YOGA FOR EVERYONE
CHAIR 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 accomplish our goals!

1. Start each day by focusing on your breath. When you take a seat at your desk in the morning, close your eyes and place your hand on your belly. Count 10 breaths.

2. When you come back to your class after lunch, practice your favorite chair yoga poses. Try this 2 times a week!

WRITING REFLECTION

Take time before and after your chair yoga practice to notice how you feel.

1. How does your body feel before yoga? What do you notice?

2. Where in your body do you feel your breath?

3. Do you notice any emotions during your yoga practice? What are they?

4. How do you feel after practicing chair yoga? Does your body feel different? Have any of your emotions changed?

BLUE OWL
BOOKS

published by: jump!