

Activity Title: 4-H Yoga

Description: Participants will do an easy yoga mini-session with a positive youth theme.

Purpose: To help participants practice relaxing their minds and stretching their bodies.

Time: 10-15 minutes

Age/Grade level: Kindergarten and up

Suggestions: Have at least two people demonstrate.

Materials: Just this lesson plan.

Expand on this: If your club enjoys yoga, the University of Arkansas Cooperative Extension Service has yoga pose instructions and photos that go with the 4-H pledge.

https://www.uaex.edu/health-living/health/healthy-living-for-youth/FCS824_Yoga%20for%20Kids%20-%204-H%20Pledge%20Pose%20Instructions.pdf

***www.cosmickids.com is another great resource to recommend to families that enjoy yoga for kids!

What to Do:

1. How many of you have tried yoga? Yoga for kids is getting really popular and we're going to do a mini yoga session with you today!
2. Have the demonstrators introduce themselves to the group. Encourage the youth and adult participants to follow along with the demonstrators as they feel comfortable.
3. Have a demonstrator instruct everyone to spread out as much as they can. Then tell everyone to close their eyes and be quiet for a moment. Once it is quiet for a few seconds, begin. See the directions and pictures on the next page.

Reflection Questions:

1. How did you like doing yoga? Was it fun?
2. If you did yoga every day do you think you would get better?
3. Did you get frustrated at all? What can we do when we get frustrated?
4. How did it feel to try something new?

Compiled by: Amy Mangan-Fischer, Washington County 4-H Youth Development Interim
Managing Big Emotions Through Movement: Yoga for Kids
Giselle Shardlow is the author of *Kids Yoga Stories*.
Childhood 101 Website
<https://childhood101.com/yoga-for-kids/>

Say together: I am strong.

Do: Pretend to be a surfer.

To do Warrior 2 Pose: From standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up in parallel to the ground, bend your front knee, and look forward. Pretend to be a surfer and use your strength to catch tricky waves.



Say together: I am kind.

Do: Pretend to be a tree.

To do Tree Pose: Stand on one leg, bend your knee, place the sole of your foot on the opposite inner thigh, and balance. Sway like a tree. Think of trees being kind by offering shade.



Say together: I am brave.

Do: Pretend to be a skier.

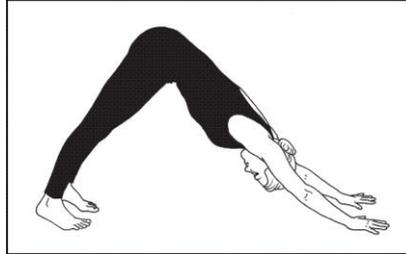
To do Chair Pose: Stand tall with your feet hip-width apart, bend your knees, and keep a straight spine. Hold your hands out in front of you, pretending to grasp ski poles as you fly down a ski run like a brave and fearless skier.



Say together: I am friendly.

Do: Pretend to be a dog.

Bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape with your buttocks high in the air. Straighten your legs, relax your head and neck, and look down between your legs. Think of being an eager and friendly dog.



Say together: I am wise.

Do: Pretend to be an owl.

To do Hero Pose: Drop your knees to the ground and come down to rest upright on your heels. Then pretend to be a wise owl perched on a tree. Twist your upper body one way and then the other.



CALM DOWN YOGA FOR KIDS

	I am strong. Use your strength to catch tricky waves.	
	I am kind. Stretch high and spread kindness all around.	
	I am brave. Be brave and fearless as you fly down the ski run.	
	I am friendly. Stretch like a dog wagging its tail.	
	I am wise. Be a wise owl perched on a tree branch.	

Childhood 101 & Kids Yoga Stories