

After Break Yoga



After Break Yoga

Preparation and Safety

Age	5-7
National Curriculum	Develop balance, agility and co-ordination.
Time	Can be adapted to any setting or time frame.
Preparation	Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion.
Safety	Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs.

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After Break Yoga

Script

Find a space and stand in mountain pose and begin steady breathing please. Slow, steady breathing. Close your eyes and focus on your breath flowing in and out (now read the instructions 1-4 on the Mountain Pose Card).

Keep focussing on your breathing and slowly move down onto your hands and knees. Steady breathing all the time, try not to hold your breath (now read instructions 1-4 on card Cat/Cow Pose card).

Slowly move down onto your stomach. Keep breathing steadily (now read instructions 2 to 5 on card Cobra Pose card).

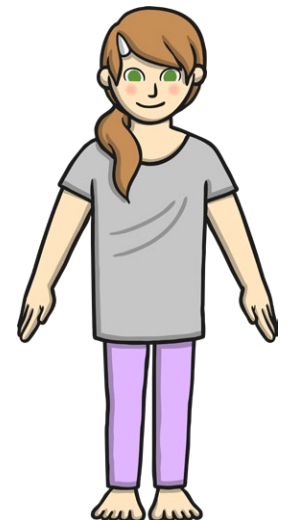
Keep breathing slowly and deeply (now read instructions 1-5 on Child Pose card). Hold for as long as needed.

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After Break Yoga

Mountain Pose Tadasana

Benefits	Improves posture, strengthens core, muscles and legs.
1	Stand tall with your weight balanced evenly on your feet.
2	Firm your thigh muscles and pull in your tummy.
3	Press your shoulders back and hang your arms beside your torso.
4	Breathe deeply and hold as long as needed (at least two long breaths).

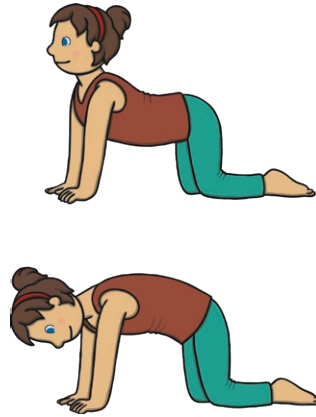


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Cat/Cow Pose Marjaryasana Bitilasana

Benefits	Stretches torso and neck, gently massages spine and internal organs.
1	Start by kneeling on hands and knees. Make sure hands are below shoulders, and knees are below hips.
2	Inhale, look up to the ceiling, and allow your belly to sink toward the floor.
3	Exhale, round your back towards the ceiling, and look at your belly.
4	Repeat.

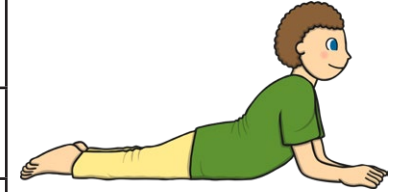


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Cobra Pose Salabhasana

Benefits	Strengthens spine and backs of arms and legs; stretches shoulders, chest, and belly; improves posture; helps relieve stress.
1	Begin by lying on your tummy.
2	Exhale, and lift your head and upper torso off the floor.
3	Gaze forward or slightly upward.
4	Hold this position, then release.



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Childs Pose Balasana

Benefits	Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.
1	Kneel on the floor, touching your big toes together.
2	Sit back on your heels, and separate your knees hip-width apart.
3	Exhale, bringing your head down, and rest it on the floor in front of you.
4	Place your hands wherever they are comfortable.
5	Relax and breathe, holding this pose.



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