
YOGA AND MINDFULNESS DOSSIER



IMPORTANCE OF YOGA AND MINDFULNESS IN SCHOOL CENTERS

Why in School Centers?

We live in a society that due to the speed of our days, inactivity, ... a high rate of obesity, physical problems, and a lack of emotion management have been created. For this reason, this type of discipline with a specific program for these ages, teaches us to "live in the present", creating greater self-confidence, and helping school performance, as well as the fact that it teaches us to have a relationship between equals, enhancing respect and love.

School, after the family, is the most appropriate place to acquire a series of values and teachings that go beyond the curricular subjects. It is necessary, at the same time, to learn to know oneself.

Emotions, feelings, breathing, listening to the body and working on it, are all a source of wisdom that must be taught at an early age, to help us in the future, so that when we reach adulthood, we will not have so many physical problems, nor emotional.

It is necessary to grow inside and out, and this balance is what will allow us to feel safe and have good self-esteem.

This dossier is aimed at children from 3 years old. Perhaps one of the most striking characteristics of children at this age is their naturalness, their great capacity for wonder and positive response to the possibility of learning something new about the relaxation of body and mind.

In addition, these moments of serenity that they acquire with yoga practices will provide them with a feeling of warmth and security, which is very necessary for them.

They react positively to exercises, especially when they become habitual through a routine, which maximizes their learning and reinforces self-esteem.

During this age, neural connections are forming rapidly, and experiences of relaxation and concentration have a very positive effect on brain development.

MINDFULNESS ACTIVITY (3-7 years old)

1.- Concentration in present

A bell rings, the student stops 5"-10". Three deep breaths are performed and they return to their task.

2. Concentration in the present.

All students are waiting for a soo (a gong, a timbre, triangle, bell...), they must listen to the duration of the sound and raise their hand when they stop listening to it. Repeat 4-5 times.

3.- Nice thought.

They will think of two nice things, which they like to do, play... dip into two sheets. Stand, raise your arms, palms facing up and breathe. Take with each hand a drawing and walk slowly through the classroom focusing all the attention in the hands and thoughts that they bring. The teacher will repeat this phrase, "all my attention is in my hands and my pleasant thoughts".

4.- Caramel

A caramel is distributed to each pupil (different in shapes, color, flavors...). You must imagine that you have never seen a candy and the following instructions are given:

LOOK: Look and describe (color, shape, size...)

OPEN AND LISTEN: Open the wrapper by paying attention to its sound.

FLAVOR: Put in the mouth, without chewing and be aware of where the caramel is, where the flavor is felt, what the flavor is...

5.- Visual Perception

The student takes a toy in their hands, they look at it for a few seconds. They take 3–5 breaths and hide the toy behind their backs. Every pupil describes, without seeing it, their toy and then puts it in front of them to see what they might have forgotten.

6.- Audio Sensations

the students close their eyes and listen for 10 seconds. Now they turn their attention to these points: Far noise: on the street, in the courtyard... Nearby noises: next classroom, hallway... Class Noise – In class and Internal Noise - Within our body.

7.- Touch Perception

In pair, with arms and legs (from ankle to knee). One member of the couple passes a pen over the face, the arms, the legs... and the other is naming the body parts where the pen touches.

8.- Calm's bottle.

They build a “bottle of calm” with water, glycerin, soap and purpurine, then, they place it on the table and turn it around. They look at the bottle watching the purbug move. The teacher will then explain that the purpurine is like our emotions and thoughts. When we're nervous, we move like the bottle and our thoughts and emotions are very chaoting like the purpurin, when time goes by, we calm down and we can better understand our emotions and thoughts, like how we can see the pupurin.

9.- Puppets

Assembled on the floor, the students look at a puppet that the teacher has. Observing how the arms go up and down (pushing air and back and forth) and the student imitates. The puppet moves its arms slowly and smoothly. Then the student will explain how their arms feel: heavy, relaxed...

10.- “Sink into a cloud”

We imagine we're over a cloud, we then stretch the whole body trying to get as far as with we can our hands, feet and head) and exhale at the same time as you stop pulling, imagining us sinking into the cloud.

MINDFULNESS ACTIVITY (8-12 years old)

1. Concentration in the present.

All students are waiting for a soo (a gong, a timbre, triangre, bell...), they must listen to the duration of the sound and raise their hand when they stop listeningto it. Repeat 4-5 times.

