

YOGA FOR EVERYONE

BALANCING YOGA

TIPS FOR CAREGIVERS

SOCIAL AND EMOTIONAL GOALS

After reading this book, kids will be able to use their yoga practice to:

1. Become more aware of their emotions and the physical sensations they produce in the body (self-awareness).
2. Use the techniques included in the text to help manage their emotions and de-stress (self-management).

TIPS FOR PRACTICE

Encourage self-awareness and self-management with these prompts:

Before reading: Ask students to check in with themselves. How do they feel, in both mind and body?

Emotional example: What kinds of thoughts are you having?

Physical example: How does your body feel today?

During reading: Encourage students to check in as they move through the book.

Emotional example: How does it feel when you close your eyes and focus on your breathing?

Physical example: How do certain poses feel in your body?

After reading: Take time to reflect after practicing the poses.

Emotional example: How do you feel after practicing yoga?

Physical example: Are there certain poses you like or don't like?

GOALS AND TOOLS

GROW WITH GOALS

Practice bringing yoga into your everyday life. This can look different for everyone. Here are some ideas to get you started. You can set your own goals, too! Share your goals with your friends! Friends help us stay on track and meet our goals!

1. Pick the balancing yoga pose that was most challenging. Practice this pose 3 times a week. Take note of how this pose feels the more you do it. What stays the same? What changes?
2. Teach this yoga pose to a family member or friend. Does this provide you with new ways of practicing the pose yourself?

TRY THIS!

Try Warrior 3 with a group!

1. Form a close circle with your classmates or friends.
2. Reach your arms over your neighbors' shoulders. Everyone do this together.
3. Start with your right leg as the balancing leg. As a group, begin to reach your left foot behind you into Warrior 3. Naturally, the group begins to lean forward. Now try the other side!

REFLECT: How did this group Warrior 3 pose compare to Warrior 3 pose on your own? What was challenging about doing yoga as a group? What worked well? What didn't?



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