

CLASSROOM YOGA

Quick and easy techniques to use in your class



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Classroom Yoga

Yoga is so much more than just making a shape with your body in the form of posture. It is an ancient science and philosophy of the body, mind and spirit with so many benefits. Yoga links movement and posture with breath. Breathing techniques can also be practiced independently as well as various mindful techniques and the study of the self through story, philosophy and science.

Much of yoga is learnt on the mat. This covers all areas of movement, posture, breathing and mindful techniques to release tension and ensure optimal relaxation. However, there are many techniques that can be practiced within the classroom, especially when we start applying what we have learnt on the mat to our life.

See below two breathing techniques that can be used on your pupils and yourself. One is for when you are feeling tired, sluggish and unmotivated and the other is for when you are feeling overwhelmed or anxious and need to find some calm and focus.

DRAGON FIRE BREATH



1.

Standing up straight and tall. Interlace your fingers underneath your chin.

2.

Face forwards and bring your elbows up towards the sky, keeping your shoulders down. Breathe in.

3.

Make your mouth as wide as you can, breathe out with a long 'hhhh' sound, as you slowly lift your head up and bring your elbows together at the same time.

Benefits

- Energises the body and mind.
- Opens the chest, shoulders and throat.
- Increases lung capacity.
- Releases frustration and tension.

Teaching Tips/Cautions

- Good to try if feeling tired and sluggish.
- Try to make the inhale and exhale long and deep.
- Try for about 10 breaths. How do you feel?

FIVE FINGER BREATHING



1.

Sit up straight and tall. Bring one hand up and spread your fingers wide.

2.

Bring your other forefinger to start at the base of your thumb. Trace your finger along the outside of your thumb all the way to the tip as you breathe in.

3.

Then trace your thumb all the way to the base as you breathe out. Repeat this with each finger slowly.

Benefits

- Calms the mind.
- Aids focus and concentration.
- Reduces anxiety.

Teaching Tips/Cautions

KS1: You can use the names of the fingers from the 'Tommy Thumb' song e.g. Tommy thumb, Peter-pointer, Toby-tall, Ruby-ring and baby-small to make it more fun.

KS2: Use proper terms. Notice how you feel after tracing your fingers from your thumb to your little finger and then all the way back.

For more information on how to teach postures, breathing, mindful and wellbeing techniques effectively and professionally please contact sbernice@sambyoga.com

Sam B Yoga offers specialised children's yoga training for primary school teachers to establish a whole school approach to wellbeing. Training, mentoring, resources such as yoga cards and planning and ongoing support can be found on the training platform - www.sambyogatraining.com

