

A photograph of three children sitting in a meditative pose on blue mats in a yoga studio. The child on the left is a girl with blonde hair, wearing a pink shirt. The child in the middle is a girl with dark hair, wearing a yellow shirt. The child on the right is a boy with dark hair, wearing a grey shirt. They are all sitting cross-legged with their hands resting on their knees. The background is a brick wall with a wooden beam.

RESOURCE GUIDE

Yoga Sequences Grades K-3

Resource Guide

Yoga Sequences for PGKP

Grades K-3

Session 1: I am Calm and Centered

What it is

Yoga adventures lead kids from a starting point to an end point where some problem is solved, or question answered. Stories will have themes of greeting, recognizing, using courage to overcome obstacles, then celebrating. In an atmosphere of fun, kids will get used to breathing and moving their bodies in yoga postures. In this particular story, we will meet our friend the lonely crab and help him find friends to come to his birthday party.

How to do it

Intro to the topic

You may want to start by sitting in a circle. Then brainstorm with the students about the qualities of being “calm” and “centered”.

Can they define each word? Can they recognize it in others? How do those states feel? Can they recognize it in themselves? Maybe have them act it out.

Why are each of these qualities important? How do they help us?

Can they name something that is done at school to help support those qualities? Something that they do at home? In their culture? You may choose to share the following definitions & ask the students what is their favorite.

Calm is a way to be where we feel peaceful and relaxed. We are not feeling fearful or excited, we are still, settled, and clear. You can visualize the ocean when it is covered with choppy waves, then visualize it when it is flat on top and smooth, like a mirror. That is calm. When we are calm, we have the sensation that “all is well.” You can calm yourself anytime you need to, just by slowing down your breath and remembering to feel your body. When I am calm, it helps calm those around me.

Centered is a way to be where we feel that we are at home within ourselves. Sometime we get scattered, like leaves swirling around on the wind. Sometimes we are distracted and we miss opportunities. When we are centered, we have a feeling of being in our body and our mind, ready to greet whatever may come, and to do the job well.

Before you play the video

Encourage each child to find a place on the floor away from others. Space allowing, you could have students sit at an arm's length from other students.

Yoga mats are a great way to give students a sense of their own space. Use cues like, "watch your personal space," or "notice how close you are to your neighbor." Little pillows or bolster can help make sitting on the floor more comfortable.

Encourage the students to follow along with the video, but make sure to listen to their body to make sure that everything that is suggested feels safe for their particular body to do. We don't want any injuries!

Make sure students have a chance to use the bathroom and get some water before the session begins.

Play the Video

Once you press play, the adventure begins. It will help the students if they see the teacher participating and modeling the behavior in the video. Feel free to stop the video if you would like to give them a little extra time for their deep relaxation or for their meditation. You may want to invest in eye pillows or blankets to make the most of the relaxation.

The Adi Mantra "Ong Namō Guru Dev Namō"

The Adi Mantra is a group of ancient words that mean "I bow to the teaching force outside of myself, and the teacher within." It is used at the beginning of each session as a way to tune in to one's inner Self and more deeply center oneself. Although many people come to enjoy the way it feels when they vibrate these sounds, it should be offered as an option. Everyone is invited to experience tuning in in this way, no one is forced. Sometimes students need to listen to it a few times before they feel comfortable making the sounds. Ultimately you may experience it as a way of opening a different type of space for you and your students~ a space that is full of peaceful feelings, inner connection and inner knowing.

The Sunshine Song

The Sunshine Song is an Irish Blessing that is sung at the end of yoga class as a way to close the special space of our practice and to think about sharing our good feelings with others. The video will generally encourage students to think of someone they love, someone they miss, or someone who is having a hard time and send the words to them as a way to uplift them. This can often prompt students to walk to talk about things that are weighing on their hearts, like the death of a family member or pet. It can stimulate a very rich sharing session if you ask after the class if people want to share who they dedicated their sunshine song to. This can also be used if anyone in the class is having a birthday, or if anyone in the class is having a hard time. The arm movements will make it a full body experience. One of the inner lessons of yoga is learning how to strengthen our practice of desiring good things for others.

Special Note about Moon Side/Sun Side breath

For kids who have not yet learned their left hand from their right hand, you may want to find a way to help them make sure they are breathing in through their left and out through their right. You could write a moon on the left side of the board, and a sun on the right. You could write in face paint on the back of their hand, or give them a little sticker on each hand to help them remember.

Short Hand Version

Once you've done the video a few times, feel free to pluck out a single activity to do with the students again. You will find it most helpful to use a breath exercise, a meditation or a physical movement from the session. From this video, you may enjoy the long deep breathing, the moon side sun side breath or flexing their spine like a moose who is walking.