2.- Take Awareness of movements.

Slow walking, raising the foot, low-speaking, and placing it back on the floor. They focus only on walking and how they walk repeat "point-talon" for 2'-3'.

3.- Caramel

A caramel is distributed to each pupil (different in shapes, color, flavors...). You must imagine that you have never seen a candy and the following instructions are given:

LOOK: Look and describe (color, shape, size...)

OPEN AND LISTEN: Open the wrapper by paying attention to it's sound.

FLAVOR: Putting in the mouth, without chewing and be aware of, where the caramel is, where the flavor is felt, what the flavor is...

4.- The Magic Lantern

Imagine that the eyes are lantern, and from each eye, a ray of light that focuses on objects in the classroom. The teacher instructs the students where to focus the light ray: Count objects or parts of objects. Find objects of a certain color, shape, that do certain things.

The students should be noting what color predominates in the classroom, what forms it takes...

5.- Breathing-Visualization

Put on the table a common object (a lamp, notebook...), asking the students to take 10 breaths while looking at the object. Ask them to close their eyes and imagine the object while taking 10 more breaths. It can be performed with digital images, a sheets, drawings, and finally as an academic task.

6.- Audio Sensations

The students close their eyes and listen for 10 seconds. Now they turn their attention to these points: Far noise: on the street, in the courtyard... Nearby noises: next classroom, hallway... Class Noise - In Class. Internal Noise - Within our body

7.- Sensory attention. BEE.

The students ears are covered, their eyes and mouth are closed, they inhale deep and breathe the sound "mmmmmm". Feel it in the throat, the mouth, the bones of the head. Keep the "brunzit" 5" and repeat 5 times. The students then tell the others what they heard and where.

8.- View. THE SCREEN

they imagine that the mind is a very faint green display (it may be any color, a color palette of a different intensity can be provided at first depending on the color chosen). Imagine that with every deep breath, the intensity of the green color increases to an intense and bright green. Performing 5-8 breaths.

9.- Calm's bottle.

They build a "bottle of calm" with water, glycerin, soap and purpurine. then they place it on the table and turn it around. they look at the bottle watching the purbug move. The

teacher will then explain that purpurine is like our emotions and thoughts. When we're nervous, we move like the bottle and our thoughts and emotions are very chaotic like purpurin, when time goes by, we calm down and we can better understand our emotions and thoughts, like we can see with the pupurin.

10.- My hand.

They pay attention for 30'-60" to their hand. The teacher, give instructions: Count your fingers, look at each one, the shape, length... Look at the unfles, their shape think of sensations when they touch (a table, a pillow, sand...)

11.- My nose

Look at my nose. Inhaling three times deeply. The teacher, explains as they continue to breathe that the air is the coldest through the nose and exits warmer by the mouth. Perform this in 5 more breaths paying attention to air temperature when entering and leaving the body.

1

This is the story of a group of butterfly friends who go out one day (**BUTTERFLY**). They are flying and find a garden full of yellow flowers and they like them so much that they start to fly around them (**ROTATING BUTTERFLY**). When they look at the sky they see the sun that greets them with its rays and the butterflies, happy for its warmth, return the greeting by moving their wings (**BUTTERFLY**).

Suddenly, they come across a very high mountain that reaches almost to the sky (**MOUNTAIN**). On it, there are many green, long and still trees (**TREE**) that happily smile at the butterflies.

The butterflies keep flying (**BUTTERFLY**) and reach the sea, where they find a sailor rowing his boat. He comes to a bridge (**BRIDGE**) and as he is too tall. He has to stoop to avoid crashing (**CHATURANGA**).

At the end of the day the butterflies are very tired and decided to rest (**SAVASANA**).

