

This book displays the different ways children’s bodies move throughout the day. During each routine, children are shown in different yoga poses that are simple and can be modified to be accessible for all.

CORE SKILL OBJECTIVES

INTENTIONAL TEACHING PRACTICES

MOVE



Children will:

- Show some awareness of body position, balance, and movement

Teachers will:

- Narrate movements
- Encourage children to try their own movements

TEACHING TIP

Every day brings opportunities for children to practice moving their bodies. These opportunities can arise during play time, daily routines, or transitions. Supporting children’s need to explore and build coordination supports their ability to successfully move through life. Consider how to mold support for gross motor development around children’s age and abilities – they can change rapidly during the infant and toddler years.

1. INTRODUCE

- “Our bodies move in so many ways during the day. We move to get ready, to play, and explore. Today we’re going to read *I Yoga You*. Let’s see all the ways that the children in this book move their bodies.”

2. READ THE BOOK

- Pause occasionally to narrate the character’s movements.
- Encourage children to do their own actions related to the ones shown in the book.

Narrate Movements

Read: “...when you salute the sun”

Narrate: “This child puts their hands way up over their head and stretches their body when they get up in the morning.”

Encourage: “What does your body do when you first wake up? What does that look like?”

Read: “...and the world seems cold and gray”

Narrate: “The child is hopping on one foot as they explore jumping in the puddles!”

Encourage: “Can you try balancing on one leg? Can you switch and try on the other foot?”

Read: “...until the end of the day”

Narrate: “This child is lifting their body up with their hands, and here, both characters are balancing their legs up against the wall.”

Encourage: “How do you make your body comfortable and safe when you do an activity? Can you show me how your body might move or stretch?”

3. REVIEW

- “The children in the book used their hands, legs, and feet all throughout the day. You showed me how your bodies move too! As we grow and practice, we can start to do even more kinds of activities with our legs, arms, and hands.”

4. KEEP IT GOING

- At the end of the book there is a list of the different yoga poses that were shown throughout the book. Use this to further encourage children to imitate movements and practice balance. Additionally, narrate the movements children engage in throughout your daily routine (e.g., “You wanted the pencil, so you bent down and grabbed it with your hand”).