



Summer 2020 Lesson

Class: SCHOOL Kids Yoga & Mindfulness

Grade Band: 2-5

Teacher: Ms. Kelly Wood

Lesson: 2

Objective: SCHOOL Kids Yoga story, practice Calm Breathing for a Calm Heart to have Patience

Vocabulary: Calm Breathing, Calm Heart, Our Hearts Are Calm Today, Patience

Process: Ms. Kelly has a SCHOOL Kids Yoga story.

“One day I went to the coffee shop for a cup of coffee. I walked to the counter and nice lady greeted me. I greeted her with a smile and ordered one cup of coffee. The lady said walk to the end of the counter and wait a little bit for the coffee. I walked to the end of the counter and waited. I noticed I was waiting much longer than usual. I was waiting a VERY long time. My body felt really tight and my brain was not thinking well. I was getting mad waiting so long. Then I paused, stopped myself calmly. I remembered that I could wait in a better way. I started taking a Calm Breath in and Calm Breath out for my Calm heart while I waited. The lady came over and gave me my coffee. I started to pay her and she said the coffee was free because I had to wait so long! The coffee machine was having problems. I said, “Thank you!” I waited with Calm Breathing and a Calm Heart and felt great to have a surprise free cup of coffee. I was also so glad that I was not mad at the lady in the coffee shop. I was able to be nice to her and we smiled at each other. There is a word that means to wait with Calm Breathing and a Calm Heart. The word is patience. Let’s practice Calm Breathing so that we can have patience today and any day.”

Review of Calm Breathing: Calm Breathing is in through the nose and out through the nose. Nose and nose breathing – not with the mouth. We always remember our Calm Heart when we take a Calm Breath in and a Calm Breath out. We must practice Calm Breathing every day to have a Calm Heart.

Practice Calm Breathing: **1.** Sit in Easy Pose. Easy Pose on the ground is crossed ankles, tall spine. Easy Pose in a chair is sitting level, tall spine with feet on the floor. **2.** Rub hands together and place hands in a Calm Heart at center of chest **3.** Take 2 Calm Breaths in and Calm Breaths out **4.** Take a Calm Breath in and say three times, “Our Hearts Are Calm Today” (taking a Calm Breath in between each of the three rounds). **5.** Take one Calm Breath in and Calm Breath out **6.** Now take seven rounds of Calm Breath in and Calm Breath out. **7.** End practice still seated with hands in Calm Heart at center of chest. Take a Calm Breath in and a Calm Breath out, one more Calm Breath in and then say, “Calm Hearts.” Remember that Calm Breathing and a Calm Heart helps us to be patient.