



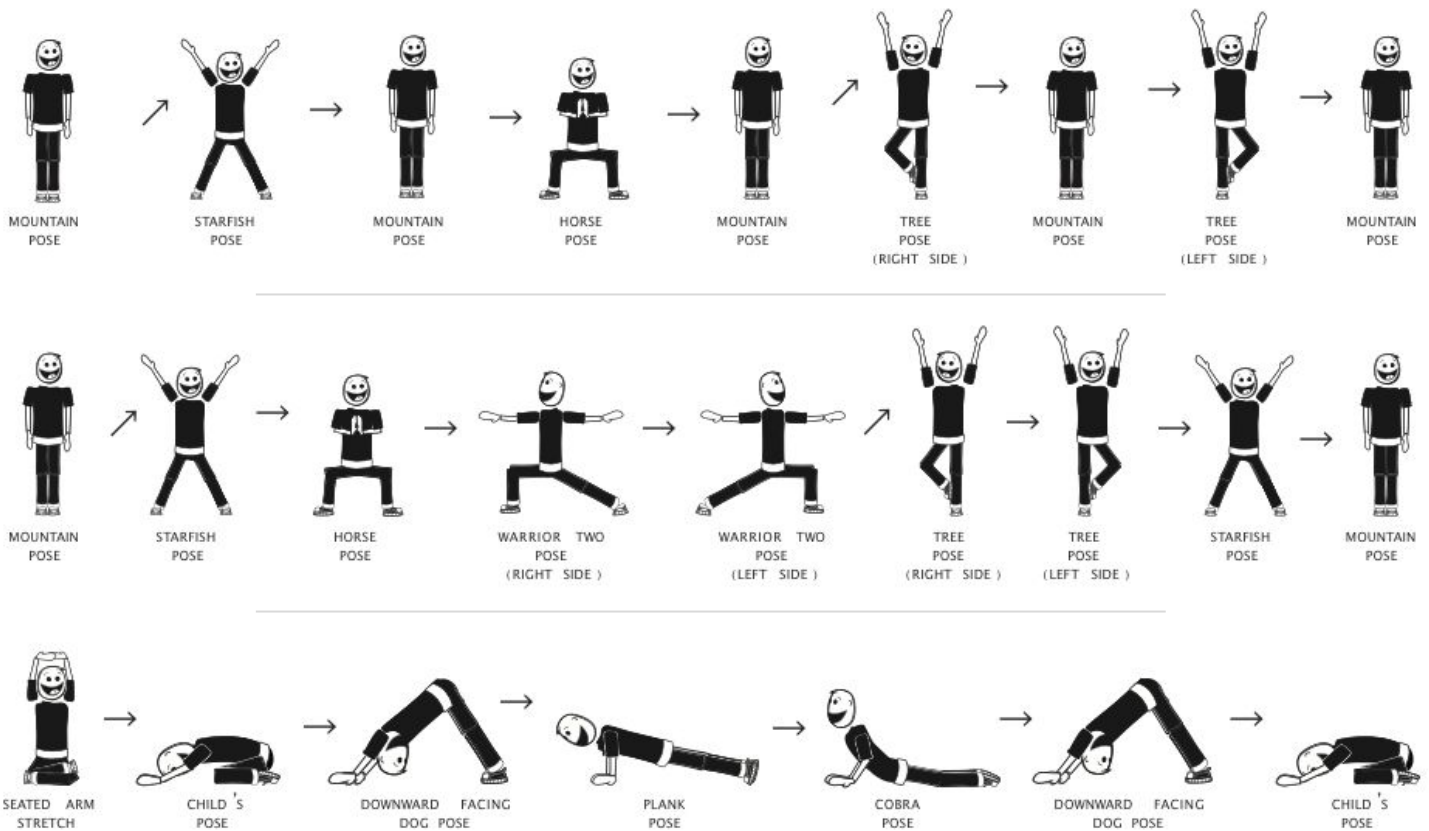
Fun & Simple Yoga Sequences

For Home or School

Setup

1. SEL + Wellness Objectives: Build self-awareness, body awareness, physical activity and 'screen free' time.
2. Preparations: Clear an open space for movement.
3. Practice holding each pose for the count of 5, counting aloud 1 – 2 – 3 – 4 – 5.

Practice



Extend

1. End yoga time by taking a deep breaths and saying, "I am sturdy, safe and strong."
2. Play Yoga Freeze Dance! Have children dance to their favorite music for the count of 10 between each yoga pose.
3. Turn this into a family activity by having children work together to create a yoga + dance sequence to teach family members.

For more resources and activities please visit https://bit.ly/MP_Resources