

GO Garden Yoga

Learn, Grow, Eat & Go! EARLY CHILDHOOD Week 2

The stretching and imaginative poses described below will have a stimulating, yet relaxing effect on your students. Studies show that using yoga poses with young students strengthens core muscles, helps with focus and improves coordination.

Objectives: Students will improve core strength, focus and coordination by completing garden themed yoga stretches and poses.

Time: 10 minutes

Materials/Prep: optional carpet squares or yoga mats

Lesson Narrative:

To begin, have students stand far enough apart to have their own personal space. It's a good idea to start each session with a simple *Smelling the Garden* breathing exercise and then complete the following poses to grow with plants in the garden.

1. Smelling the garden

Gardens are full of plants and flowers that smell beautiful. Take 1 deep breath through your nose and slowly exhale through your mouth. Model this and guide students to repeat 5 times.

2. Seed Pose

Pretend to be a **seed** in the garden. Sit back on your heels and bring your forehead down to rest on the floor. Hold that position while I count... 1, 2,3.

3. Root Pose

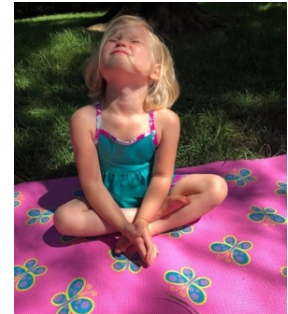
Pretend to grow a **root**. Squat with your knees apart and arms resting between your knees. Optional touch your head to the ground. Hold that position while I count... 1, 2,3.

4. Stem & Leaf Pose

Pretend to grow into a **stem** with **leaves**. Slowly stand with your feet apart and stretch your arms out. Stretch your body and your arms. Wiggle your fingers and then wiggle your toes. Rock from one foot to the other foot.

5. Wind Breathing

Let's move with our breathing as the wind moves the plants. Stand up. Raise both arms out to the sides of your body. As you inhale, move your arms up. As you exhale, move your arms down. Model this and guide students to repeat 5 times.



PILOT DRAFT

JMG Early Childhood Pilot Curriculum Study

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