

Yoga and relaxation

Topic

Yoga poses and guided relaxation

Learning outcomes

- Recognise some basic yoga asanas (positions)
- Review vocabulary for body parts and actions
- Practise using imperatives
- Develop listening and speaking skills
- Use creative thinking

Age group and level

Aged 9–12 years
CEFR level A2+

Time

105-120 minutes. This could be done over two lessons

Materials

- the instructions sheet for the teacher
- Presentation - if you have access to a projector
- Worksheet - 1per learner
- a copy of the Tree pose picture per pair/three for half the class
- a copy of the Warrior pose picture per pair/three for the other half of the class
- coloured pens/pencils and paper
- YouTube video for the Tree pose <https://www.youtube.com/watch?v=SfLrMwcxw1g> (optional)
- YouTube video for the Warrior pose <https://www.youtube.com/watch?v=mOYTNOzK2ml> (optional)

Introduction

Learners should have some basic body parts vocabulary that they can review and build on. This lesson plan helps raise awareness of yoga and relaxation, which can benefit the physical and mental well-being of children as well as adults.

In the first part of the lesson, learners do a basic yoga pose and a warm-up. They then learn and practise language for giving instructions for yoga poses. Next, they create their own instructions for a yoga pose, which they give to a partner to follow. After the yoga poses, learners experience a guided

relaxation. They then draw a picture to illustrate the 'story' they heard during the relaxation, or they can draw a picture of a different scene that they find relaxing. Finally, they describe their picture to a classmate.

Procedure

Lesson one (50 minutes)

Before the lesson

- Check with your learners' parents/carers and/or your school to make sure that it's OK to do a lesson that includes some physical activity and whether there are any learners who are unable to do the poses/warm-up for any reason.
- If anyone is unable to do the poses/warm-up due to mobility issues, you could include some adapted yoga poses/stretches to do instead. Websites such as <https://www.wheelpower.org.uk/resources/adaptiveyoga> can provide you with some ideas.
- Arrange the classroom so there is space for the children to do the yoga moves. You will need a comfortable place where learners can sit on the floor.

1. Introducing the topic (10 minutes)

- Tell the learners that you're going to show them an activity. Can they tell you what it is? Sit in Easy pose (this is also called Sukhasana or cross-legged pose – see instructions sheet).
- Elicit or tell learners it's 'yoga'
- Have a brief discussion. You can display **slide 2**.
 1. Which country does yoga come from originally? [India]
 2. What do we do when we do yoga? [relax our body and mind, stretch, do poses, etc.]
 3. Have you ever tried yoga? [If they have, did they like it?]
- Do the learners know the names of any poses, or can they guess? You could explain that many poses are named after animals or things from nature.

	<p>Display slide 3 and ask learners to guess the names of the asanas from looking at the picture clues.</p> <ol style="list-style-type: none"> 1. Cobra pose 2. Happy baby or child's pose 3. Crocodile 4. Bridge 5. Fish pose 6. Mountain pose 7. Flamingo pose <p>For reference, Wikipedia has a list of poses (or <i>asanas</i>):</p> <p>https://en.wikipedia.org/wiki/List_of_asanas</p>
<p>2. Listening skills (10 minutes)</p>	<ul style="list-style-type: none"> • Tell the learners they're now going to do the Easy pose that you showed them at the start. Before you begin, tell them that the pose is not always easy! But with practice it can become comfortable. You can display slide 4. • Do the Easy pose with your learners. They listen and copy you as you give them step-by-step instructions, referring to the instructions sheet if necessary.
<p>3. Language for body parts and actions (15 minutes)</p>	<ul style="list-style-type: none"> • Tell the learners that they're going to warm up before learning some more poses. • Use the warm-up instructions on the instructions sheet, as they contain the language that the learners will need in the next stage for doing the Tree and Warrior poses. Learners listen to your instructions and copy you as you do the actions. You can display slide 5. • Do the warm-up a second time, but this time the learners should repeat the instructions after you, in order to practise pronunciation of the language. • Then give the learners the worksheet. Show them how to use the table. Going from left to right, they can create a sentence using words from each column. Read an example, pointing to the words. Then ask them to do the action. For example: <ul style="list-style-type: none"> • Bend your knees.

