



PEF Summer, *At Home Edition* – Lesson Plan

Class: SCHOOL Kids Yoga & Mindfulness	Grade Band: 2-5
Teacher: Ms. Kelly Wood	Lesson: 3
Objectives: SCHOOL Kids Yoga story, practice Calm Breathing for a Calm Heart. Learn that Calm Breathing and a Calm Heart help us to have a Calm Body to slow down and be healthy	Vocabulary: Calm Breathing, Calm Heart, Our Hearts Are Calm Today, Calm Body, Arm Circle Pose, Favorite Butterfly Pose

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

“I went to the grocery store. Once at the counter to pay I remembered that I was thirsty. I asked the lady at the counter if I could quickly go get a drink. She said OK. I moved really fast over to a big refrigerator. I saw so many drinks! My eyes were looking so fast and I chose one that looked healthy. I went back to the counter super quickly and paid for everything. Once in my car, I drank the drink. It was great and sweet! I started reading the ingredients listed on the bottle. Filtered water, healthy! Organic blue agave, good! Oh no! The third ingredient was something I did not know. Erythritol. I researched on my phone and learned that it was a chemical to make food and drinks sweet. What just happened? I did not want an unhealthy drink. Then I knew. I was moving so fast that I chose a drink without reading the ingredients. When we have Calm Breathing and our Calm Hearts, we also have a Calm Body. A Calm Body slows down. We can make healthy choices with a Calm Body.”

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.

SCHOOL Kids Yoga Practice (includes Calm Breathing, Arm Circle Pose, Favorite Butterfly Pose)

1. Sit in Easy Pose on the ground, ankles crossed, sitting tall **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.** Arm Circle Pose - Sitting tall in Easy Pose raise left arm and make three slow circles with Calm Breath in at the top of the circle and Calm Breath out at the bottom of the circle. Once complete do the same with right arm. **7.** Favorite Butterfly Pose – Take left leg straight out and right knee bent with right foot on inner left leg. Hook thumbs together to make a butterfly. Select a color for the butterfly wings, a color for the butterfly heart and something on the wings to help people in our community (ex. Grocery store workers, neighbors, all families, etc..). Take a Calm Breath in and stretch butterflies up overhead and Calm Breath out take butterflies to the leg (not toes). Repeat four times. Then do the same on opposite side. **8.** End practice with Easy Pose (seated with ankles crossed) 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 Calm Hearts help us to have a Calm Body that slows down and is healthy.



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