

Yoga Lesson

Audience:

Activity can be adapted for all levels, but is particularly useful with elementary and middle school students. This activity was conducted by the children of 3th grade.

Aims: Concentration increases, aggression and anxiety decrease and in some cases disappear, concentration and social skills improve and the children relax and calm down.

Materials: CD player, music (yoga, chill out), mattresses or carpet

The lesson consists of three parts:

1. Warm up organization

Aim: Organization of students

Time: 10 minutes

The children gather in the center of the field and they warm up.



2. Main part

Aim: Yoga exercises and cooperation exercises

Time: 20 minutes

The children spread in the field, use the mattresses or the carpet and try out the yoga exercises ,they are shown in a piece of paper with the escort of music.



Lotus Pose



Gate Pose



Wheel Pose



Down Dog



Bow Pose



Cobra Pose



Tiger Pose



Tree Pose



Child's Pose



Swordsman Pose



Sleep Pose



Cooperation Exercises

3. Rehabilitation

Aim: Bringing back their organism in it's natural status.

Time: 15 minutes

The children choose a game, football, basketball or whatever they like.



Extension:

Practice this activity with the class at other times to help students acquire competency with the technique. It may also be useful to calm and focus students in transitions (e.g. after recess) using just a few of the directions. Encourage students to practice this activity on their own to reduce stress. Have students share this activity with a family member and/or take turns leading directions for the class periodically throughout the school year.