|  |  |
| --- | --- |
| 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. |