



### Session 3.3: Garden Yoga Level 6-8

In today's activity, you and your child will explore garden yoga poses. A video will be provided that walks you through a typical yoga session. You can use this video as a resource and watch it on your own to better lead your child through the session, or you can do the yoga with your child while following along with the instructor.

#### Suggested Materials:

- Technology to watch videos and/ or play meditation music
- Print out of garden yoga poses to reference
- Yoga Mat (Can use a comfy area, carpet or grass instead)
- Stuffed Animal or similar object to act as a "breathing buddy"

#### Activity:

1. Explain to your child that they will be exploring yoga today. Make sure they are wearing comfortable clothes for moving around. They may want to take their shoes and/or socks off for the activity.
- 2.
3. Tell your child that they are going to do some yoga poses. Go over the poster of the yoga poses first so that they are familiar with them. Also, show your child how to do the breathing exercises by putting their breathing buddy (small stuffed animal) on their belly and moving it up and down as they breathe. Put on this video of our Garden Yoga session:  
<https://drive.google.com/a/fau.edu/file/d/1ktGM2JGFOHITobMddC41a0c3Gv0lidfG/view?usp=drivesdk> Together, do each of the 5 yoga poses. Practice three deep breaths in each pose before moving onto the next pose. If your child is not taking deep breaths, try taking them together and saying "breathe in and breathe out" each time.
  - a. Tree - Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side. Ask your child if one leg was easier to balance on?



### Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.

- b. Child's Pose/ Seed - Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.

### Pretend to be a seed



Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.

- c. Flower - Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom. Ask your child what type of flower they are.



### Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.

- d. Butterfly/ Cobbler's Pose - Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly. Ask your child what color butterfly they are.



### Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.

- e. Frog/ Squat Pose - Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. After taking your 5 breaths, you can both jump like a frog.



### Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.

- Optional: Have your child come up with some original yoga poses. Encourage creativity. An example of one could be a bird or other animal pose inspired by everyday life.
- End the yoga session with a few minutes of meditation and reflection. Play any relaxing music or nature sounds. <https://www.youtube.com/watch?v=WUXEeAXywCY>
- Your child can spend the meditation period any way they would like, as long as they are silent. They can practice more poses or spend time holding their stuffed animal. Show them that they can lay down with their stuffed animal on their stomach and watch it rise and fall with their breaths. This is their new "breathing buddy."