	<ul style="list-style-type: none"> • Straighten your left arm above your head. • Put your right foot behind you. • Stretch your arms up. <p>• Ask one of the learners to make a sentence. The other learners do the action. Repeat a few more times with different learners, until you are sure that the learners understand how to create the sentences and that they understand all the vocabulary.</p>
4. Writing practise (15 minutes)	<ul style="list-style-type: none"> • Ask learners to get their notebooks and pens ready. • Display slide 6 and elicit one or two sentences from the whole class. Learners copy the sentences into their notebooks. • Put learners into pairs and ask them to write 5 more sentences. Monitor and support as needed. Look for any common errors. • Nominate a few learners to give you sentences and highlight any common errors you noticed when monitoring and drill any pronunciation as needed. <p>Note: This stage gives learners more practise of the language before they move onto the next stage. This could be the end of lesson one if you use this plan over two lessons.</p>
<p>Lesson two (55-70 minutes)</p>	
Review (5 -10 minutes) OPTIONAL	<ul style="list-style-type: none"> • Elicit a few yoga commands from learners that they learnt in the previous lesson. Tell them they can refer to their notebooks if needed. Or briefly display slide 6 again and nominate a few learners to make sentences
5. Speaking and listening skills (30 minutes)	<ul style="list-style-type: none"> • Tell the learners that they are now going to learn another yoga pose and they are then going to teach it to a partner. • Divide the class into two groups – Trees and Warriors. Check they understand the meanings of the two words.

- Within both groups, put the learners into pairs. Give each learner the **Worksheet**.
 - Give each pair the picture of their pose, Tree or Warrior. Should you wish, you could also use videos such as those below. Alternatively, you could watch the videos before the class for your own reference, in order to help the learners learn the poses. (You can see the four steps of the pose at 0:15 of each video.)
 - Tree pose: <https://www.youtube.com/watch?v=SfLrMwctxw1g>
 - Warrior pose: <https://www.youtube.com/watch?v=mOYTNOzK2ml>
 - Instruct each learner to copy the name of their pose onto their worksheet.
 - In their pairs/threes, using the picture of the pose and the table on the worksheet, the learners decide what instructions you need to get into and then out of that pose. They can make notes on the worksheet. When they have decided, they should practise the instructions on each other to see if they work. Monitor and help the learners as needed.
 - Once they have had enough time to feel comfortable with the pose, put the learners into new pairs, with at a Tree and a Warrior in each.
 - Tell learners they are going to take turns at being a yoga teacher. Demonstrate with one strong learner giving you instructions while show you are listening carefully and following their instructions.
 - One learner in each pair gives instructions and can demonstrates each movement if needed. The other follows the instructions and copies the pose.
- Note:** allowing the learner taking the yoga teacher role the option to describe and display the movement can be a way to include learners who need additional support).
- Get some class feedback. Which pose was easier or harder? Which was more fun?

6. Listening skills (10 minutes)	<ul style="list-style-type: none"> • Explain to your learners that at the end of a yoga session, people often practise relaxation. Tell them that you are going to tell them a little story that will help them relax and feel good. • Before you start, draw a quick picture of a rainbow and clouds on the board and elicit the words sky, cloud and rainbow. • Tell them to close their eyes. They should imagine the story with their eyes closed. • While listening, learners can either lie on the floor, sit in Easy pose or sit on a chair. Read the text for the relaxation from the instructions sheet, using a slow and gentle voice.
7. Creative skills (10–15 minutes)	<ul style="list-style-type: none"> • Ask the learners to draw a picture that illustrates the story they have just heard, or to illustrate another relaxing scene that they can imagine. • Once they have finished, they can ask a partner to close their eyes and imagine the picture while they describe it. Remind them to use a slow, gentle voice. • To extend the activity, ask the learners to write a description of their picture.
8. Setting homework (5 minutes)	<ul style="list-style-type: none"> • For homework, learners could find another yoga pose to learn. They could look online or, if they know someone (e.g. in their family) who does yoga, they can ask them. They show and describe their pose in the next class. • Learners could watch the yoga story and show you an asana they learnt in the following lesson. • Learners could describe their story if there wasn't time for this during the lesson.
Further ideas and resources	<ul style="list-style-type: none"> • UN International Day of Yoga (21 June): https://www.un.org/en/observances/yoga-day • Yoga poses for kids: http://unicefkidpower.org/yoga-poses-for-kids/ • Yoga pose videos: https://www.youtube.com/playlist?list=PLWUvWgxGsU5UyYbI5V8DTLidku5Bgx71d

- Primary school yoga resources:
<https://www.ghll.org.uk/mental-health/yoga---emotional-health-and-wellbeing/yoga-resources-/yoga-resources-for-primary-schools/>
- yoga story: <https://www.youtube.com/watch?v=LhYtcadR9nw>
- animal poses to share with children: <https://kidsyogafun.com/66-easy-animal-yoga-poses-for-kids/>
- Adaptive yoga:
<https://www.wheelpower.org.uk/resources/adaptiveyoga>

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