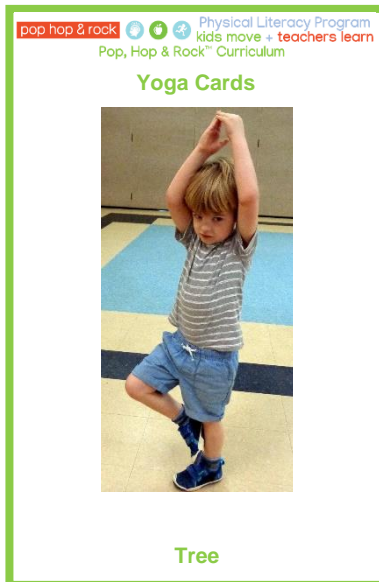


Quick Idea for Unit 1.8 Yoga During Waiting

Playing **Yoga Pose Draw** is a great way to keep kids' bodies active in small spaces while waiting.

Using pictures that represent poses, build a deck of cards or use our Pop, Hop and Rock Yoga Cards. Let one child at a time draw a card. After naming the pose, children do the pose together.



Activity for Unit 1.8 Big Body Mindfulness

Feeling Recognition: Have them do a series of physical actions and then ask them where they felt that action in their bodies.

- Jump across the room
- Tree Pose
- Slither like a snake

Repeat the same movements and ask the children if they felt powerful? Strong? Feeble? Bendy? Big? Small?

Sensory Superheroes: Have children move like superheroes, then stop and use their sensory super powers to notice the space more deeply. Super powers can be sense of smell the first round and hearing the second round. Discuss what they noticed when they used their sensory super powers.