

Kids Yoga-Balance Poses

Exercise Outcomes:

★ Promotes Flexibility and Balance

🏋️ Develops strength

Nutrition Lesson(s) Supported:

-Any, but particularly those where “balance” is part of the message (e.g. sugar sugar!)

Supplies Needed: None

Length of Time to Complete:

5-10 minutes

Audience (grades): K-5

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.

Directions: Have each child stand in a spot where there is at least 2-3 feet of open space ahead and behind him/her, and at least an arms length of open space on each side. Then have them start the balance poses, starting with “tree” and then expanding to other variations if time permits. Tell the kid that you expect them to fall! Part of learning to balance is knowing your limits. This message ties in well with lessons on balancing foods on a plate, snacks, portion size, and sugar intake. (Note: if a child remains perfectly balanced throughout every pose and does not experience “coming out of balance”, tell him or her to close their eyes!”).

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?

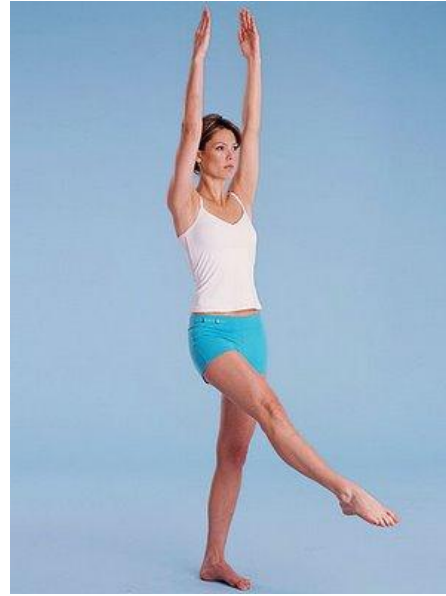
Variations:

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?

