

YOGA FOR EVERYONE

STANDING 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. Here are some ideas to get you started!

1. Pick a standing yoga pose that was challenging. Practice this pose 3 times a week. Notice how this pose feels the more you do it. What stays the same? What changes?
2. Practice Downward-Facing Dog 3 times a week. Stretch your heels back a bit farther each time. Can you touch your heels to the floor?

TRY THIS!

Explore different versions of Chair Pose with a friend!

Option 1: Stand back-to-back with your yoga partner. Link your elbows together. Slowly bend your knees and lower into your Chair Poses.

Option 2: Stand facing your yoga partner. Stand about an arms-length away from each other. Reach out and hold hands. Make sure you have a good grip! Slowly bend your knees and lower into your Chair Poses.

Reflect: How did these partner poses compare to Chair Pose on your own? What was challenging? Did you like it? Did the poses work different muscles?



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