



LITTLE YOGIS

Yoga & Mindfulness Workshops

Little Yogis is empowering children through an introduction to yoga, movement and mindfulness practices. Our program follows the Ontario Curriculum Program through physical and health literacy.

We have Yoga & Mindfulness workshops each tailored to a different age group. However, we have core elements that we take into every session:

Focus
Warm Up
Breath Work
Yoga Poses
Calming meditation

All of the benefits that yoga brings adults are amplified for children, which is why it's important to introduce yoga to children during these impressionable years. Yoga encourages an acceptance of oneself that comforts them during times of self-doubt. It encourages a mindfulness that creates a positive outlook, increases confidence, and builds resilience tools that kids can use their entire lives. Yoga also ties in nicely to other aspects of healthy living, including exercise, nutrition, and overall well-being.



What We Do



We empower children through yoga, movement and mindfulness



We build healthy and positive school communities



We make yoga & mindfulness FUN by creating an active and engaging experience

Meet your Positivity Crew





JK – Grade 1

An introduction to the basic concepts that can support the overall well-being and awareness of feelings in a child's life. Scientific evidence suggests that mindfulness and yoga can help improve attention, self-control, emotional resilience, and memory in young children. We supply mats for each child, props, music and lots of love!

Class length: 30 – 40 minutes

ABC's of Mindfulness

Learning to be mindful through art and movement

Powered by Positivity

Learn to fill “buckets” through acts of kindness and yoga concepts

Calm Classroom

Tools to stay calm in the classroom. Focus on breath work and calming yoga using classroom furniture (chairs, desks, etc.)

Yoga Adventure

A fun and active experience, let's be brave space cadets and head to the moon while doing yoga poses along the way!

Yoga for Self-Regulation

Learning to control our emotions through movement and breath work





Grades 2 – 5

Little Yogis builds on the foundation skills and yoga basics learned in our Minis class. Older students will explore partner yoga poses that build confidence and trust. The format remains learning through stories and because children are allowed to work to their own ability, it is suitable for complete beginners. We supply mats for each child, props, music and more!

Class Length: 45 minutes

Super Yoga

A fun and interactive experience, students will learn SUPER yoga through music and active partner poses

Tackling Anxiety & Stress

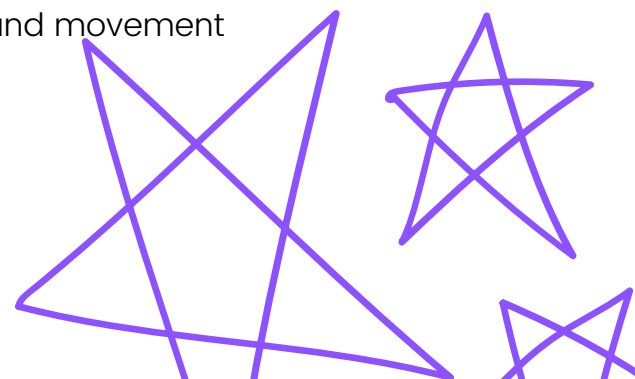
Learning how to detect feelings of anxiety and stress while learning resilience tools to tackle them.

Powered by Positivity

Learning to fill their “buckets” through acts of kindness and through yoga concepts

Mindfulness 101

Learning to be mindful through art and movement





Grades 6 – 8

Big Yogis is the culmination of the preceding age groups. It brings together all the skills learned and introduces them to "adult" yoga flows. This 1-hour yoga class will coordinate breathing and physical movement, improve focus and concentration, and help students gain control of their body in mind.

Class Length: 1 hour

Empower Yoga

Empowering students through affirmations and active yoga

Mindful Me

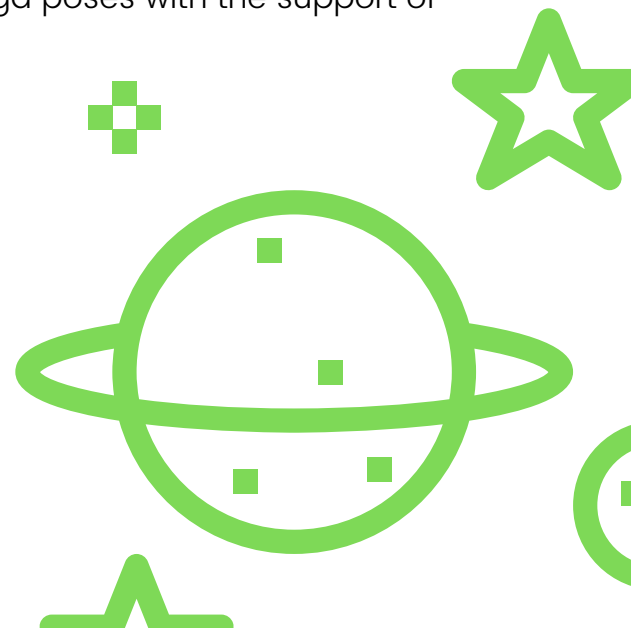
Learning to be mindful through art and movement

Chair Yoga

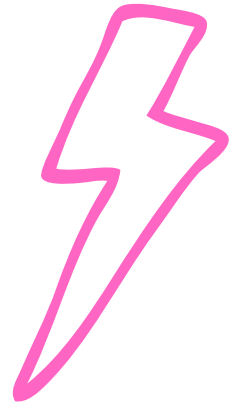
Tackling stress and anxiety in the classroom. Focus on breathwork and calming yoga using chairs

Yoga Teamwork

Leveraging cooperation and teamwork through yoga poses with the support of classmates.



