

Young Yogis

Yoga is a great tool to use in the elementary classroom. Yoga can energize, refocus, redirect or relax students. It can be done with both limited time and space in the classroom. In this lesson, the teacher will introduce basic yoga to students through a read-aloud, and then have students practice movements described in the book as a group. Additional poses can be added depending on students' interests and creativity.

SUBJECTS



PHYSICAL
ACTIVITY

GRADE LEVEL

K-2

TIME

30 min

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Objectives

- Students will be able to mimic yoga poses mentioned throughout the book
- Students will participate in creative movement as a group
- Students will be introduced to various professions throughout the story
- Students will respond to reading verbally and through writing

Materials & Preparation

- The book “My Daddy Is a Pretzel” by Baron Baptiste
- Create space in the room for a read-aloud accompanied by creative movement

Common Core Standards

- K.R.FS.1.b. Recognize that spoken words are represented in written language by specific sequences of letters.
- K.R.L.1. Actively engage in group reading activities with purpose and understanding.
- K.W.1. Use a combination of drawing, dictating, and writing to compose opinion pieces in which they tell a reader the topic or name of the book they are writing about and state an opinion or preference about the topic or book.
- RL.1.1. Ask and answer questions about key details in a text.
- W.1.1 Write opinion pieces in which they introduce the topic or name the book they are writing about, state an opinion, supply a reason for the opinion, and provide some sense of closure.
- W.2.1. Write opinion pieces in which they introduce the topic or book they are writing about, state an opinion, supply reasons that support the opinion, use linking words (e.g., because, and, also) to connect opinion and reasons, and provide a concluding statement or section.

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Lesson Introduction

1. Gauge students' prior knowledge of yoga. What is yoga? Do you know anyone who does yoga? Why would someone want to do yoga? Consider using a "KWL chart" that includes columns for Know, Want to Know and Learned.
2. Introduce the book and the author.

Body of Lesson

3. Read through the story once without stopping.
4. Now, go through the book a second time, giving an opportunity for children to try each pose after it's described. Remind students to keep their personal space and move safely with the group.

Conclusion

5. After reading the book, ask the students which were their favorite poses to try. Which ones were the most challenging? Have students support all questions with reasoning and journaling after discussion about their experience. Make sure they state the topic or name of the book they are writing about and include an opinion or preference about the topic or book. This can be checked by partners for those who finish early or while the teacher observes/facilitates other students. Note the attention to support and closure for first and second graders in the standards.

Extension

- Add more kid-friendly poses, such as the child's pose (students sit on knees on the floor and bend forward reaching their arms out in front of them with their foreheads touching the ground) or the starfish pose (students stand with their legs shoulder-width apart, arms straight out to their sides and heads tall). Students are especially motivated by animal poses. Encourage children to come up with their own poses to teach the group.