

## Namaste Alaska

**Developed by:**

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**Discipline / Subject:**

Health and Physical Fitness

**Topic:**

Mindfulness

Yoga

**Grade Level:**

All grades

**Lesson Summary:**

Students will learn and practice a variety of yoga moves that can be used to relax, clear your mind, calm you when you are feeling frustrated, decrease stress, build core strength and flexibility.

**Standards Addressed: (Local, State, or National)**

**Connecticut Healthy and Balanced Living Curriculum Framework**

1. P(prekindergarten).3.6. Identify ways to self-regulate stress (e.g. take a break from playing hard, quiet time)
2. E(elementary).3.6. Identify and practice skills to manage stress
3. M(Middle).3.6. Apply skills to manage stress
4. H(High).3.6. Evaluate and apply appropriate stress management strategies
5. Content Standard 9: Motor Skill Performance across all grade level

**Learning Objectives:**

1. Students will learn how yoga can be used to relax, clear your mind, calm you when you are feeling frustrated, decrease stress, build core strength and flexibility.
2. Students will tell stories through movement.

**Assessment:**

Participation

**Procedural Activities**

1. Gather the students in an open space in the classroom/gym. Students should spread themselves out as to not be in arm's length of another student. This is for safety as the students change moves.
2. Review/ Introduce how yoga can be used to relax, clear your mind, calm you when you are feeling frustrated, decrease stress, build core strength and flexibility. (This will vary of the age group you are working with.)
3. Begin with the students sitting crisscross on the floor and begin the story. As you tell the story, move into and hold the different yoga poses, the students should follow. Be creative, storytelling can be lots of fun. The following is just a sample:

“Today, I am a musher preparing my team for the Iditarod. We are taking a training run through the Alaskan wilderness. I am so excited to see what this adventure brings. (Sitting in Hero Pose) I wake and get out of my bed, stretch my arms up high and bring them down in front (Extended Child's Pose) to warm up my body. It is a beautiful fall day outside, and I decided to take my sled dog team out for a training run. I head out to the dog yard and notice the dogs waking as well (Downward Dog Pose, hold for 3-5 seconds, then upward dog pose for 3-5 seconds). As I reach my garage, I notice that I put my sled on one of the

highest hooks on the wall. I reach to grab my sled from the wall (Upward Salute then bring the arms down between your legs) Walking over to my supplies I know I need to pack a lot to keep warm and safe while out on the trail. (Wide Angle Seated Pose) I grab my mittens and place them in the sled (Wide Angle Side Stretch to the left then pretend to place them in between your legs) I grab my hat and place it in the sled (Wide Angle Side Stretch to the left then pretended to place them in between your legs/sled) and of course I am going to bring extra booties for my dogs (Wide Angle Stretch to the center). Now that my supplies are packed, I need to put on my boots. (Windmill Pose on the left and right)

(Standing straight) I can now start my trek. Very carefully I climb onto the runners of the sled (pretend to step on the sled), and I call out to my team "Mush on" Before I know it we are zooming through the woods (Warrior 2 Pose), but I have to remember to hold on. We are moving so fast it feels like we are sledding down a large hill (Sled Pose) I look to my left, and I notice Mt. Denali in the distance (Mountain Pose) It is so clear out today that I can see to the top! Not many people see Mt. Denali so clearly. Mt Denali is so tall there aren't even trees at the top (Tree Pose, hold). As we continue down the trail, I see a moose in the distance (Raccoon Pose). The moose is slowly walking I look back to see where it is headed (seated twist pose to the left then to the right) I notice that it is reaching for some leaves (Balancing Table Pose). Let's continue down the trail. Up ahead, I see a small wooden bridge (Bridge Pose). After the bridge I stop to change the booties on my dogs (seated forward bend) I reach forward and pull the booties out the sled and put them on my dogs paws (repeat 3-4 times) Hoping to see more wildlife I turn my sled to the left "Haw I call to my lead dog (Triangle Pose to the left) no luck to the left "Gee "I call out (Triangle Pose to the right) Wow to the right I noticed a bear (Bear Pose) and her cub (Bear Cub Pose). I slow down the sled to get a longer, certainly not closer, look (Raccoon Pose). As I continue, I notice an airplane up in the sky (Airplane Pose) I wonder if it is the Iditarod Airforce? Back on the sled, I notice that the sun is setting and the moon is coming out (half-moon pose) I am ready for my return trip home. What a fantastic run today. As I return home I unhook all the dogs and bring them back to their houses (Wide Angle Stretch Pose reach to the left, right and the middle) I slowly lift my sled back onto the shelf (Upward Salute Pose) and return to my house. Sitting (Hero Pose) I take two big deep breaths bringing my arms above my head and relax for the evening. (Resting Pose)

4. Once the students are in resting pose, have them stay for a few seconds then slowly come back to a sitting position.

**Materials Students Need:**

Students will need:

1. Floor space
2. Yoga move visuals

**Technology Utilized to Enhance Learning:**

PowerPoint of yoga move cards.

**Other Information:****Modifications for Special Learners/ Enrichment Opportunities:**

Modifications:

1. Pre-teach yoga moves
2. Posted visual cards and descriptions of the yoga moves.

Enrichment:

1. Student can create their own yoga stories to share during a morning/class meeting.