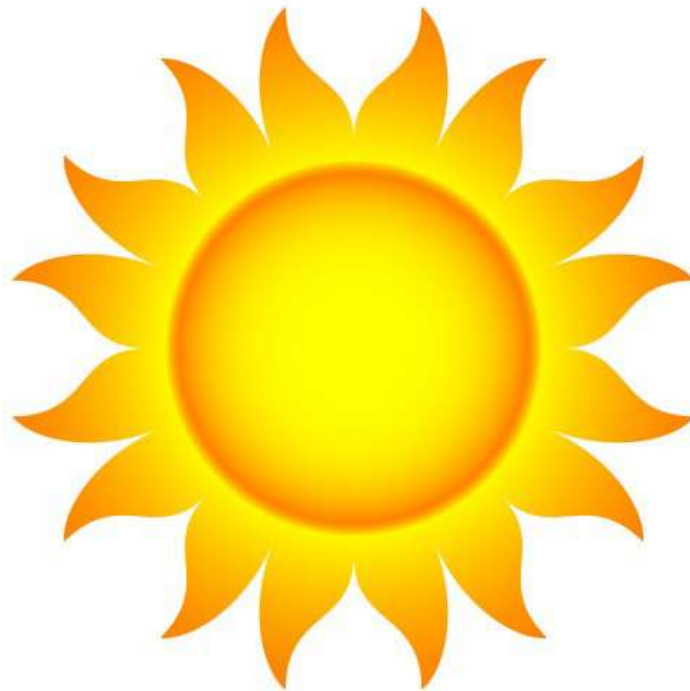


2

Once upon a time there were some boys and girls who were sitting in a park having a picnic when suddenly the sun spoke to them and asked them:

- Do you want to learn how to rise like me? Stand up, take a breath and raise your arms up (**MOUNTAIN**). Say all together: hello sun !. Now we are going to salute the earth. Expel air while you bend forward, touch the ground with your hands (**HALF FOLD**) and say very loud: Hello earth!.

Perfect! Now take a breath and without moving your hands from the ground and bring one leg back. Now bring the other foot back and lift your hips up as far as you can (**DOG**). Now lower your whole body and stay lying down and taking in air, then lift your head and body (**COBRA**), release the air making the sound of the cobra. Now we can return to the dog position and taking a breath we move one leg forward, now bring the other foot forward and gradually raise the whole body.



3

Imagine you were walking through the forest and you realized that you are lost. You are getting very nervous when suddenly a cat appears and says:

- Hey guys, you got lost? Don't worry, I can help you relax. I'm going to teach you my posture, put your hands and knees on the floor, take a breath and when you release it round your back up (**CAT**), you can repeat this 5 times.

A little calmer, we continue walking and we come a dog across, he says:

- It seems that you are lost, I am going to show you my position and you get home safely. Get on your knees and breathe deeply, when we inhale we raise our legs and hips up looking at our feet (**DOG**). You can repeat this 5 times.

A little closer to home we meet a cobra who tells:

- You're almost home, I'm going to show you my posture to be as flexible as I am. Lie on your belly with your forehead on the ground, put your hands to your sides and taking a breath, lift your head and chest up (**COBRA**). Release the air making the sound of the cobra. You can repeat this 5 times.

Look guys, your house is over there. That's great! We have already found it thanks to being so calm and relaxed.



COW



Place your hands and knees on the mat, look straight ahead and bend your back down.

ROW



Sit on the mat with your legs and arms stretched forward and stare straight ahead.

WARRIOR II



Stand on top of the mat with one leg bent forward and the other extended back, face forward and raise both arms extended forward.

LOCUST



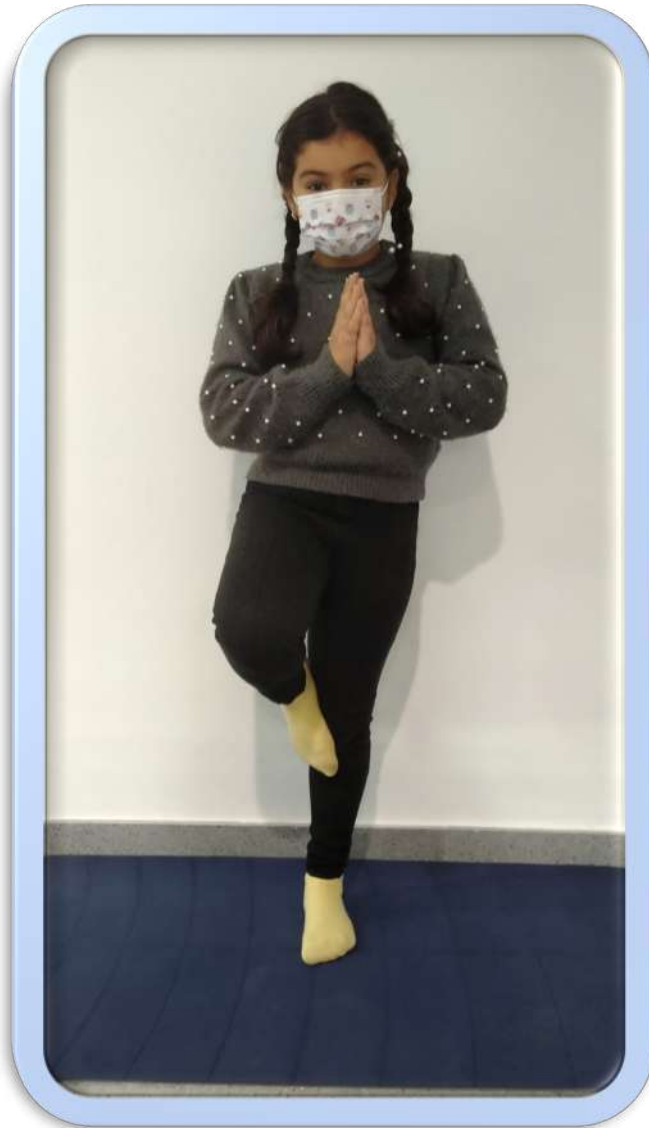
Lie face down on the mat, face forward, and raise outstretched arms and legs.

