

| Name of Activity   | Locomotor | Non-locomotor | Manipulative | Movement Concepts                   | Curricular Concepts          |
|--------------------|-----------|---------------|--------------|-------------------------------------|------------------------------|
| Warm-up 1          |           | ■             |              | Body awareness,                     | Language & literacy          |
| Warm-up 2          | ■         | ■             |              | Body awareness, spatial awareness   | Language & literacy          |
| Heart Check        | ■         | ■             |              | Spatial awareness, effort awareness | Science                      |
| Where Is My Heart? | ■         | ■             |              | Body awareness                      | Science                      |
| Animal Yoga        |           | ■             |              | Body awareness, spatial awareness   | Language & literacy, science |

## Equipment and Loose Parts List

- Balloon
- Dish washing soap
- Large paper (to draw outlines of a child)
- Markers
- Music
- Pictures of yoga poses
- Red paper hearts
- Stethoscope (optional)

Online Course

# Warm-up activities 1:

## Head, Shoulders, Knees, and Toes

BE ACTIVE KIDS®

### Equipment:

None

### Instructions:

*"Before we begin to run around or exercise, it is important to wake up our body and our muscles. We call this 'warming up.' We are going to sing a song as we begin to move and warm up."*

- Begin by first saying each of the body parts clearly (head, shoulders, knees, and toes) and allowing time for the children to repeat as they touch/point to each part. Use a slow chant of "Heads, shoulders, knees, and toes" so children can correctly touch each body part.
- When children have learned to do this, speed it up.

### Tips:

- Use the song "Head, Shoulders, Knees, and Toes." Change the body parts!
- Warm-ups can be done both indoors and outdoors.
- Before doing a lot of stretching make sure you warm up your muscles by walking or running around a bit.

### Alternatives/Adaptations:

- Try reversing the order of the body parts so that children are bending down and then standing up.
- Have children try to touch in different ways — elbows to knees, hand to the floor.
- Allow each child to name a body part to touch.
- If children do not know body parts, start with one and add others each time you warm up.

### CUE WORDS

- Head
- Shoulders
- Knees
- Toes
- Bend
- Stretch



# Warm-up activities 2:

## Stretching

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### Equipment:

None or music (optional)

### Instructions:

*"Blue the Caring Cub likes to run around and exercise. Sometimes he has trouble reaching things or moving the way he wants to. Blue knows that if he stretches, it will help him be more flexible, which allows his body parts to move better. We are going to stretch to help our bodies move better, too."*

**NOTE: Children should be moving around and warming up their muscles before stretching.**

Ask children to

- Reach for the ceiling.
- Reach arms toward the walls.
- Sit and stretch with legs together.
- Reach for different things from a story that you've made up. For example, tell the children a story about space and have them reach for the stars, reach for the moon. Or have them reach for healthy snacks on a shelf.
- Sit and stretch with legs wide.
- Stand and reach for their toes.
- Sit and reach for their toes.
- Crouch (bend at their knees).

### Tips:

- The key is to hold a stretch for several seconds and not to bounce.
- Warm up muscles by moving around for a while. For example, you could do Warm-up 1 first.
- Demonstrate stretching by using taffy — it will break if you try to stretch it without warming up.
- If necessary, physically guide children in stretching and talk with them about how it might feel (muscle tightness or discomfort).
- Try this activity outdoors on a grassy surface.

### Alternatives/Adaptations:

- Add activities as children are able to do more movements.
- For children who are not mobile, have them do activities sitting.
- Stretching can be done after an activity, too, when the muscles are warm.

### CUE WORDS

- Reach
- Hold



| MOTOR SKILLS |                     |              | MOVEMENT CONCEPTS                          | CURRICULAR CONCEPTS |
|--------------|---------------------|--------------|--|---------------------|
| Locomotor    | Non-locomotor       | Manipulative | Body awareness, spatial awareness [levels] | Language & literacy |
| Running      | Bending, stretching | —            |  |                     |

# Heart Check

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## Equipment:

Energizing music, empty dishwashing detergent bottle, balloon

## Instructions:

In this activity, children learn about being active.

