

This book features different yoga poses that invite children to move like animals. With easy-to-follow directions and clear illustrations, it demonstrates ways children can move their bodies in fun and relaxing ways that promote flexibility and focus.

CORE SKILL OBJECTIVES

INTENTIONAL TEACHING PRACTICES

REGULATE

Children will:

- ◆ Exhibit a range of strategies for managing emotions

Teachers will:

- ◆ Use Calm-Down Techniques

TEACHING TIP

Yoga can help bring a sense of relaxation and calm and improve overall health and focus. Some individual poses can be used as a prompt to cue children to calm down and regain control when they are experiencing strong emotions. Teaching children strategies for calming their bodies **before** they are feeling strong emotions gives them the tools that they will need in the moment when they *are* experiencing those intense feelings. Yoga originated in ancient India and namaste is a common greeting used by Hindi speakers. Embrace its history as you bring yoga into your classroom.

1. INTRODUCE

- ◆ “Who can show me a way your body moves? (*let children move*) All right! Look at the ways you’re moving your bodies! Today we’re going to read *You Are A Lion*. It has ways we can move our bodies like animals. We can use these moves to calm down when we need it or just to have fun!”

2. READ THE BOOK

- ◆ Pause occasionally to model and guide children to do poses. Make modifications as needed for children with motor challenges.
- ◆ Make comments/give directions to describe movement(s) and discuss how to use when they need to calm down. **Model (show them how to do) each move.**
- ◆ Modify as needed for the strengths and abilities of the children in your classroom. For example, focus on breath awareness and control, emphasize slow and gentle movements, allow children to change poses to what feels comfortable to them.

Use Calm-Down Techniques

Read: “Sit. On your heels... Tongue out! You are a LION.”

Model: “Sit on your heels with your hands on your knees. Stick your tongue out. Open your mouth wide like a lion roaring but we’re going to do it quietly.”

Comment: “Moving your body like this lets you get out strong feelings – quietly! Opening your mouth really big and sticking out your tongue can help you calm down and it’s fun!”

Read: “Stand. With feet apart... Bottoms up! You are a DOG.”

Model: “Bend down with your hands on the ground. Stretch your legs out back. Shake your head. Move your feet back and forth.”

Comment: “Stretching like this feels so good! You can get out your feelings by stretching and moving your body. It’s fun, and it can help you calm down when you need to!”

Read: “Lie down and be still... Namaste to each other.”

Model: “Let’s be still and not move our bodies. Close your eyes and take a breath in (*breathe in and hold for a moment*) and breath out (*slowly breathe out*).

Comment: “Being still and breathing can help us when we’re feeling strong feelings. Breathing in and out can help your body get calm.”

3. REVIEW

- ◆ “Today we moved our bodies like animals. When you’re feeling strong feelings, you can move like a lion (*model*), like a dog (*model*), or you can just be still and take some big breathes. These moves can help you to calm down.”

4. KEEP IT GOING

- ◆ Incorporate and practice yoga as a part of your daily routine or a few times a week. Then when children are experiencing strong emotions, remind and guide them through yoga poses that can help to calm them down.