

Spring Yoga Poses

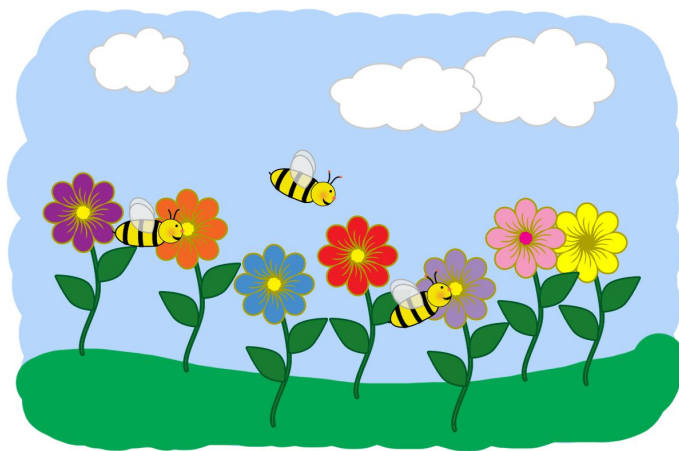
Start your spring day with energetic yoga poses!

Goal(s) Addressed

- Student will be able to imitate poses demonstrated by teacher or peers
- Student will increase bodily awareness by learning and identifying body parts

Materials Needed (Including Song if applicable)

1. Carpet squares



Layout

How should the room look? Where are the student's placed? When will this be taught?

- o This will be performed at the beginning of class after "Shake and Move" when students are still sitting in a circle

Activity

Describe each step in detail. Include key vocabulary.

1. Using image (included at the end of lesson plan), walk through each pose and ask students what each pose looks like (i.e. this pose looks like a tree)
2. Hold each pose for 15-20 seconds



Accommodations/Modifications/Adaptations

How can this lesson be adapted by kids with special needs?

- If performed at home, omit carpet squares. These poses can be performed on both hardwood floors and carpet
- Teachers can provide hands-on adjustments if permissible

Post a picture or video of your students completing the activity and don't forget to tag us!

SPRING YOGA

10 easy yoga poses for kids



1. Say hello to
the sun.



2. Pretend to be
a tree.



3. Pretend to be a
flying bird.

4. Pretend to be
the falling rain.



5. Pretend to be
planting seeds.