



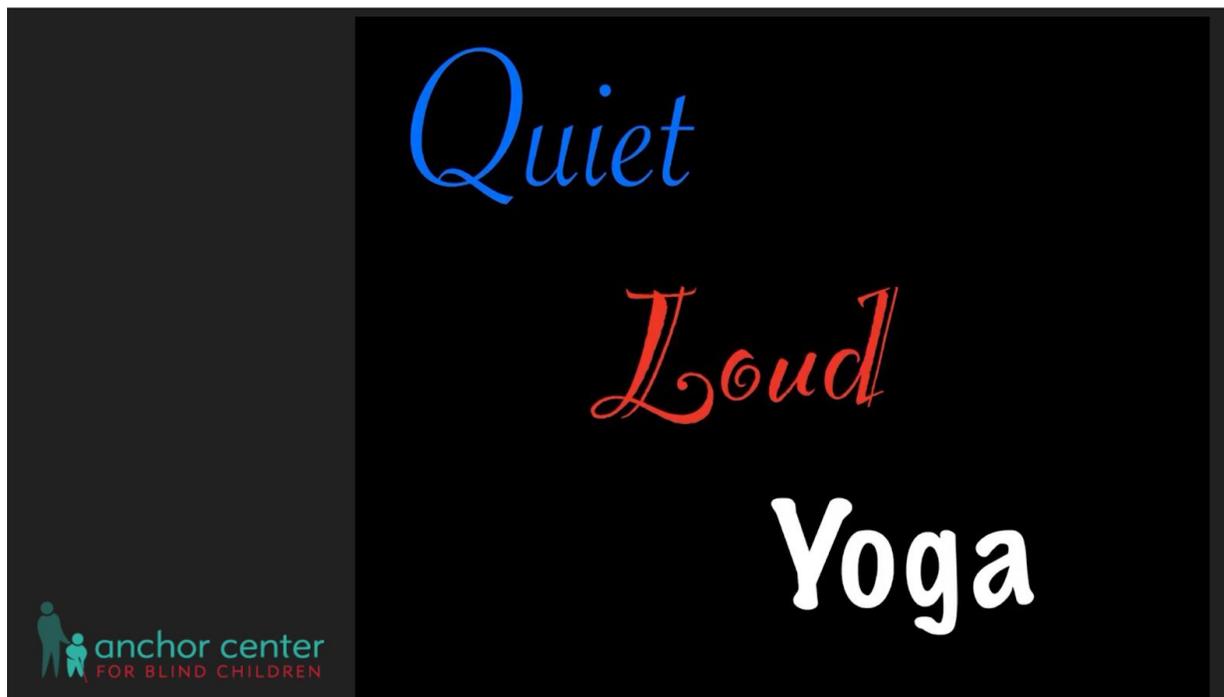
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Activity: **Yoga Routine**

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!



Materials:

- yoga mat (You can use a blanket if you don't have one!!!!)
- https://docs.google.com/presentation/d/1zu7qIT2rGyOnRTrjS_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:

- Recreation and Leisure: I can move my body to make my mind feel clear.
- Self-Determination: I can choose QUIET or LOUD animals. I can choose what animals I would like to pretend to be. I can choose what letter matches the animal.
- Compensatory: I can Zoom in to look at the pictures. I can listen to the video to hear the sound of the animals.