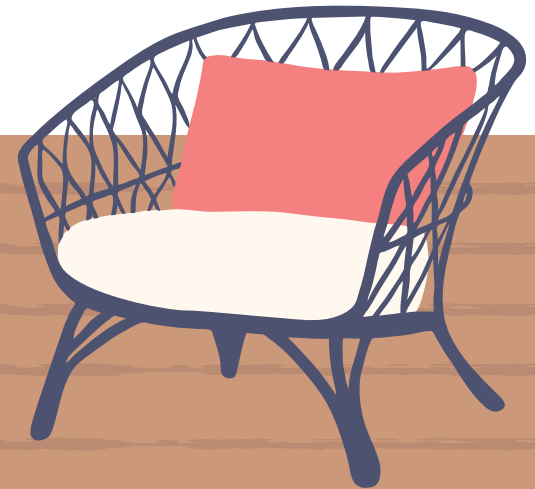
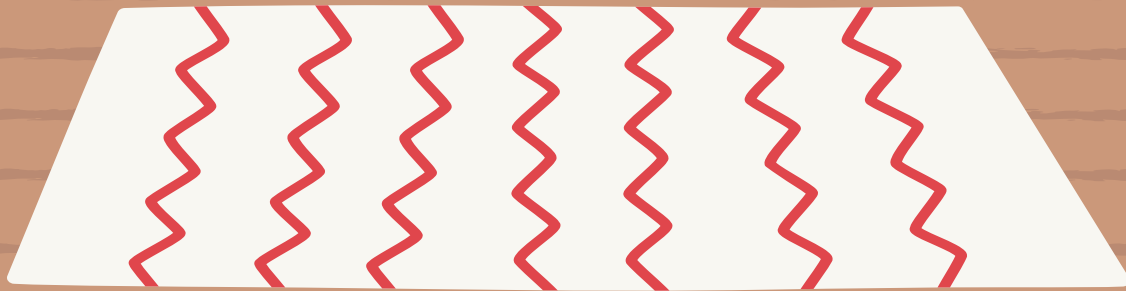
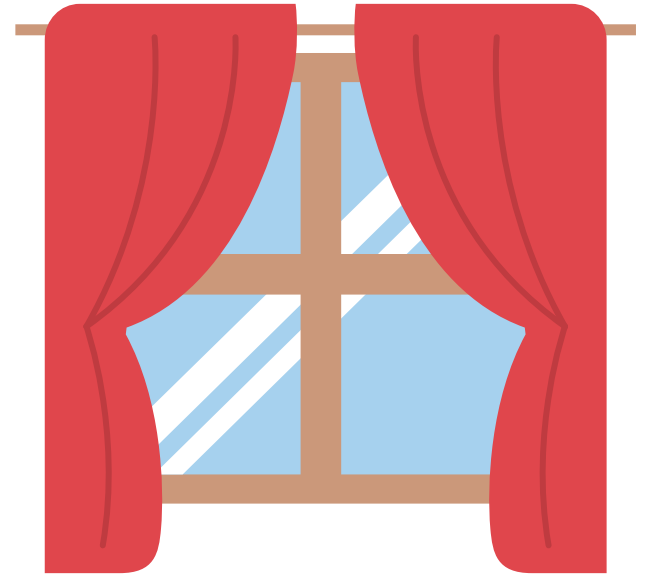


LET'S DO YOGA!



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 practice the Extended Triangle Pose. This pose will help us stretch our bodies and feel strong, like a long triangle reaching up to the sky!"

3

Demonstrate the Actions:

- Show the students the key yoga poses you will be doing.
- Example: "Imagine your top arm is stretching all the way to the stars!"

Read the Instructions:

- Display the pose on device
- "Let's start by standing tall in a Triangle Pose! Extend your top arm over your head, reaching as far as you can."

4

Encourage Participation:

- Use an enthusiastic voice and fun visuals or sounds to keep students engaged.
- Wow, look at those long, strong triangles! Can you reach a little further? Fantastic job stretching your arms!"
- Add fun elements, like saying: "You're creating the biggest triangle ever! Let's see if we can stretch even longer!"

Tips:

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

5

Wrap-Up:

At the end, do all the movements one more time for fun.

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!



EXTENDED TRIANGLE POSE

