

# Station 1: Yoga Parachute Game



## Materials Needed:

- Parachute
- Age appropriate yoga cards for children (ABC for younger yogis)

## The objective is to practice:

- Yoga postures
- Mindful breathing
- Social Skills including: Awareness of self and others, self management and relationship skills.

## How to Play:

Place a variety of yoga pose cards on the floor either face up or down, then place the parachute over the cards. Have children sit on the floor around the parachute while you explain directions. *(If the parachute is a new tool, you may want to let them explore with the parachute prior to setting up the game!)*

## Explain:

- Everyone will hold a handle on the parachute and work together to raise and lower it slowly as we breathe in when it goes up and breathe out as it goes down.
- Everyone will have a turn to go under the parachute as it is raised, when their name is called. We will hold up the parachute until that person comes out with a card.
- When the parachute is on the ground again, we will share the pose the person picked, then it will be someone else's turn!



## Station 2: Yoga Bean Bag Game



### Materials Needed:

- One or more bean bags
- Age appropriate yoga cards for children (ABC for younger yogis or print outs)

### The objective is to practice:

- Yoga postures
- Social Skills including: Awareness of self and others, self management and relationship skills.

### How to Play:

- Lay out several yoga cards on the floor in rows with space between them. (You may want to tape them down to prevent movement)
- Have children take turns tossing the bean bag to land on or near one of the cards.
- Everyone shares in doing the pose the bean bag landed on.



## Station 3: Breathe and Mindfulness Activities



Listen to the Chime:

Materials Needed:

- Chime

The objective is to practice:

- Mindfulness
- Social Skills including: Awareness of self and others, self management

**How to Play:** There are two ways to play depending on the age group.

Sitting in a circle, you can teach the children how to pass the chime. Share that holding the wooden base and not touching the metal will keep the chime ringing longer. The goal is to actively listen to the sound of the chime as it is passed and when it is no longer heard by the person holding it, they put their hand on their head. The goal is to see how far around the circle you can get or how many times around the circle if a small group, before the chime stops!

For younger children, you can hold the chime and not pass it around. The goal is to actively listen to the sound of the chime and when it is no longer heard to place your hands on your head, tummy or any other signal that will keep children engaged. This can be changed each time you ring the chime

## **Gazing Candle:**

### **Materials Needed:**

- Color changing battery operated candle

### **The objective is to practice:**

- Mindfulness
- Social Skills including: Awareness of self and self management

### **How to Play:**

Place the candle near you as you sit or lay in a comfortable position. Let your eyes rest softly on the candle and begin to notice your breath coming in through the nose and out through the nose in a natural way. Once you help your child learn the steps in settling and gaining focus, see if you can challenge them to hold the gaze for extended periods of time. Start small with 30 seconds, then increase up to a few minutes.

## **Bubbles:**

### **Materials Needed:**

- Bottle of bubbles

### **The objective is to practice:**

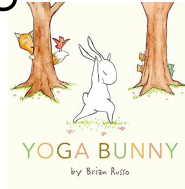
- Mindfulness Breathing
- Social Skills including: Awareness of self and self management

### **How to Play:**

Encourage the children to take in slow deep breaths through their nose and then slowly let the breath out through their mouth. Practice a few times and then model how you need to have slow controlled breathing to make bubbles. As you model, have the children breathe with you. Allow the children to take turns blowing the bubbles through the wand.



## Station 4: Yoga Bunny Book with Game



Note: Yoga stories are a great way to share yoga with children. They keep them engaged while offering an opportunity to practice yoga postures and learn about yoga concepts. Having a stuffy that portrays the main character in a story is a great way to help keep the engagement by allowing the children to take turns holding and doing poses with the stuffy. Yoga Bunny is one of our favorites!

### Materials Needed:

- Yoga Bunny Book
- Stuffy (optional)
- Yoga Bunny Game Cards (optional activity)

### The objective is to practice:

- Yoga Postures
- Mindfulness
- Social Skills including: Awareness of self and others, self management, relationship skills

### How to Play:

Share the story while passing around the Yoga Bunny stuffy and participating in the poses as shown on the pages.

After the story, play the Yoga Bunny card game, by placing the cards upside down on the floor and taking turns pulling a card. Everyone practices the pose that is shown on the card.



## Station 5: Yoga Mat Board Game



### Materials Needed:

- Yoga mat squares with yoga pose picture cards attached
- Large number die

### The objective is to practice:

- Yoga Postures
- Social Skills including: Awareness of self and others, self management, relationship skills

### How to Play:

Place the mat squares in figure 8 on the floor. Let the children pick a square to stand behind. Model how to stand behind and walk behind the squares (this will save wear and tear on your materials). Allow the children to roll the die one at a time and walk in any direction landing at the appropriate number of squares. Help the child name and share the pose. Allow all to practice the pose and then continue until all have had one turn or more.