



## Wake up to yoga-Feeling good-mindfulness

EYFS Area: **Personal, Social & Emotional Development**

Learning Goal: **Self-confidence and Self-awareness**

Good Morning

**Explore fun stretches to make you feel good and full of energy for the day.**

1. Listen to Good Morning Yoga on YouTube and memorise the 12 yoga poses in order.
2. Demonstrate each of the 12 poses to your child and ask them to copy you. Encourage them to take a nice deep breath in and out on each pose.
3. *Time for reflection:* Ask your child "Why do you think it is good to start your day with moving your body?"

## Level 2

Rise and Shine

1. Give each of the 12 poses a name.
2. Call out some poses at random to see which ones your child can remember from memory.
3. *Time for reflection:* How do you feel doing the stretches? Which stretch did you like the best and why?

## Level 3

Take it further

Create your own 1-minute yoga routines using any of the 12 poses in any order you like. Show your new routines to each other afterwards!