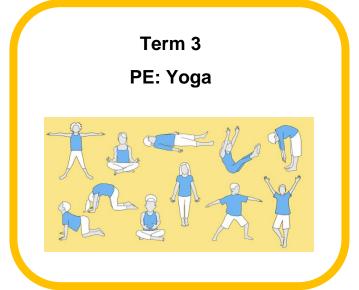
## Hazel, Pine and Willow Class- Yoga

- A variety of yoga poses from seated on the yoga mat, chair yoga, and standing poses.
- Modelling the group leader and/or yoga visuals
- Following a YouTube yoga sequence (for more advanced learners)
- Creating their own yoga sequence through use of visuals.
- Zones of regulation link
- Relaxation, focussing on deep breathing and calming techniques.



## **Main Learning Intention**

- For all learners to explore a variety of different body movements developing their balance, control and coordination.
- To engage in some mindfulness activities including deep breaths, calming music, sensory lights and videos.
- ❖ For some learners to begin to create their own sequence using visuals.
- To develop and demonstrate understanding of the zones of regulation.

## **Optional Home activities:**

- YouTube Yoga Videos
- Deep breathing practices
- Stretching
- Exploration of emotions, understanding how we are feeling