

We respectfully acknowledge that the land on which we gather is the unceded, traditional, and ancestral territory of the Coast Salish Peoples, including the territories of the x̣m̄əθkwəȳəm (Musqueam), Skwxwú7mesh (Squamish), and Səl̓ílwətaʔ/Selilwitulh (Tsleil-Waututh) Nations.

YOGA

Living Inquiry - Well-Being and Inquiry

Type of Play Experience - Learning Games

WHAT

- To help children get in touch with their bodies and emotions.
- To help children relax.

CREATE THE ENVIRONMENT

- Find a calm space with plenty of room, outside or inside.
- Play relaxing music.
- Wear comfortable clothing.
- Use a mat (optional).

EXPLORE

- Set the a calm scene by speaking slowly and quietly.
- Ask the child, “How are you feeling right now?”
- Say, “Close your eyes and breathe slowly through your nose. Feel your body get ready for yoga”.
- Model some poses and allow the children to suggest some of their own.

WHY

- Children will learn and practice basic physical movement skills.
- It enhances a child’s flexibility, coordination and body awareness.
- It is an opportunity to focus on something that is challenging to develop the child’s determination and perseverance.

HOW

- Yoga is a learning game because an adult directs the activity, sets up the environment, organizes the room in a way where it is suitable for yoga.
- The yoga time is structured with specific goals (e.g., poses) related to developing positive coping skills and managing emotions and stress.
- It introduces poses based on the child’s emerging skills.

REMINDERS

- Structure the movements so it is challenging yet manageable and not beyond what a child knows or can do with assistance.
- Be attentive to children’s progress by asking questions that refocuses their attention back to how their body feels.
- Always check in at the end by asking how they are feeling.

SAMPLE YOGA POSES

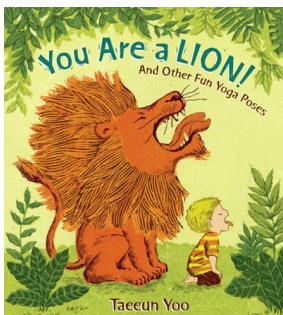


Let’s Play! Activities for Families : Being Calm p.61


<https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-well-being.pdf>

BOOKS

- You are a Lion by Taeun Yoo
- If You’re Happy and You Know It by Jane Cabrera



All Of Me

My hands are for clapping 
 My arms can hug tight 
 My fingers can snap 
 Or can turn on the light 
 My legs are for jumping 
 My eyes help me see 
 This is my body,
 And I love all of me! 

My Thumbs are Starting to Wiggle
 Tune: “The bear went over the mountain”

My thumbs are starting to wiggle.
 My thumbs are starting to wiggle.
 My thumbs are starting to wiggle,
 Around and around and around.
 My hands are starting to wiggle.
 My hands are starting to wiggle.
 My hands are starting to wiggle,
 Around and around and around.
 Continue with other body parts.

REFERENCES

Play Today! Activities for Families

<https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-activities-for-families.pdf>

Play Today! A Guide for Families

https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/play_today_family_guide.pdf

Appetite to Play—Action Games and Songs

<https://www.appetitetoplay.com/physical-activity/games-activities-3-5-yrs/songs-actions>

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