

## Shaping Healthy Minds Online Online Yoga & Mindfulness Units of Work

### Year Reception Unit – Video Content Summaries

To follow are summaries of all the videos that you currently have access to. These will help you to remember what happens in each video. If you have experience of Yoga and would like to teach the activity without using the videos, then you can also use these as your guide.

#### **A note on printing:**

Each lesson starts on a separate page so that you can easily print the summaries for the lessons that you want. Otherwise you can print them for the whole unit, or the lessons that you have access to as part of your free trial (2 lessons).



## Lesson 1 (YR-L1) Video Content Summaries

### Activity 1

#### YR-L1-1 Neat and Tidy

*The children are invited to sit cross legged. We demonstrate how to join their 'pointy' finger and thumb together to make a circle and place them over their eyes like binoculars. The children are asked to take a look at all the friends that have come to join them today to practice Yoga! The children are shown how to stretch their binoculars up to the sky making their bodies as long as they can without their bottoms leaving the ground and then invited to rest their binoculars onto their knees. We show them our bell and ask the children to make themselves really messy by shaking their hands, their feet and their whole bodies. We then chime the bell after each movement to signal to return to Neat and Tidy Pose.*

### Activity 3

#### YR-L1-3 Star Story

*Once upon a time, there was a great **big star**. He stood proudly in the sky, watching everyone on the earth below playing together and having fun. He really wanted to visit this interesting place but did not know how to. His star friend saw how sad he was so he showed him how to become a rock so that he could **float gently** and safely onto Earth! When he arrived, he met a little girl playing with **a stick**. The little girl was **throwing the stick up into the air** and catching it again, what fun thought the star, so he joined in! The star **threw the stick so high that** it landed in a nearby river and floated away. The little girl quickly ran after the stick down the riverbank and was gone. The star then met a little boy who was climbing **a gigantic tree**! The star climbed with him, but he was so heavy that the branches on the tree snapped in two! The star **looked up** and thought how he missed being in the big, beautiful sky. He really wanted to go home now. Then, he saw a tall **mountain** ahead and thought that if he were to climb to the top of the mountain, he might be able to reach the sky. When he got to the top, **he looked up** again, and **stretched his whole body** as high as he could then took a **big jump**, then **another big jump** and another. Until eventually, he landed back in the sky again, as a brightly **shining star**! He loved visiting planet Earth, but he also loved the big, beautiful sky and being able to see all the amazing things happening down below.*

### Activity 4

#### YR-L1-4 Introducing a Sun Salutation

*The children are invited to stand up. Using their hands as their guides, they are going to move into some basic shapes, in Yoga we call these poses. The children will need to copy the demonstrations on the video and call out the same words as the Instructor, AFTER them. We guide the children through a simple routine where their hands take the lead, flowing through the poses together. The flow ends with a sequence to include, Mountain Pose, Hands and Reach for the Sky.*

### Activity 5

#### YR-L1-5 Our Special Friend

[See audio scripts.](#)

## **Activity 6**

### **YR-L1-6 Namaste goodbye**

*Children are invited to move into Neat and Tidy pose and place their palms together, next to their chest. We sing a song and move through some simple actions for them to copy. Children are invited to join in with the actions and song when they can. We end with saying our special word; 'Namaste.'*

For any queries or support please don't hesitate to contact us on [info@kidsloveyoga.org.uk](mailto:info@kidsloveyoga.org.uk)

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## Lesson 2 (YR-L2) Video Content Summaries

### Activity 1

#### YR-L2-1 Walking Through the Jungle

*We play a fun song for the children to move and sing along to. They visit the jungle during the song and see some familiar jungle animals, including a giraffe, elephant, frog, snake and crocodile. The song is covered two times to allow the children to become familiar with the words and actions and they are invited to sing along and copy the animal poses as they arrive in the song.*

### Activity 2

#### YR-L2-2 Building on the Sun Salutation

*Here we introduce the next poses in the Sun Salutation and re cap on the ones learned previously including strong as a mountain, hands, reach for the sky, reach for the ground, tickle the ground, massive arms, (back to) hands.*

### Activity 4

#### YR-L2-4 Jungle Animal Poses

*We guide the children in a fun way through the main jungle animal poses from the song earlier. These include, Giraffe, Elephant, Frog, Snake and Crocodile Pose. We encourage the children to include sound effects for the poses and gently offer them some simple instructions for coming into each of the poses.*

### Activity 5

#### YR-L2-5 Our Special Friend

[See audio scripts.](#)

### Activity 6

#### YR-L2-6 Namaste Goodbye

*Children are invited to move into Neat and Tidy pose and place their palms together, next to their chest. We sing a song and move through some simple actions for them to copy. Children are invited to join in with the actions and song when they can. We end with saying our special word; 'Namaste.'*

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