

SUPER TROOPERS

with



Yoga Exercises

Yoga breathing and poses can improve children's general wellbeing, helping to keep them alert and ready to concentrate. As the school year begins and pupils begin to readjust to the routine of school after the summer holidays, here's some yoga exercises for them to try.

Junior Infants to Second Class pupils - Try these yoga activities three times.

Third Class to Sixth Class pupils - Try these yoga activities five times.

Breathing

Yoga breathing (pranayama) is a very important part of yoga practice. Pupils can use yoga breathing to help calm the mind. Ask your pupils to try this Bumblebee breath in a comfortable space.

Bumblebee Breath

- › Sit in a comfortable position and place your hands in your lap.
- › Closing your eyes, breathe in through your nose and breathe out through your mouth, making an 'mmmm' sound and keeping your lips together.
- › Make sure your face and lips are soft and relaxed so that you can feel the vibration.



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Yoga Poses

Yoga can help pupils to gain a range of movement skills, as well as helping to keep them relaxed and receptive throughout the day. Ask your pupils to try these two yoga sequences in a comfortable space.

Dog Sequence

- › Begin on all fours, with your body in an upside-down 'V' shape (Downward Facing Dog).
- › Taking a deep breath in, lift your right leg up to the sky.
- › As you breathe out, lower it down.
- › Swap sides, lifting your left leg up and breathing out as you lower it down.
- › Push your shoulders forward so they are above your wrists, lower your belly to the floor, look up and smile (Up Dog).



Garden Sequence

- › Gently roll back onto your back, give yourself a hug and lie very still, listening to your breathing (Rock).
- › Let your feet face up towards the sky and hold onto your ankles or your shins, smiling as you rock from side to side (Beetle).
- › Roll back up and let your knees open out either side.
- › Hold onto your feet and bop your knees up and down like butterfly wings (Butterfly).

Yoga Challenge!

Now try to create your own yoga sequence using the poses you learned in the Dog Sequence, Garden Sequence and in your Super Troopers Health Homework Journal.