Key Phrases

I am at home in my center. I am safe. All is well.

These key phrases can be written up, said out loud, or recited silently. The idea is to help us to remember how to stay calm and centered.

Super Power

Doing this yoga set with help us to feel that all is well. That feeling is energized and relaxed, alert and peaceful.

When to use it

This is a great set to use when students are feeling restless, anxious, hyper, or scattered. It can also help at any regular time when everyone needs a good break.

Any yoga session can be used to support, stress and emotional upset, fatigue, unfocused feelings, transition and to create a mindset of meditation.

How long

This session is 30 minutes. Try repeating it several times so that students get familiar with it and notice themselves improving.

Science Box (Why it works)

Focusing on breathing helps calm the body by slowing the heart rate, lowering blood pressure, and sharpening focus. Paying attention to breathing also supports strong functioning in the higher brain. Controlled breathing lessens anxiety by overriding the “fight, flight or freeze” response that is set off by the amygdala and gives control to conscious thought, which takes place in the prefrontal cortex.

Session 2: I am Grounded and Aware

What it is

Yoga adventures lead kids from a starting point to an end point where some problem is solved, or question answered. Stories will have themes of greeting, recognizing, using courage to overcome obstacles, then celebrating. In an atmosphere of fun kids will get used to breathing and moving their bodies in yoga postures. In this story, we meet a raven who wants to save the mountain that he lives on.

How to do it

You may want to start by sitting in a circle. Then brainstorm with the students about the qualities of being “grounded” and “aware”.

Can they define each word? Can they recognize it in others? How do those states feel? Can they recognize it in themselves? Maybe have them act it out.

Why are each of these qualities important? How do they help us?

Can they name something that is done at school to help support those qualities? Something that they do at home? In their culture?

You may choose to share the following definitions & ask the students what is their favorite.

Grounded is a feeling that we have when we feel supported by the earth and remember who we are. When we are grounded we use our senses and have a good way of taking in our environment when we make decisions. The support we feel gives us strength.

Grounded goes with being calm. You can feel your Self. We can feel this in tree pose. Aware is a state when we know what is happening both inside and outside of ourselves. Inside we have thoughts, feelings and sensations. Outside there is weather, other people and things we need to do and respond to. Awareness lets us see and feel the big picture, like an eagle flying high up and looking down on all that is happening. It helps us choose actions that are kind, respectful and fair. We can feel this when we listen to our senses.

Before you play the video

Encourage each child to find a place on the floor away from others. Space allowing, you could have students sit at an arm’s length from other students.

Yoga mats are a great way to give students a sense of their own space. Use cues like, “watch your personal space,” or “notice how close you are to your neighbor.” Little pillows or bolster can help make sitting on the floor more comfortable.

Encourage the students to follow along with the video, but make sure to listen to their body to make sure that everything that is suggested feels safe for their particular body to do. We don't want any injuries!

Make sure students have a chance to use the bathroom and get some water before the session begins.

Play the Video

Once you press play, the adventure begins. It will help the students if they see the teacher participating and modeling the behavior in the video. Feel free to stop the video if you would like to give them a little extra time for their deep relaxation or for their meditation. You may want to invest in eye pillows or blankets to make the most of the relaxation.

The Adi Mantra “Ong Namō Guru Dev Namō”

The Adi Mantra is a group of ancient words that mean “I bow to the teaching force outside of myself, and the teacher within.” It is used at the beginning of each session as a way to tune in to one's inner Self and more deeply center oneself. Although many people come to enjoy the way it feels when they vibrate these sounds, it should be offered as an option. Everyone is invited to experience tuning in in this way, no one is forced. Sometimes students need to listen to it a few times before they feel comfortable making the sounds. Ultimately you may experience it as a way of opening a different type of space for you and your students~ a space that is full of peaceful feelings, inner connection and inner knowing.

The Sunshine Song

The Sunshine Song is an Irish Blessing that is sung at the end of yoga class as a way to close the special space of our practice and to think about sharing our good feelings with others. The video will generally encourage students to think of someone they love, someone they miss, or someone who is having a hard time and send the words to them as a way to uplift them. This can often prompt students to want to talk about things that are weighing on their hearts, like the death of a family member or pet. It can stimulate a very rich sharing session if you ask after the class if people want to share who they dedicated their sunshine song to. This can also be used if anyone in the class is having a birthday, or if anyone in the class is having a hard time. The arm movements will make it a full body experience. One of the inner lessons of yoga is learning how to strengthen our practice of desiring good things for others.

Special Note about the meditation “Listen Within”

One of the things that we learn in this meditation is that our body's water balance has an effect on our emotional state. Everyone will be asked to drink a small glass of water (or the equivalent amount from a water bottle), before the meditation begins. Please plan to have that nearby as not to disrupt the session.