TREE I



Stand on the mat, put one foot on the opposite knee and raise the arms above the head with the palms of the hands together.

TREE II



Stand on top of the mat, put one foot on the opposite knee and raise the arms to chest level with the palms of the hands together.

COBRA



Lie face down on the mat, raise your head and neck with your eyes straight ahead and place your arms at your sides with your elbows supported.

SAVASANA



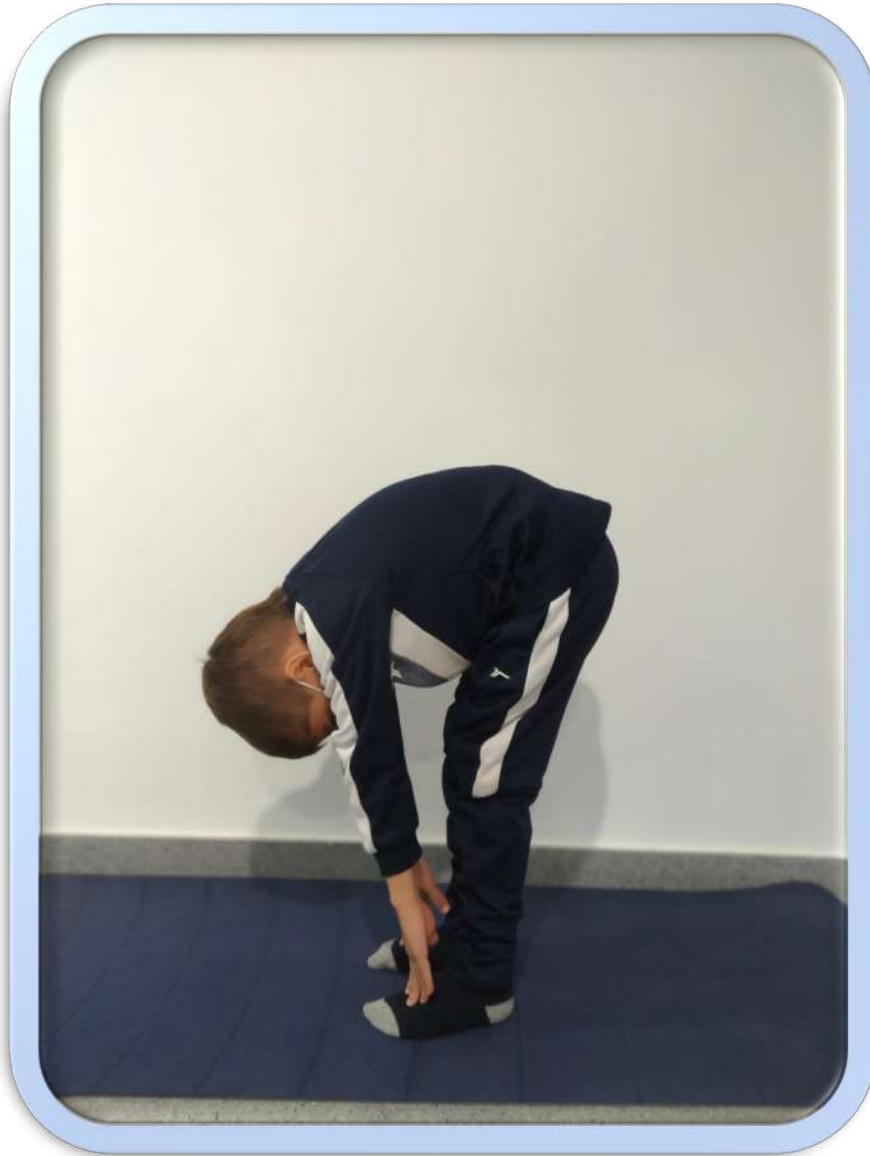
Lie on your back on the mat, with your legs and arms stretched out and relaxed.

