



## PEF Summer, *At Home Edition* – Lesson Plan

Class: SCHOOL Kids Yoga & Mindfulness	Grade Band: 2-5
Teacher: Ms. Kelly Wood	Lesson: 4
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 Brain for focus	Vocabulary: Calm Breathing, Calm Heart, Our Hearts Are Calm Today, Calm Brain, Shoulder Circle Pose, Boat Pose

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

“I practice Calm Breathing every day - Monday, Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday. Calm Breathing helps me to have a Calm Heart. I like feeling more peaceful and being peaceful with others. I was practicing my Calm Breathing one day. All of a sudden, my two kittens named Freya and Fernando went running past me down the hall. I started thinking about how they were probably jumping on the chair and playing behind the curtains. And then I paused. I was thinking about Freya and Fernando instead of focusing on my Calm Breathing. I did not need to ignore Freya and Fernando, but they were in the other room and I could play with them later. Right now, I need to focus on what I was doing. I focused again on my Calm Breathing. A few more minutes passed by and my kittens went running past me again in the opposite direction. I started thinking about how cute they are and how much they like playing together and... I paused. Again, I was not focused on what I was doing. I was thinking about Freya and Fernando playing! I focused again on my Calm Heart as I continued to practice Calm Breathing. With Calm Breathing and a Calm Hearts, we also have a Calm Brain. A Calm Brain focuses on what we are doing.”

**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, Shoulder Circle Pose, Boat Pose)**

**1.** Sit in Easy Pose on the ground, ankles crossed, sitting nice and 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.** Shoulder Circle Pose - Sitting tall in Easy Pose, hands on knees. Roll shoulders back and around in small slow circles three times with Calm Breath in and Calm Breath out. Once complete do the same with shoulders rolling in small slow circles towards the front. End with hands in Calm Heart at center of chest and take a Calm Breath in and a Calm Breath out. **7.** Boat Pose – Keep Calm Breathing going. From sitting on the ground bend knees to point up with feet on the ground, inner knees are together and inner sides of feet are together. Life arms straight ahead parallel to the floor. Stay up and carefully lift feet from the ground. Hold this balance for three Calm Breaths. Return to Easy Pose. **8.** End practice with Easy Pose 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 Brain that can focus on what we are doing.



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