

St. Patrick's Stretches

Practice simple yoga stretches while using fun leprechaun vocabulary!

Goal(s) Addressed

- ★ Student will be able to imitate poses demonstrated by teacher or peers
- ★ Student will work on crossing midline of his/her body

Materials Needed (Including Song if applicable)

1. Visual cards: **Rainbow, Horseshoe, Leprechaun, Pot of Gold, Shamrock**
 - a. *You can print on flashcards, laminate, glue on cardboard, etc.*

Layout

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

- This will be taught as a warm-ups activity
- Students will be seated in a circle
 - *You can use carpet squares or other floor markets to help with placement*
 - *Can also be done on a yoga mat at home*

Activity

Describe each step in detail. Include key vocabulary.

1. Teacher will introduce visual and model each of the 5 stretches:

- a. **"Rainbow"** (side stretch)
 - i. Stand tall with feet flat on the floor
 - ii. Widen stance to separate legs past shoulder-length apart with arms stretched out to the side (airplane arms)
 - iii. Drop one hand to the right side and arch the other over your bending body towards that side
 - iv. Hold for 10 seconds to practice balance
 - v. Repeat on the left side

- b. **"Horseshoe"** (knee stretch in front)
 - i. Stand tall with feet flat on the floor
 - ii. Lift up right foot and touch bottom of foot, knee should be bent in front of body
 - iii. Hold for 5-10 seconds to practice balance
 - iv. Repeat on the left side

- c. **“Leprechaun”** (tree pose)
 - i. Stand tall with feet flat on the floor
 - ii. Reach arms out to the side (airplane arms)
 - iii. Move right foot up left leg while turning right knee outwards
 - iv. Reach arms up to the sky
 - v. Hold for 5 seconds to practice balance

- d. **“Pot of Gold”** (bow pose)
 - i. Lay on belly
 - ii. Bend knees
 - iii. Reach back and grab ankles
 - iv. Breathe in and lift heels towards the ceiling lifting thighs off the ground
 - v. Hold for 5 seconds then relax
 - vi. Repeat two more times

- e. **“Shamrock”** (3-legged dog pose)
 - i. Begin with child’s pose (sit on knees, arms reaching forward with head close to the floor)
 - ii. Bring pressure off of legs and lean upper body towards fingers allowing arms to bend
 - iii. Tuck toes and lift knees off of the ground as hips are lifted upwards, slowly lengthen legs until a slight bend
 - iv. Slowly lift one leg up and hold for 5 seconds, then lower down to repeat on other leg

2. After modeling and practice, teacher will announce each stretch one by one and will assist students to help hold each pose

Accommodations/Modifications/Adaptations

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

- Present visual cards for each stretching pose instead of just calling out the move
- Use hand-over-hand prompts to help student perform desired stretch if unable to do so physically
- Decrease holding time for students with shorter attention spans
- Allow students to choose the next stretch instead of just calling them out
- Individual stretch modifications:
 - For “Rainbow” stretch, modify by allowing student to keep both hands on hips while solely bending from torso. Slowly work on raising one arm overhead
 - For “Horseshoe” stretch, modify by not holding pose and lifting knee up and repeating on other side (high knee march in place)
 - For “Leprechaun” stretch, modify by swinging leg front to back instead of sliding foot up opposite leg
 - For “Pot of Gold” stretch, instead of a bow pose, substitute with a superman pose (reaching arms and legs outwards while laying flat on belly)
 - For “Shamrock” stretch, modify by keeping both legs on the ground and simply keeping hips up and balancing on arms and legs

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





