

## Main (10 minutes)

- 1 Ask pupils to sit down cross legged. Think about how they are sitting. Rest your hands on your 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 Remind the pupils that last year, they learnt lots of animal poses. Explain that they will be starting with some sea animal poses today. Let's start with some ocean breaths. Breathe in through your nose and then when you breathe out thorough your mouth, make a gentle 'hhhhh' sound, like ocean waves. Do this a couple of times then breathe out through your nose, still making the soft 'hhhh' sound, can you hear the ocean waves coming in and out?
- 3 Put your feet on the floor and bend your knees. Put your hands on the floor behind you with your fingers facing outwards from your body. Lift your tummy up as high as you can. You are now a Crab (**See resource 2**). Can you walk like a crab, keep your tummy muscles strong?
- 4 Can you be a dancing crab by lifting and lowering your legs one at a time. Now put your bottom back down, hug your knees to your body and roll back gently being careful not to bang your head if you are not using mats.
- 5 Now, still on your back, lift up your arms and legs to become tentacles. This is Jellyfish (**See resource 3**). Move your tentacles as if you were swaying in the sea.
- 6 Lie back down and spread out your arms and legs to make a Starfish (**See resource 4**). Imagine yourself sunbathing on the sand.
- 7 But beware, I think I see a Shark (**See resource 5**). Roll onto your tummy, keep your legs straight and then hold your hands behind your back to make a shark fin. When you breathe in, lift your arms, legs and chest; you are swimming through the sea. Hold this for a breath and then come back down on the next breath out and then up again on the next breath in.
- 8 Relax in Child's pose (**See resource 6**) for a few breaths.

### 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

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 you have scarves, you could lay them across the feet and try to swish them up in the air and down like the waves crashing onto the beach.

### VARIATION

For Jellyfish, wave the scarves in the 'sea'. For Starfish, place the scarves over the face to mimic the feel of the hot sun.

### VARIATION

If pupils struggle to grasp their hands behind their back, you can use the scarves to extend their grip. Grasp a scarf in one hand, swing the hand behind the back and grab the scarf with the other hand. Gradually draw the hands closer together by moving them along the scarf.

- 9 Now come up into Table pose. Make sure your arms are strongly holding you and lift your feet up to become a Swan (**See resource 7**).
- 10 Keep your chest wide and open and flex your feet towards your head. Hold the pose for a few breaths, then return to Child's pose (**See resource 6**) and repeat.
- 11 We have done quite a few sitting and lying poses so let's get your body moving a bit more with some standing poses to finish. Come back into Table pose, curl your toes under and bring your weight to your feet and then try to roll your body up until you are standing. Stand in Mountain (**See resource 1**) pose.
- 12 Jump your legs out wide. Keep your toes pointing forward. Then turn the toes of your right foot outwards and reach your arms out to the sides. Bend to the right side and rest your right hand on your right leg. Keep your other arm stretching up into the air. This is Triangle (**See resource 8**) pose.
- 13 Come back up to Mountain pose and repeat triangle pose to the other side.
- 14 Come back to Mountain pose and jump your legs apart again, point your right foot forwards as before and put your hands out to the sides.
- 15 Now bend your right leg and look towards your extended right arm without twisting your body in that direction. Can you bend the right leg more and keep your balance? This is Warrior pose number 2 (**See resource 9**). Do you feel like a strong warrior? Can you hold the pose?
- 16 Come back up into the Mountain pose and jump apart once again. This time point both feet to the right by swivelling on the spot and turning your body in the same direction. Bend your right leg and put your arms high above your head to take you into Warrior 1 pose (**See resource 10**). How long can you hold this pose?

**VARIATION**

While in Triangle pose, try to turn your head so that you are looking towards the arm that is pointing upwards. You need to stop yourself bending forwards in order to keep your balance.

## Conclusion (5 minutes)

- 1 Explain that they are going to do some relaxation exercises now. Ask pupils to lie on the floor in Savasana (**See resource 11**) pose. Their body relaxed, feet floppy. When the room is calm and quiet, ring the chime and let it reverberate until the sound goes.
- 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. 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.
- 4 Explain, 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.