Children exercise vigorously by running in a circle in one direction to energizing music.

- Talk about how the heart is a strong muscle that pumps our blood throughout our bodies. *"Who knows what your heart is? Your heart is a muscle that pumps blood around your body. It is about the size of your fist. It is like an engine in a car that keeps us going."* Have children make a fist.
- *"Who knows where their heart is?"* Have children point to where heart is – check and correct their positioning as needed. When the children are sitting and relaxed have the children place their hands over their hearts so they can feel their hearts beating.
- *"Your heart is very important — it works all of the time."* Use a balloon (or a dish soap bottle filled with water) to show heart beating. Squeeze to simulate a heartbeat. (*"The heartbeat you feel is the squeezing of the balloon, the expansion is the rest or period between heart beats."*) Ask children how it feels and what it is doing.
- *"When we are sitting and resting our hearts beat slower."* Show balloon beating slowly.
- *"Now we are going to move and have some fun and our hearts will beat faster. This is a good thing — it makes your heart stronger."* Show balloon beating faster.
- *"This is how your heart pumps blood all through your body."*
- Have children sit quietly and see if they can feel their heart beating. Have the children describe what they feel. Call this a **Heart Check**.
- *"Here is Blue."*
- *"Which activity do you think will make his heart beat faster – sleeping, sitting, running, or reading?"*

- Next, turn on some lively music and have the kids run around in a circle for the length of the song. Now allow them to feel that their heart rate has sped up. Have them try to feel their heart beat with just their hand (heart check).

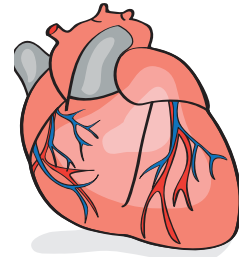
## CUE WORDS

- Heart check
- Heart beat
- Heart rate

- *"Now can you feel your heart beating faster? This is good for your heart — it makes it stronger. After playing hard and having fun you may also start to breathe more and faster and even get hot or sweat. This is okay and you should not worry about it. It is a good thing."*
- Children can suggest activities they want to try. Have a heart check after each activity to see how it affects heart rate.
- Now have them walk slowly and after a minute do another heart check. Can they feel their heart rate slowing down?
- *"Now your heart is resting. This is good for your heart, too."*

## Tips:

- Have children talk about things that will make their hearts beat faster.
- Ask, *"Why is this good?"*
- Discuss what the heart does.
- Show pictures or a video about the heart.
- Do a heart check before and after Be Active Kids activities.



## Alternatives/adaptations:

- Have children move their arms quickly and see if their heart rate increases.
- Put up a poster of a body showing where the heart is.
- Use a stethoscope to hear the heart beating.

| MOTOR SKILLS     |               |              | MOVEMENT CONCEPTS                   | CURRICULAR CONCEPTS   |
|------------------|---------------|--------------|-------------------------------------|-----------------------|
| Locomotor        | Non-locomotor | Manipulative | Spatial awareness, effort awareness | Science (circulation) |
| Walking, running | —             | —            |                                     |                       |

# Where Is My heart?

BE ACTIVE KIDS®

## Equipment:

Markers, red cut-out hearts (construction paper is fine), tape

## Instructions:

### Pin the Heart on the Chest

Children trace their bodies on large paper, tape the drawing to the wall, and jump up to pin the heart on their chest.

- Review the function of the heart.
- Also discuss the location of the heart in our chest — remember it is left of center.
- Next, cut out large pieces of paper so the children can trace their partner's body. After they are done, tape these up on the wall and hand each child a cutout heart for them to "pin" on their chest. You can use tape on the back of the heart so it will stick to the paper.

## Tips:

- Talk about what the heart does.
- Talk about what blood does and how it circulates.

