

YOGA FOR EVERYONE

SEATED 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!

1. Folding forward can look and feel different for everyone. When you practice a pose regularly, it can start to look and feel different in your body. Try this with your Forward Fold. Practice every day for a week. See what happens when you do this stretch every day! What changes?
2. Boat Pose works the muscles in your stomach. Practice Boat Pose every day for a week. Hold it for 10 seconds each time. Then try increasing the amount of time you hold it the next week. Keep adding on!

TRY THIS!

Play Yogi, Yogi, Go! (Just like Duck, Duck, Goose!)

1. Sit in a circle with a group of friends or classmates.
2. Have everyone sit in Butterfly Pose.
3. One friend starts and moves around the circle tapping friends on the head, saying, "Yogi, Yogi" and picks someone by saying, "Go!"
4. The first child will run around the circle trying to make it back to his or her seat without getting tagged.
5. If tagged, that child has to hold Boat Pose in the middle of the circle until everyone counts to 10. You can try a different pose each time!



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