

YOGA A, B, C's

LEARNING TARGETS

- ✓ I will follow the teacher's instructions.
- ✓ I will control my breathing and my movement while staying on my floor spot.
- ✓ I will name the letters on each ABC's of Movement card.

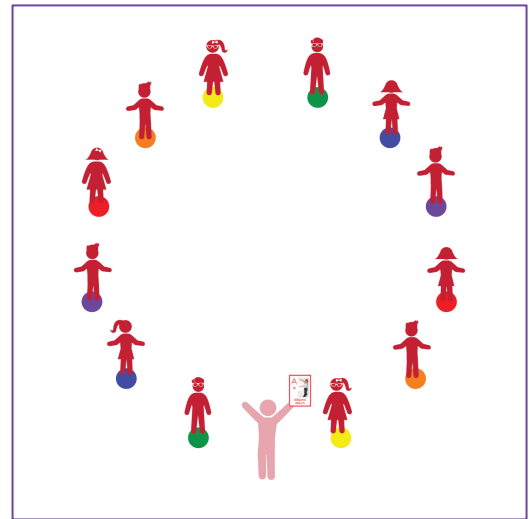
ACTIVITY SET-UP & PROCEDURE

Things You Need:

- ✓ ABC's of Movement Cards: A, B, C, & D
- ✓ 1 spot marker per student

Set-Up:

1. Use spot markers to create a large circle in the activity area.
2. Students stand in a circle, each student on a spot.
3. Teacher provides instruction and demonstrations while standing with students in the circle.



Activity Procedures:

1. This activity will help students practice attentive breathing and mindfulness while demonstrating simple yoga poses.
2. The teacher displays 1 letter card at a time. Students will identify the letter and then perform the pose on each card. Students remain stationary and do not move off of their home spot.
3. As you begin with the letter A, the yoga modification is Alligator Arms. As students slowly open and close their Alligator Arms, encourage them to breath slowly in and out while paying mindful attention to their breathing. Reinforce mindful breathing with each letter card and movement.

Universal Design Modifications:

- Teach and practice breathing and movements separately before combining them in the final activity.
- Provide physical assistance from adult teaching assistants.

DEVELOPMENTAL INDICATORS

- ✓ **Attending and Understanding:** Child acts on descriptions provided by others.
- ✓ **Emotional and Behavioral Self-Regulation:** Child demonstrates control of actions and words.
- ✓ **Cognitive Self-Regulation:** Child maintains focus and sustains attention with minimal adult support.