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Date: 5/7/2020

Activity: **Yoga Routine - Part 2**

- **I challenge you, to complete this yoga routine AGAIN!**
- **Here is an auditory way to listen to the yoga routine:**
<https://youtu.be/CKIq2LEJvT0>
- **Here are positioning tips, from a physical therapist (Certified Kids Yoga Instructor), for Parents and Caregiver's!**

Brief description of activity: One of the familiar (and favorite) routines in preschool is YOGA. This gives us an opportunity to move, stretch and feel our body. We want to wake up our bodies before we start working for the day- our mind will feel more organized!

We introduce Yoga by doing the same routine everyday. This allows each student to become familiar with the same routine and anticipate what is coming next. Each child learns to love yoga and participate in their own way- each and everyday!

I challenge you, to complete this yoga routine AGAIN!

Your child will not get bored. How are you going to keep the routine exactly the same? How are you going to add something new?

Here is an auditory way to listen to the yoga routine:
<https://youtu.be/CKIq2LEJvT0>

C

- Bolster/ball under belly
- Encourage weight bearing through hands. Goal is to actually push ground away from you which which protracts the shoulder and opens up the thoracic spine
- Encourage rounding of thoracic spine
- May need help keeping knees together and aligned under hips



D

- Weight bearing through hands and feet
- Hamstring stretch
- Back stretch/elongation
- Arm/armpit stretch
- Opens up hands



S

- Mobility in the low back
- Hip flexor stretch
- Neck/upper back extension
- Ideally everyone would let out their best "Ssssss" because that breath helps induce vagal tone (parasympathetic)





- Weight bearing on hands
- Proximal hip strength
- Core work
- May need manual support at hips and/or bolster/ball under belly
- Ideally a "roar" is let out to loosen up facial mm



B

- Works on sitting balance
- Stretches hip adductors
- Can flutter the legs like the wings



S

- Back stretch
- Arm/arm pit stretch
- Quad stretch
- Dorsiflexor stretch
- Compresses abdomen providing calming deep pressure



F

- Upper back extension
- Pec stretch/opens shoulders
- Ideally all will have something to lie over (blocks, bolsters, etc)



Materials:

- yoga mat (You can use a blanket if you don't have one!!!!)
- https://docs.google.com/presentation/d/1zu7qIT2rGyOnRTTrjS_STpwloG3wgGLr9yeDA-gizXkk/edit
- PDF of Quiet Loud Yoga can be accessed here

Instructions:

1. **Getting ready for yoga**
2. **Unrolling your mat**
3. Taking off your shoes
4. You can adapt the exercises as needed. Just like any physical activity, go slow and follow your child's cues. You can adapt any activity by just completing one small step of the pose.
 - **We're waking up our arms**
 - **We're Waking up our legs**
 - **We're Waking up our feet**

- **We're Waking up necks**

5. For example, start out with just one body part at a time for a beginning routine. Or instead of trying every pose, choose 1-2 to repeat each day
6. Putting on your shoes
7. We're rolling up our mats
8. We're finished, we're finished, we're finished now!

Target areas (how this learning is meaningful to students):

Examples of target areas:

- Compensatory: I can listen to the video to hear the sound of the animals.
- Self Determination: I can sort the animals into 2 piles, is this animal quiiiiiet, OR LOUUUUUDDDD?!!!
- Let's do it again! Children learn best within a routine. Give another opportunity to practice and grow within this routine.