

Yoga: Atlas and Cupid - Feeling Low, Feeling Better!

Aim: I can practice yoga to increase my feelings of wellbeing.	Key/New Words: Yoga, stretch, relax.	Resources: Lesson Pack Optional chime or bell to end relaxation.
Success Criteria: I can find heaviness and lightness. I can move my body to release tension.	Preparation: Use mats so that each child can comfortably lie on the floor. Lay mats out so you can see each pupil and they can see you. Encourage children to wear their PE kit or other comfortable, loose clothing.	

Delivering: Children should know that yoga is a physical discipline that does not have to have a religious dimension. Explain the poses using the Lesson Presentation, and then, either model the pose yourself, or ask a child to come out and demonstrate. Highlight the main directions as children watch the pose. When the class is doing the yoga pose, offer adaptations as required. Remind children that no-one can see if they are doing yoga well, as it is about how they feel inside. If they feel good, then they are doing yoga well.

Learning Sequence

	Reconnecting - Feeling Low, Feeling Better: Children will be guided through exploring how we feel when we are down via the Lesson Presentation .	
	Warm-Up - Atlas or Cupid? Children will explore how their bodies feel in relation to their emotions. Children will be guided through moving in ways that are heavy and then light, via the Lesson Presentation .	
	Exploring - Heavy and Light: Children will learn a variety of yoga poses which build on the concepts of feeling heavy and feeling light. This will move through floor poses, standing poses and seated poses.	
	Cool-Down - Happy Breathing: Children will learn simple self-care breathing practices before a short relaxation and meditation.	
	Reflecting - How Do You Feel? Children will explore how they felt before and after doing yoga. They will also reflect on which poses they liked best and why. This is guided by the Lesson Presentation .	

	Supporting: Suggest children: <ul style="list-style-type: none"> • bend their knees to keep their breathing smooth and back comfortable; • keep their arms a little bent and not to reach so far for tight shoulders or upper back; • go at their own pace and take a pause if they need to; • adapt poses so that they feel comfortable.
	Extending: Suggest children: <ul style="list-style-type: none"> • make their breathing deeper and smoother; • make their movements smoother and more flowing; • synchronise the movements to their breathing.

Developing
 Continue to discuss the link between body language, thoughts and feelings. When children are looking at a picture book, or watching a video, pause and ask children to identify people's emotions from the body language they are exhibiting. Are they light like Cupid, or heavy like Atlas? How can the children tell?