



## Activity 4

### Yoga Classroom Activity

#### Objectives:

- Introduce yoga as an activity to practice mindfulness and enable students to improve symptoms of stress and anxiety.
- Learn five easy ways to focus on the five senses and breathing:
  - mountain pose
  - downward facing dog
  - tree pose
  - bridge pose
  - extended child's pose

#### Materials:

- *Yoga 4 Classrooms* cards (retail price \$32).  
<http://www.yoga4classrooms.com/activity-card-deck>

*Yoga 4 Classrooms* helps students develop the self-awareness to realize how they feel and what they need; teaches them strategies to slow down, unwind and manage their emotions; guides them through movements that optimize their strength, flexibility and balance; demonstrates healthy habits; and reminds them to love and forgive themselves. *Y4C* provides students with tools for learning and lessons for life.

- Larger 6x8 boxed set features 67 yoga postures, brain boosting movements, breath exercises, visualizations, mindfulness activities, creative movement and community-building games. Wellness and character-building discussion points such as the power of positive thinking, nutrition, and being a peacemaker, address the whole child – physical, social and emotional are included.