## Alternatives/Adaptations:

- Show pictures of the body and where the heart is.
- Increase physical activity by having the children use different locomotor movements to travel from desk to picture.
- Talk about the heart in lessons about the way the body works.
- Have a lesson on blood and the circulatory system. A good example is at <http://www.altdotlife.com/?p=2255>, a home-school preschool curriculum.

## CUE WORDS

- Heart
- Left side



| MOTOR SKILLS |               |              | MOVEMENT CONCEPTS | CURRICULAR CONCEPTS   |
|--------------|---------------|--------------|-------------------|-----------------------|
| Locomotor    | Non-locomotor | Manipulative |                   |                       |
| Various      | —             | —            | Body awareness    | Science (circulation) |

### Equipment:

Background music

### Instructions:

Yoga is a great tool to use with children. It helps children energize, stretch, and learn to focus. It also develops body awareness, language, good listening skills, cooperation, and powers of observation. It can also help them relax. These stretches are great for your warm up or any time to get children back on track. Start the class with children removing their shoes, standing, and stretching to the sky.

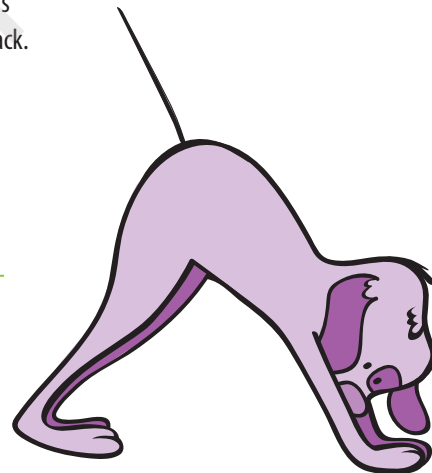
### CUE WORDS

- Relax
- Move slowly

### Sunrise, Sunset

In yoga, we move as we breathe. For example, we stretch on the inhale and relax on the exhale. The sunrise/sunset pose is a good all-over warm-up for any activity.

- Stand up tall. Take three to five deep breaths.
- On the next inhale, lift your arms above your head. Press your legs and feet down toward the ground and stretch toward the sky.
- As you exhale, bend the upper half of your body at your waist down toward your legs, as if you were diving into a pool. Bend your knees a little at first, to avoid straining your back. Bend as far as you comfortably can. As you inhale again, open your arms wide and stand up slowly, stretching your arms to the sky.
- Repeat this six to ten times. As you inhale and stretch, think of the glowing, rising sun. As you exhale and fold, think of the setting sun. These two work together to mark the passing of the day.



### Lion

- Sit up with your back straight and clench your fists. Close your eyes and mouth.
- Stick out your tongue as you inhale and exhale through your mouth as you open your eyes and mouth as wide as possible.
- Stretch your face muscles as far as you can.
- Take a deep breath and return to the closed eyes and closed mouth position.
- Completely relax the face and hands and let go of any tension.

### Cat/Cow

- Start on all fours then inhale and exhale as you round the back like a cat.
- Press your hands to the floor.
- Drop the head and press the chin against the chest.

*Continued on Next Page*

# Animal Yoga *continued*

- Take a deep breath as you lift your head and push the spine down until it curves or arches and then look up.
- The cat pose increases flexibility of the spine and is a great warm-up movement to wake up and straighten the core.

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## Butterfly

- Butterfly is a sitting pose. Get down onto the floor and bring in your feet so that the soles of both feet are touching.
- Let the knees come apart and drop open to the floor and let the back stay lifted toward the sky.
- This exercise strengthens the back, stretches the inner legs and teaches balance and coordination of the upper and lower body.

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## Child's pose

- Child's pose is a restful pose.
- Coming down to all fours (hands and knees), bring the big toes together, and let the knees slightly separate.
- Sit the hips back toward the heels and keep the arms stretched out in front of the body.
- The forehead can rest on the floor or on stacked fists. Arms can also tuck in next to the sides to relax the shoulders.
- Stay in child's pose for as long as feels comfortable.

