

Let's Do Yoga Together!

Supplies for activities needed:

- Open and Comfortable Space
- Positive and Focused Minds
- Smiling Faces

Activity Name:

- School Readiness Outcomes (SRO) goals met:
 - Showing interest in simple use of materials/activities.
- Instructions
 1. Follow along with Miss Seka and participate in the yoga positions and stretches included.
 2. Pay close attention to your breathing, breathe in and out with Miss Seka and continue to be aware of your breathing through the activity.
- Extension Activity Ideas
 - Have your child think of how they felt before they did the activity and yoga and compare it to how they feel after. Is this difference caused by the controlled breathing? Or do they still feel the same?
 - Have your child think of areas they can incorporate yoga into their routines.

