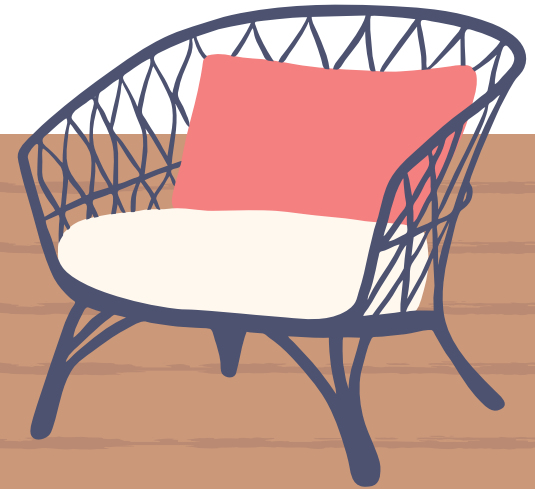
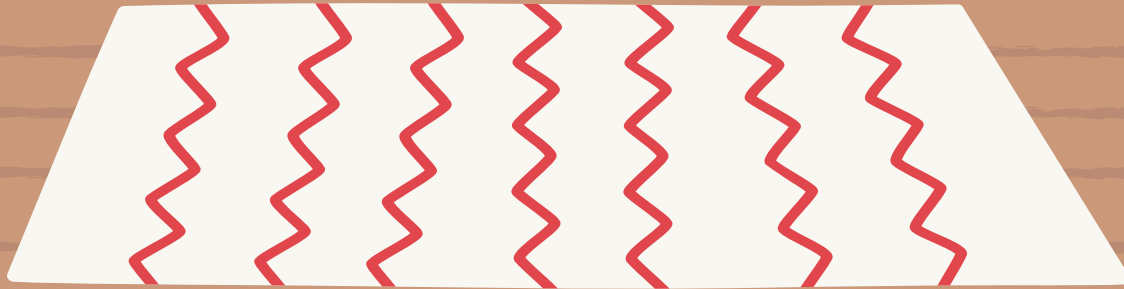
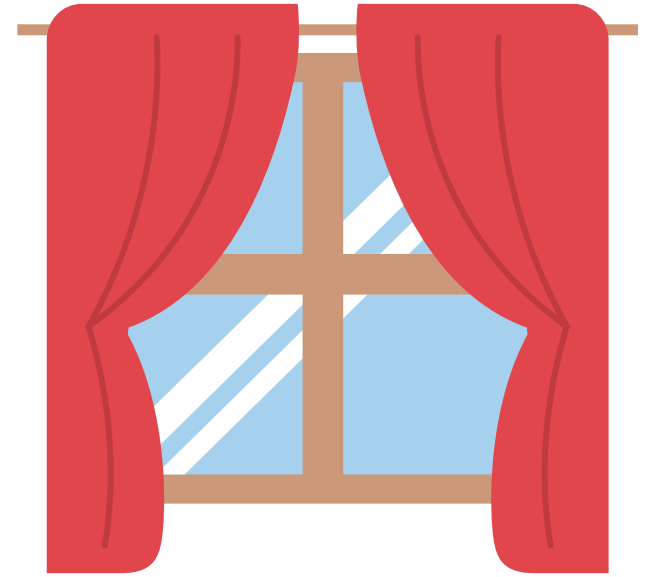


LET'S DO YOGA!



HBHM

Educator's Guide

Guide students through a yoga movement that stretches and strengthens the body, promoting balance, focus, and relaxation.

1

Materials:

- Projector/Smartboard to display the yoga pose
- Open space for movement
- Calm instrumental music for relaxation.

2

How to Play:

- Introduce the Yoga Break: Explain that you'll be taking a short yoga break.
- Example: "We're going to take a break and stretch like a triangle today. Are you ready to stretch and breathe?"

3

Demonstrate the Actions:

- Show the students the key yoga poses you will be doing.
- Example: Tree Pose: Balance on one leg and lift your arms, like a growing tree.

Read the Instructions:

- Display the pose on device
- Imagine you are forming a tall triangle with your body. Keep your legs strong and stretch your arm up like you're reaching for the sky!"

4

Encourage Participation:

- Use an enthusiastic voice and fun visuals or sounds to keep students engaged.
- "Wow, you all look like strong, tall triangles! Fantastic job keeping your balance!"
- Add in playful sound effects to keep it light-hearted, like "Imagine your arms are stretching all the way to the stars!"

Tips:

- Keep it high-energy and fun!
- Adapt movements for different age groups.
- Use teamwork by having students act together.

5

Wrap-Up:

Ask students how they felt during the yoga break. You might say: "Do you feel taller and more stretched out now? Which pose did you like the most—Triangle"

TRIANGLE POSE

With legs wide, reach one arm up to the sky, touch your toes with the other hand, making a big triangle shape with your body!

