



Prepared by Miss Mindy

For ages 6-11. These can be done all at once for a mini-yoga session (about 30-45 minutes for this age group), as a single unit, or by combining one or more units as time and attention suit.

Unit 1: Centering

Unit 2: At-Home Yoga Practice

Unit 3: Yoga Activity

Active or Calming - Incorporating movement or concentration

Unit 4: Calming Breath

Unit 1: Centering

- To get attention, clap in a pattern and have kids follow you.
- Take a deep breath in then exhale it out!
- Have kids bring their hands to their heart and say to themselves “I believe in myself, I do my best”.

Unit 2: At-Home Yoga Practice

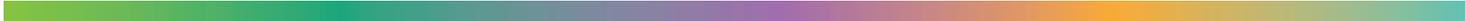
*This is a simple flow to instruct and do!
Stay in each pose for an inhale and exhale.*

1. Run in place or do some jumping jacks to get warmed up
2. Stand tall like a mountain with your arms to the side. Breathe in and out.
3. Raise your hands up to the sky and wave to the sun, then move your hands to one side while still up so you stretch to the opposite side. Then, move your hands to the opposite side, and finally come back to center
4. Open your arms wide and bend over so your hands touch your toes
5. Step your feet back so you are in a push up position
6. Come flat to the floor so you are laying face down on the floor
7. Put your hands under your shoulders and raise your head up just a little bit (cobra)
8. Push back and up so you look like an upside down V (downward-facing dog)
9. Walk your hands back to your feet so you are in a frog squat
10. See how high up you can jump, then come back to the squat and see how far forward you can jump!
11. Come back to mountain pose with your arms to your side
12. Inhale, raising arms up overhead, exhale letting the arms down and have kids rub their hands together (good for children who may need more sensory activity)

Unit 3: Yoga Activities – Active

*Active Activities can be done as part of a yoga class or as family fun time
After an activity come back to mountain pose and inhale arms up and
exhale back down (can do 2-3 times to recenter)*

- Go outside or to a bigger room in the house and tell the child to either walk, run, wiggle, sit, freeze, walk sideways, or walk backwards. They have to do what you say – switch it up to keep them moving and give them little breaks (you say run and they run around; you say sit they switch to sitting; you say walk they jump up to walk)
- Pretend travel – look up ahead of time a favorite city or country and notice the main geographical features and places to visit. You could designate different parts of the room as different places and have your child “travel” there and do the pose for the main attraction there. You can have the kids mimic what they think certain key geographical/famous places look like – a volcano could be mountain pose and then they jump up and spread their arms wide)
- Egg race or some other type of small item in a spoon across a room or yard



Yoga Activities – Calming

*Calming Activities can be done as part of a yoga class or as family fun time!
After an activity come back to mountain pose and inhale arms up and
exhale back down –can do 2-3 times to recenter)*

- Coloring – search for free mandalas on the Internet
- Jenga or concentration as a family
- Red Remember – as a family, sit in a circle and have person say an object that is red* – apple, strawberry, fire hydrant, etc.
*Can use different colors.
- As a family, tell a story together – one person starts with a story, the next person adds to it, then the next person adds to it (better with older children)
- Observation game - Have the child sit with their back to you – you ask them questions about the room they are in – how many chairs, how many windows, etc.

Unit 4: Calming Breath

- This can be done after an activity or if just doing the at-home yoga practice, after that.
- Star Breath –Child holds up hand and traces hand with finger from another hand, inhaling as they trace up/exhaling as they trace down.
- Have the child hum the first letter of their first name
- Child has one hand to their belly, one hand to their chest –observe what feels like to breathe.

