

A person with long dark hair, wearing a white t-shirt and dark leggings, is performing a yoga stretch on a red mat. They are in a forward-bending position with their hands clasped together on the floor. The background shows a window with a view of greenery outside. The image is split vertically down the middle.

RESOURCE GUIDE

# Yoga Sequences Grades 4-8

# Resource Guide

## Yoga Sequences for PGKP

### Grades 4-8

## 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 enter a quest for the calm jewel that saved the worried people.

### 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 leaving 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 graceful full body experience. One of the inner lessons of yoga is learning how to strengthen our practice of desiring good things for others.

### **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 "super cool breath with calm jewel," or doing hip circles.

### **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
- 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 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 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 by getting up to get it.

### **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 giant who helps the people conquer the angry dragon.

### 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.

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**

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### **Special Note about the meditation “Breath of Fire with Victory Arms”**

This breath takes a little while to get the hang of. Make sure to let students know that it shouldn't make them feel dizzy. If it does, they can stop and do long, slow deep breathing. The idea is to take equal amounts of air in and out of the body. The belly button works to pump the navel area to create a forceful sounding exhale. It's a little like watching a dog panting on a hot day, but instead we are using the nose.

**Short Hand Version (Everybody's got a job)**

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 Archer Pose, and the Breath of Fire with Victory Arms.

**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 the following:

- stress and emotional upset
- fatigue,
- unfocused feelings
- transition
- 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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