

YOGA FOR EVERYONE

YOGA ON YOUR BACK AND BELLY

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

Set a goal to practice yoga every day! Here are some ideas to get you started.

1. See how it feels to start your day with a yoga pose! Before you get out of bed in the morning, practice your Reclined Twist. Try this for a week.
2. Before you go to bed at night, practice Child's Pose. Try this for a week. See how it feels to bring yoga into your routine every night.

TRY THIS!

You can use a prop for support as you practice Bridge Pose.

1. Lie on your back with your arms long by your sides and palms facedown.
2. Bend your knees so your feet are planted firmly on the mat.
3. Lift your hips up off of the mat. Reach them toward the ceiling.
4. Place a prop under your hips and rest here for some time.

REFLECT: See how this changes the pose. What feels different from the more active pose you did earlier?



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