

## Yoga Tag

### Nutrition Lesson(s) Supported:

-Sleep

### Supplies Needed:

- 2 Pennies

### Length of Time to Complete:

5 minutes to introduce activity

10 minutes to practice poses and play tag

**Audience (grades):** 4<sup>th</sup>

### Common Core Standards Taught:

- English Language Arts: Speaking and Listening: 4.1
  - Pose and respond to specific questions to clarify or follow up on information, and make comments that contribute to the discussion and link to the remarks of others.

**Background:** Yoga is a healing spiritual, mental and physical practice to promote balance in life. It is a combination of breathing exercises, physical postures, and meditation that has been practiced for more than 5,000 years. Sun salutations are designed to warm up the body and get the heart rate up by moving the entire body.

### Lesson:

Leader: Raise your hand and tell me why it is important to get a good night's rest.

Sleep helps your body recharge. It helps your body rebuild tissues, strengthens muscles, fights germs, and helps you think clearly.

How many hours of sleep do growing kids need each night?

About 10-11 hours of sleep.

What are things that you can do to help your body unwind?

Turn off the TV, take a bath, brush your teeth, read a book, or stretch.

Raise your hand if you can think of a good stretch or yoga pose.

(Demonstrate several stretches and yoga poses).

Stretching before bed can be a great way to help relax your body.

When you stretch, remember to breathe in through your nose and out through your mouth (practice as a class).

Today we are going to play yoga tag. Two of you will be 'it'. If you are tagged, you must choose any stretch or yoga pose and hold it for at least 10 seconds. Once you hold the pose for 10 seconds, you can rejoin the game. (Play for several minutes and then rotate taggers).

**Tree pose:** Tell the child to feel the earth below and how that gives us support. Make sure to try on both legs. Do you feel a difference?

Variations:

"growing tree"-lift arms over head

"swaying tree" -move arms around back and forth and side to side

"tumbling tree"- lean body to one side



**Leg out front:** How does your balance change when you lift your leg out in front of you? Does it feel the same on each leg?

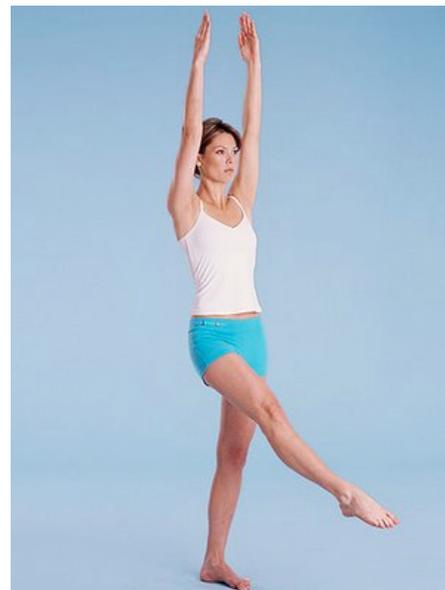
Variations:

arms to the sides

arms on the hips

arms in "prayer position"

point or flex foot



**Leg in back:** How about your leg in back of you? How does this feel? Does it feel the same on each leg?

Variations:

arms up (like picture above)  
arms to the sides  
arms on the hips  
arms in "prayer position"  
point or flex foot



**Eagle pose:** Wrap your arms around each other, and also wrap your legs around each other. Does this make it easier or harder to balance?

How does it feel when you go out of balance?

