

Stories in Motion

In-Class Activity Breaks

Continue each bulleted activity or set of activities for 15-30 seconds.

Yoga at the Park

- It is a beautiful day! Let's walk to the park. Hey look, they are doing Yoga at the park today! Let's join in! Roll out your yoga mat on the ground. Stand up tall. Take some deep breaths in and out through your nose. Fill your lungs with air and feel your belly blow up like a balloon when you breathe in. Push all the air out of your belly as you breathe out. Yoga is a great way to stretch out and feel strong.
- We can be like the ducks in the pond diving for fish. Stand with you feet shoulder width apart and raise your hands toward the sky. Dive your arms down. Lead with your beak and try to catch some fish. Let's do that again!
- We can be like a warrior in the forest. Step one foot behind you and bend your front knee. Keep your back leg straight. Raise your arms above your head and place palms together. Keep your body strong and brave as you look around for animals. Bring your feet together and then step back with your other foot to show us your warrior pose again.
- Now let's balance like the trees. Stick your right knee out to the side and place your right foot on your standing leg's ankle or lower leg. Bring your branches up high and then let them sway in the wind. Remember to breath and keep your 'roots' on the ground. Try balancing on your other foot.
- Let's pick some flowers. Step your feet out wide to your sides. Raise your arms up to the sky and then sweep them out and down to the ground bending your knees. Keep your back straight. Sweep your arms up and down lifting the flowers into the sky. Next, keep your knees straight and bend at your waist down to the ground to look for bugs. Walk your fingers out in front of you to get a closer look at that caterpillar.
- Stand up tall again. Let's wind our bodies up like the caterpillars in their cocoons. Wrap your arms and legs around each other. Now twist and turn like you are trying to break free.
- It is good to end our yoga like we started with some big belly breaths. Stay seated and cross your legs. Place your hands on your knees and keep your back straight. Take some deep breaths. Close your eyes and picture your favorite place to be.
- Yoga is over for today. I hope to see you again next time!