BOAT



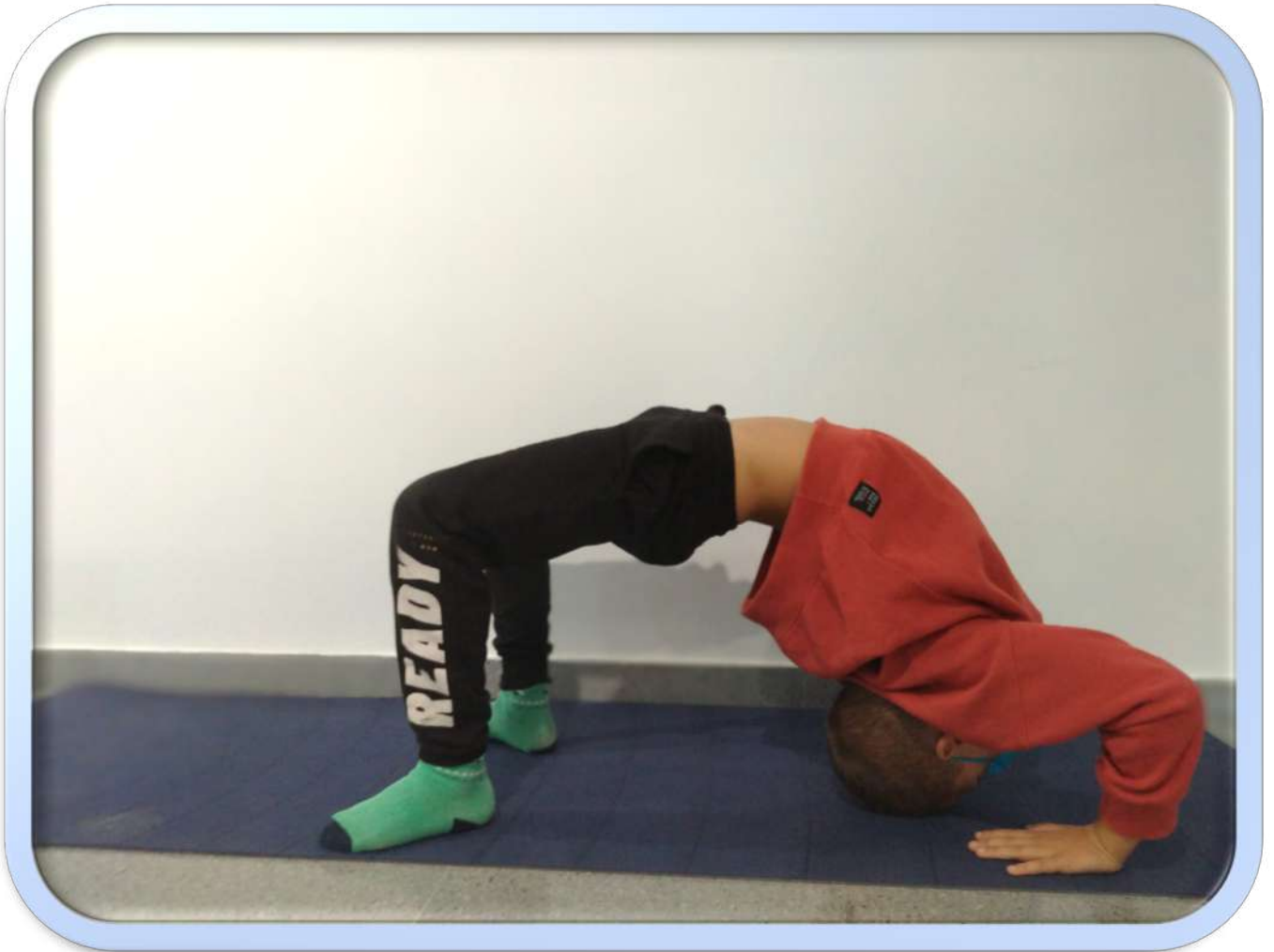
Sit on the mat, extend your legs and arms forward and raise your legs without dropping your body backwards.

