

### Lesson 6 of 6

# Yoga

#### EQUIPMENT

music (“A Charlie Brown Christmas” by Vince Guaraldi; Pachelbel’s “Canon in D”) » music player » mats (one per student and teacher) » hands-free microphone (optional)

## Warm It Up

### SANTA’S TOYSHOP

There are times in the school year when it is especially important for students to slow down and stretch; Christmas is one of those times. The following lesson is like a story. Instruct students to remove their socks and shoes (no sock feet) and place them in a designated area. Provide each student with a mat and ask them to place it in a personal space in the activity area. Provide ample time for students to play and imagine each Christmas yoga pose. **Elves at Work** » Students imagine they are elves busy in Santa’s workshop, building toys, skipping around the activity area, giving each other high fives. The elves are reaching up high, down low, and side to side to get supplies and put finished toys away. **Toy Check** » Half the students are toys, hanging forward limply like a rag doll, and the other half are elves running around to clean and fix the toys. Switch roles.

#### ABCD’s of Physical Education



#### RELATED RESOURCES

- YogaKids: Educating the Whole Child Through Yoga (LRC# 633356), M. Wenig, 2006, [www.lrc.education.gov.ab.ca](http://www.lrc.education.gov.ab.ca)



#### Safety First!

See Safety Guidelines page 143.



#### Do it Daily...For Life!

Effort	D(K-1)-1
Safety	
Goal Setting/ Personal Challenge	
Active Living in Community	

#### Clues that students are achieving the outcome...

“Students will show a willingness to participate regularly in short periods of activity with frequent rest intervals” *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can participate in all Christmas yoga activities



## Whoop It Up

### REINDEER FLIGHT

Play “A Charlie Brown Christmas” and get started!

**Santa Gets Ready** » Students imagine they are

Santa. Remember he is a rather large fellow. Santa enters the workshop to get ready for his trip. He needs to get into layers of warm clothing. Stretch into the clothes making sure they fit properly. Oops! Santa forgot to put on his pants! Take everything off and put it back on, including the giant pants with suspenders. Wiggle around. Is everything on? It’s time to get ready for the **Reindeer**

**Flight** » Students move to sit in one long line in a straddle position with legs spread apart.

Students are now the reindeer, harnessed together. Fly through the night to deliver toys to all the children. Lean back to fly over the moon and any airplanes in the sky, and lean from side to side to turn; some turns are fast and some are slow. Lean forward to dive toward a rooftop. **Reindeer**

**Landing** » Finally, Santa’s sleigh stops at a house. Santa goes down the chimney while the reindeer wait patiently on the roof. Phew, your muscles tired from flying all this way. Get onto *All Fours*. Arch back to the sky, loosen neck and drop head down. Don’t forget to breathe. Then push chest forward and look up while belly dips down and seat sticks up. Slowly move back and forth from arched to head up position. **Chimney (Chair)** » It’s time to be Santa. Stand up tall, reach arms high above head and jump into that chimney, feet first of course. With arms raised above head, sit back and pretend to be sitting against the wall of the chimney. Shimmy your way down to the fireplace. Tight fit! Time to stretch. Stand tall like a Tree: Lift right foot and place it against your left leg anywhere between the ankle and thigh. Some may choose to have both feet touching the floor. Bring hands together in prayer position at chest level. Slowly raise arms over your head while maintaining balance. Then stretch arms out to the sides, spreading out fingers. Try and balance for 3 long breaths. Repeat on the opposite side, placing left foot against the right leg.



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See Safety Guidelines page 143.



## Wrap It Up

### SLEEPY TIME

Play “Canon in D” and ask students to take on the role of **Children Waiting (Savasana)** » The night is finally here. You lie in bed waiting. Toss and turn and roll around in bed until finally you relax onto your back. Close your eyes and sink into your bed. Take deep breaths and fall into the best sleep you have ever had. Allow time for students to relax and listen to the music.