

Main (10 minutes)

1 Ask pupils to think about how they are sitting. Ask them to rest their hands on their knees with the palms upwards. Can they straighten their backs? Imagine you have a string attached to the top of your head, each time you breathe in, the string is pulling your spine up a little more, when you breathe out, keep the height that you gained. Let us take a few breaths, getting taller each time.

2 Close your eyes, part your lips a little but keep them relaxed. Try to breathe in through your nose and out through your mouth gently with as little sound as possible. Give pupils a chance to try this for a few breaths.

3 Now you are going to try to breathe in longer breaths. Try to count to three in your head slowly while you breathe in and then count to three slowly while you breathe out. Teacher to count aloud for a few breaths.

4 I am going to play the chime. If you have your eyes shut, please open them when you hear the chime.
Play the chime.

5 Ask all the pupils to stand up tall and strong with their hands by their sides and feet about hip-width apart. Demonstrate what this means. Ask them if their spine is still long with a straight back? Breathe in and lift your shoulders up towards your ears, breathe out and rotate your shoulders backwards and down to lengthen your neck. You are a strong mountain. The Mountain pose (**See resource 1**) is the starting point of all standing poses in yoga.

6 Now we are going to learn a pose called the Cow (**See resource 2**) pose. Ask the pupils to follow as you talk and demonstrate.
This begins by kneeling and sitting back on your heels with a straight back.

VARIATION

If any pupil finds it hard to sit tall due to tight muscles or poor core strength, a cushion or folded blanket under the back of the hips might help.

VARIATION

Some pupils will feel more focused if they shut their eyes, others will not feel comfortable doing this.

VARIATION

If pupils have a blocked nose then they should continue to breathe in whichever way is comfortable, trying to fill up their lungs with deep, slow breaths.

VARIATION

If pupils experience pain when sitting back on their heels, try Hero (**See resource 3**) pose (**See resource 3**) where the feet are separated so the child's buttocks are on the floor. Hands resting on the knees. Another alternative is to use a block under the buttocks (see image Kneeling with block (**See resource 4**)).

- 7 Now, put your hands on the floor in front of you and come up onto your hands and knees.
Your knees should be hip-width apart and your hands should be flat on the floor with your fingers facing forwards.
Make sure that your hands are below your shoulders, not further forwards or backwards or too close or far apart. Your spine should be straight from the bottom of your neck to your bottom. You are now in Table (**See resource 5**) pose.
- 8 Curve your spine towards the floor so your tummy hangs down. Now, lift your head so you are looking forwards and upwards. This is the Cow (**See resource 2**).
- 9 Now you are going to move into the Scared Cat (**See resource 6**). Drop your head down so your chin touches towards your chest and you look towards your belly button. Now, arch your back slowly so that it curves up. You are a Scared Cat.
- 10 Let's move slowly between these two poses, feel the stretching of your spine as you move like a Cat/Cow. Give pupils time to complete this transition a few times.
- 11 Sit back on your knees. We will finish with a Standing pose. Tuck your toes under (see image Kneeling toes-tucked (**See resource 7**)) and try to roll your weight backwards onto your feet and stand up without putting your hands down. Stand in Mountain pose (**See resource 1**) again.
- 12 Now shift your weight over one of your legs and keep just the toes of the other leg touching the ground. Try shifting to the other side and then back.
- 13 Slowly move the toes nearer to the strong leg and try to lift the toes to rest your foot on the strong leg (see Tree version 2 (**See resource 8**)) keeping arms by your side.
- 14 When you feel balanced, tuck your hands into your arms pits to make the wings of the Flamingo pose (**See resource 9**). See how long you can hold the pose. Remind pupils to keep their weight over the strong leg to help balance.

EXTEND

Connect the movement to breathing by taking a breath in when you move into cat and out when you move to cow.

VARIATION

If pupils struggle to balance, they can pose with the toes of the foot touching the ground and the heel against the strong leg.

Conclusion (5 minutes)

- 1 Ask pupils to lie on the floor in Savasana pose (**See resource 10**). Their body relaxed, feet floppy.
- 2 Bring the focus to their arms and shoulders, turn hands so that they face the ceiling, this should unroll any curved shoulders, so the shoulders relax more.
- 3 Close your eyes. Bring your focus to your breathing again. Try to breathe silently for a few moments.
- 4 I am going to play the chime, listen carefully until you can no longer hear the chime and then take your focus back to your breathing. Give pupils some time to do this.
- 5 I am going to ring the chime one more time, when you hear it, you should open your eyes, look around and roll onto your sides. Get up slowly and give your body a gentle shake to wake it up.

VARIATION

If blankets are available, pupils should lie with a blanket over them. If you have cuddly toys, pupils can lie with the toy on their chest or tummy.

TEACHER NOTES

Use the lavender spray during relaxation to make the relaxation a multi-sensory experience.

LEADERSHIP OPPORTUNITY

Make pupils responsible for tidying up any equipment used. Pairs fold blankets and others ensure they are collected neatly.