobedo@brightpathkids.com)

403.705.0362 Ext. 400