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## Up Dog

- To start the exercise get down on the floor and keep your legs straight behind you and lay your palms on the floor next to your ribs.
- Prop yourself slightly off the floor and keep your stomach from completely touching the floor.
- From there, push yourself up with your arms, and stretch your back. Your thighs, knees, and shins may lift away from the ground while the tops of your feet stay on the ground.

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## Down Dog

- From child's pose, reach the arms out on the floor in front of the body.
- Spread the fingers wide and press the hands down.
- Lift the hips off the heels, tuck the toes under the feet and lift the knees off the floor.
- Keep lifting the hips up and back toward the sky. (From the side, you could look like an upside-down "V.")
- The dog pose energizes the body, strengthens the arms and shoulders, and stretches shoulders, hamstrings, calves, arches, and hands. It also helps keeps posture straight when you are sitting.

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## Tree

- Standing with feet hip width apart, press the right foot down into the floor and squeeze the right thigh muscles to engage that leg.
- Lift the left foot off the floor and place it somewhere on the right leg (could be on the foot, the shin, or on the inside of the right thigh).
- Bring the arms out to the side for balance or over the head like branches on a tree.
- Look forward toward the horizon, keeping the eyes open and the breath steady.
- After a few breaths, bring the left foot to the ground, shake out the right foot and repeat on the left side.
- This pose is great for balance and concentration.

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## Cobra

- Bringing the front of the body to the floor, extend the legs, toes pointing away from the hips.
- Let the forehead rest on the floor and bring the palms to the floor on either side of the ribs.
- Press the hands into the floor and lift the head up, then the shoulders and chest.
- Keep the belly down and just let the upper part of the body lift away from the floor.
- Feel the stretch through the back muscles and feel the chest opening.

*Continued on Next Page*

# Animal Yoga *continued*

## Tips:

- The teacher/adult will need to demonstrate the moves several times with children before they catch on.
- Encourage breathing to help with focus. Remind children to breathe in through their noses and out through mouths or noses. The breath work alone can be helpful and calming whether the children are practicing a pose or just relaxing.
- Use yoga consistently as a morning or afternoon routine.
- Include parents when possible.
- Try this outdoors in the shade while listening to the sounds of nature.

## Alternatives/Adaptations:

Many of these poses can be practiced with a chair or sitting on the floor.

### Examples:

- Sunrise and sunset can be done seated, sweeping arms over head and then back down to the sides, either leaning forward to the toes or keeping spine upright.
- Lion and cat/cow back poses can also be done seated in a chair. For cat/cow pose, children can place hands on thighs or knees and round/arch the back.
- Down dog can be modified as more of a standing pose. Standing a few steps away from the back of a stable chair, feet hip width apart, reach arms overhead and then bend at the hips and reach the arms forward to the back of the chair. Create a right angle between the upper and lower body. Feel the stretch through the spine and also down the backs of the legs.

### Yoga Story:

- Use a yoga story to help children concentrate. People are fascinated by stories, and they're an easy way to focus the children and keep the yoga class interesting.
- Use a book that has lots of animals in the story or elements that reference other possible yoga poses, and then do the poses every time you meet an animal or an object in the story.
- You can also retell a story in your own words, or invent a new one, and dramatize it with yoga poses.
- Have children invent stories by themselves. Sit in a circle and start telling a story, letting the children take turns adding another piece to it. Every time an animal or anything else you can do as a yoga pose comes up in the story (which can be anything if your imagination is fertile), the whole group can do the pose. If you want the story to have more of a structure, you can suggest a topic (such as going to the zoo or to the amusement park, going on a picnic, etc.).

Adapted from: <http://www.worknotes.com/IL/Chicago/Fit4FunKidsFitness/ap14.stm>

Thanks to Maria Finnegan, yoga instructor, for reviewing this section.