

Rise and Shine Yoga Stretch and Tubby Toes

Exercise Outcomes:

★ Promotes Flexibility and Balance

Nutrition Lesson(s) Supported:

-Breakfast

Supplies Needed:

-None

Length of Time to Complete:

10 minutes

Audience (grades): K-2

Background:

Breakfast is our most important meal of the day, and the best way to start our day is with stretches. Yoga breathing helps to calm the mind, and yoga stretches start blood flow and promote healthy joints. "Head, Shoulder, Knees and Toes" is a popular children's song that will teach children how to get moving, and will give them energy to begin their morning.

Directions

First demonstrate standing still with eyes closed and hands together. Inhale and exhale slowly for three breaths. Open eyes and, while inhaling, look up and reach hands and arms towards the sky. Exhale and bend forward with hands reaching towards your toes. Rise back to standing with an inhale, and repeat movement with inhales and exhales three times.

Now get moving! Children follow along with your words and movements as you sing "Head, Shoulders, Knees, and Toes" while touching head, knees, shoulders and toes with both hands. Move faster through the song as you repeat the words.

Resources:

<http://www.healthandyoga.com/html/yoga/Benefits.html>

<http://kids.niehs.nih.gov/lyrics/headsh.htm>