STANDING FORWARD



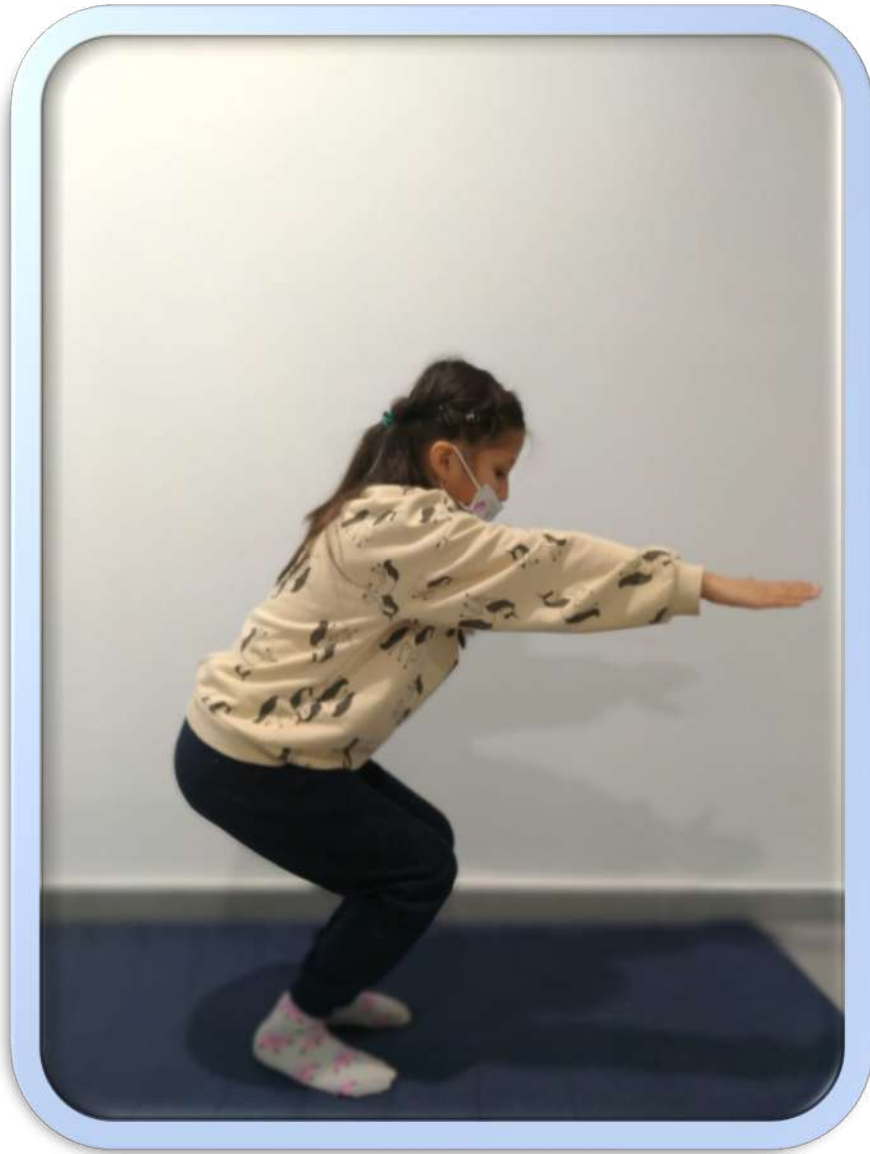
Stand on the mat and with your legs stretched out, touch the tips of your feet with your hands.

BRIDGE



Lie on your back on the mat, raise your body in the form of a bridge supported by your feet and palms.

