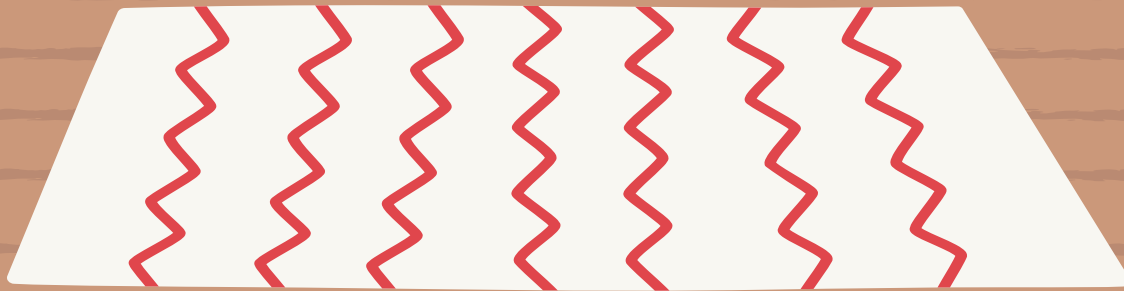
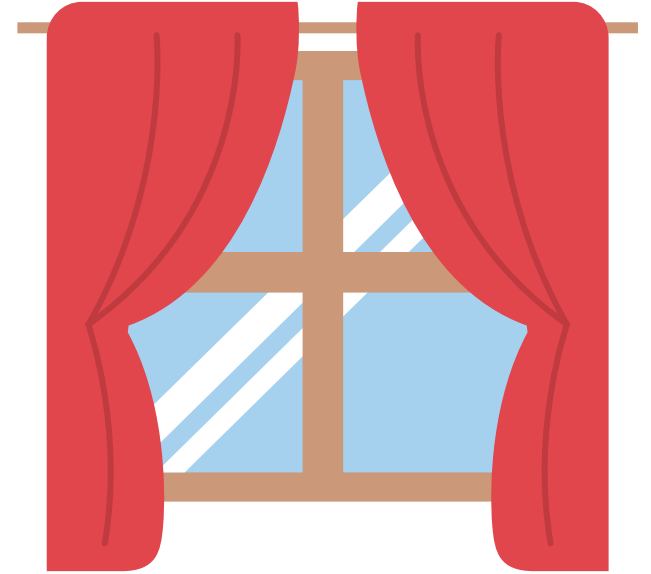


LET'S DO YOGA!



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 move like peaceful trees. 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
- "Let's start by standing tall in a Tree Pose! Imagine you're a big, strong mango tree. Breathe in, and breathe out slowly."

4

Encourage Participation:

- Use an enthusiastic voice and fun visuals or sounds to keep students engaged.
- "Great job, everyone! You're balancing like trees! Can you hold it for 5 more seconds? Wow, you're doing amazing!"
- Make it fun by adding sound effects or playful elements. For example, in Tree Pose, you can say: "Let's see if the wind blows! Can you stay balanced?"

Tips:

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

5

Wrap-Up:

"Let's take one last deep breath together. Reach up in Tree Pose, and slowly bring your arms down."

TREE POSE

Stand up tall. Put one of your feet on the inside of your thigh or calf on the other leg. Balance with your hands in front of you.

