|  |  |
| --- | --- |
| Yoga Time |  |

|  |  |
| --- | --- |
|  | **intent:** Participants practice self-regulating with yoga. |
|  | **OUTCOMES:** Participants explore yoga examples and practice yoga in partner groups.  |
|  | **Materials Required:** * PPT slide
* Partners/Peer Yoga cards scattered on the floor (at least 2 of each or 1 per participant)
* Space
* Handout 6A: Partner Yoga/Handout 6B: Daily Routine

 **TIME**: 15 minutes |
| MPj04384510000[1] | **Process:** * Have participants pick up a peer yoga card.
* Ask participants to pair up with another person with the same card.
* Have pairs practice their peer yoga position together.
* Ask pairs choose three new positions to try.
* Have pairs to create and name their own new yoga position.
* Ask pairs to join another partner-pair to form a foursome; they will teach each other the new positions.
* Challenge foursome groups to create a new four person yoga position.
* Wrap-up by inviting foursomes to share their new yoga positions with the entire group.
* Direct participants to return to their seats.
* Ask participants to think of three different times during the school day that they could incorporate yoga.
* Have participants use Handout 6B: Daily Routine to document their thoughts. When finished, they will share with their elbow partner.
 |