CHAIR



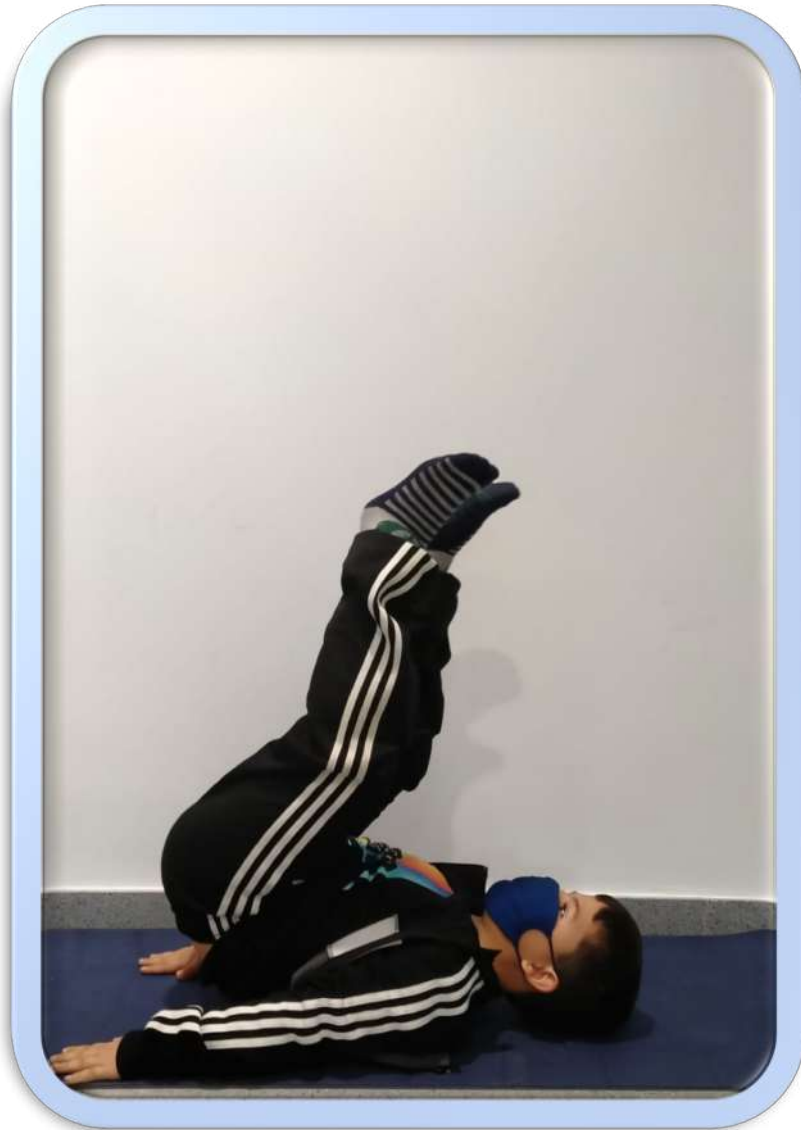
Stand on the mat, extend your arms forward and with your eyes facing the front, bend down, pretending to sit on a chair.

LOTUS



Sit on the mat with your legs crossed, place your feet on the opposite knee, raise your arms to chest level and bring your palms together.

CANDLE



Lie down on the mat, raise your legs straight towards the ceiling and place your hands next to the body resting on the mat.

CHATURANGA



Lie on the mat face down, raise the whole body supported by the tips of the feet and elbows.

DOG



Stand on the mat, with your legs straight, place your palms on the floor and look at your feet.

MONKEY



Position yourself on the mat face down, raise your body with your legs and arms stretched out and look forward.

CAT



Stand on the mat on your hands and knees (on all fours), bend your back up.

MOUNTAIN



Stand on top of the mat and with your feet together, extend your arms up with your palms open.

WARRIOR



Stand on the mat, stretch one leg back and the other forward, bending the knee, open both arms to the sides.

HALF FOLD



Stand upright on the mat, with your legs bent, place your palms on the floor and look at your feet.

BUTTERFLY



Sit on the mat with the soles of your feet together, bring your hands to your feet and do a little flutter with your legs.

Yoga for kids with animals - Smile and Learn - YouTube

YOGA for Children - Aquatic Animals Yoga Poses - Yoga Practice Tutorial - YouTube

YOGA for kids - The cobra pose - Yoga practice tutorial - YouTube

5 Minute Yoga Routine for Kids - Safari Adventure! | Channel Mum - YouTube

Sun Salutations & Yoga with Animals - Yoga for Kids - YouTube

Yoga for Kids - Vol 1 (All Standing Postures) - YouTube

Yoga For Kids - The Sun Salutation - YouTube

Squish the Fish | A Cosmic Kids Yoga Adventure! - YouTube

? SUN SALUTATION SONG | MiniPadmini (Yoga for kids) - YouTube

Cosmic Kids Yoga - YouTube (CANAL)