Short Hand Version

Once you've done the video a few times, feel free to pluck out a single activity to do with the students again. You will find it most helpful to use a breath exercise, a meditation or a physical movement from the session. From this video you might enjoy the long, slow, deep breathing, the “listen within meditation”, or doing tree pose.

Key Phrases

These key phrases can be written up, said out loud, or recited silently. The idea is to help us to remember how to stay grounded and aware. "I am supported and remember who I am. I am aware of what is happening inside and outside of me."

Super Power

Doing this yoga set helps us to feel that we are connected to supports that give us strength. It also helps us feel more masterful of our inner and outer life.

When to use it

This is a great set to use when students need to feel supported.

Any yoga session can be used to support, stress and emotional upset, fatigue, unfocused feelings, transition and to create a mindset of meditation.

How Long

This session takes 30 minutes. Try repeating it several times so that students get familiar with it and notice themselves improving.

Science Box (Why it works)

Participating in the balancing activities in this yoga set help children deepen their brain-body connection and build self-regulation skills as they work to control their physical and emotional responses to stay steady.

Session 3: I am Energized and Strong!

What it is

Yoga adventures lead kids from a starting point to an end point where some problem is solved, or question answered. Stories will have themes of greeting, recognizing, using courage to overcome obstacles, then celebrating. In an atmosphere of fun kids will get used to breathing and moving their bodies in yoga postures. In this particular story, we join a mouse who helps of wolf whose paw is stuck in a trap.

How to do it

You may want to start by sitting in a circle. Then brainstorm with the students about the qualities of being “energized” and “strong”. Can they define each word? Can they recognize it in others? How do those states feel? Can they recognize it in themselves? Maybe have them act it out.

Why are each of these qualities important? How do they help us?

Can they name something that is done at school to help support those qualities? Something that they do at home? In their culture?

You may choose to share the following definitions & ask the students what is their favorite.

Energized is a feeling of being awake and alive. I have the energy for the tasks that come my way. I sit and stand with good posture that shows my confidence. I’m in touch with my own power and can do what needs to be done.

Strength is something positive that grows in our body, mind and spirit. If we practice lifting heavy items, soon it will become easy for us. If we practice being kind to others, that will soon be easier too. If we practice standing for what we believe in and speaking our truth, that will get easier too. A strong person has courage and can withstand challenges. We can be strong and soft at the same time.

Before you play the video

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Yoga mats are a great way to give students a sense of their own space. Use cues like, “watch your personal space,” or “notice how close you are to your neighbor.” Little pillows or bolster can help make sitting on the floor more comfortable.

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Make sure students have a chance to use the bathroom and get some water before the session begins.

Play the Video

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Special Note about the meditation “Bumble Bee Breath”

Students enjoy making sounds. You may choose to stop the video and try out some additional sounds. They could try “Zzzzzz,” “Ohhhh,” “Shhhh,” “Lllll,” or “Sssss.”

Short Hand Version

Once you’ve done the video a few times, feel free to pluck out a single activity to do with the students again. You will find it most helpful to use a breath exercise, a meditation or a physical movement from the session. From this video you might enjoy doing the Lion’s Breath, The Sleeping Cobra/Waking Cobra, and the Bumble Bee Breath.

Key Phrases

These key phrases can be written up, said out loud, or recited silently. The idea is to help us to remember how to stay energized and strong. “I am energized and strong! I am powerful and can do what needs to be done.”

Super Power

Doing this yoga set helps us to feel our own power. Our strength and courage can withstand challenges. We can learn to be strong and soft at the same time.

When to use it

This is a great set to use when students feel sleepy, sluggish, or resistant to taking on challenges.

Any yoga session can be used to support, stress and emotional upset, fatigue, unfocused feelings, transition and to create a mindset of meditation.

How Long

30 minutes. Try repeating it several times so that students get familiar with it and notice themselves improving.

Science Box (Why it works)

Research suggest that children become more focused and responsive to their environment by participating in mindful listening activities. Engaging in physical challenges, the arts, and mindful practices that enhance learning and reduce stress activate both emotional response and executive function networks simultaneously.



K E N A I P E N I N S U L A

Our mission at Project GRAD Kenai Peninsula (PGKP) is to impact generational change by enhancing the educational experience of underserved Alaskan students. With respect for culture, we support students as they become empowered: lifelong learners who graduate from high school, prepared to smoothly transition, and realize their post-secondary goals.

PGKP is committed to equitable education for ALL students, regardless of their race, ethnicity, socioeconomic status, gender, sexual orientation, identity, and beliefs.

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