



Activity 5.4

Yoga Classroom Activity

Objectives:

- Introduce yoga as an activity to practice mindfulness and enable students to improve symptoms of stress and anxiety.
- Learn five easy ways to focus on the five senses and breathing:
 - mountain pose
 - downward facing dog
 - tree pose
 - bridge pose
 - extended child's pose

Materials:

- *Yoga 4 Classrooms* cards (retail price \$32).
<http://www.yoga4classrooms.com/activity-card-deck>

Yoga 4 Classrooms (Y4C) helps students develop the self-awareness to realize how they feel and what they need; teaches them strategies to slow down, unwind and manage their emotions; guides them through movements that optimize their strength, flexibility and balance; demonstrates healthy habits; and reminds them to love and forgive themselves. Y4C provides students with tools for learning and lessons for life.

- Larger 6 x 8 boxed set features 67 yoga poses, brain boosting movements, breathing exercises, visualizations, mindfulness activities, creative movement and community-building games. Wellness and character-building discussion points such as the power of positive thinking, nutrition, and being a peacemaker, address the whole child – physical, social and emotional are included.