Super Yoga Workshop (Example)



Resources

- An open space with mats laid out for everyone
- Music player
- Hoberman Sphere
- Gymnastic Ribbons for everyone

Welcome

- Introduce the Positivity Crew
- Discuss goals of workshop:
 1. To move our bodies
 2. To learn to use our breath as a tool
 3. To work as a team

Breath Work

- Introduce concepts of deep breathing using the Hoberman Sphere
- Discussion: How do we breathe when we are anxious or stressed?
- **Super Yogi Challenge:** Split into 2 teams: Blowing feathers into the middle of the gym using straws (Team goal: to get to the middle of the gym fastest)

Warmup

- Free dance on our mats with gymnastics ribbons to POP! Music
- **Super Yogi Challenge:** Passing the balloon around the circle with just our feet!
- Sun Salutations x 3 - Discuss how our bodies feel after the warmup (are our hearts beating fast? is our breath faster than usual? why?)

Super Yoga

- Power yoga flow using our juggling scarves with POP! Music
- **Super Yogi Challenge:** Challenging our balance using yoga blocks
- Learn to master tree, warrior III and dancer pose while balancing on a yoga block. Added challenge: can you do it with your eyes closed?

Game

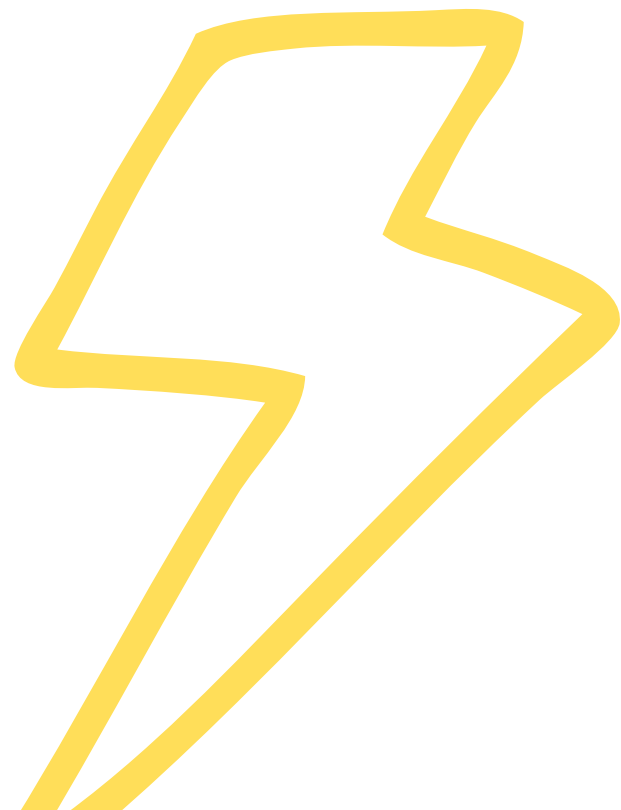
- Partner Yoga: In pairs students are given a yoga pose challenge card and asked to do the pose

Calming Meditation

- Students lay on their backs, lights off with strobe lights on the ceiling
- Focus on the lights/colours, rid our mind of clutter
- Discuss ways in which we can calm down
- Guided meditation with relaxing music

Closing

- Discuss how our bodies feel
- Discuss ways in which we can incorporate yoga & mindfulness into our daily lives



Appendix

Our program follows the Ontario Curriculum Program through physical and health literacy.

OVERALL EXPECTATIONS

A1. apply, to the best of their ability, a range of social-emotional learning skills as they acquire knowledge and skills in connection with the expectations in the Active Living, Movement Competence, and Healthy Living strands for this grade.

C1. perform movement skills, demonstrating an understanding of the basic requirements of the skills and applying movement concepts as appropriate, as they engage in a variety of physical activities;

C2. apply movement strategies appropriately, demonstrating an understanding of the components of a variety of physical activities, in order to enhance their ability to participate successfully in those activities.

SPECIFIC EXPECTATIONS:

A1.2 apply skills that help them to recognize sources of stress and to cope with challenges, including help-seeking behaviours, as they participate in learning experiences in health and physical education, in order to support the development of personal resilience

A1.3 apply skills that help them develop habits of mind that support positive motivation and perseverance as they participate in learning experiences in health and physical education, in order to promote a sense of optimism and hope

A1.4 apply skills that help them build relationships, develop empathy, and communicate with others as they participate in learning experiences in health and physical education, in order to support healthy relationships, a sense of belonging, and respect for diversity

C1.1 perform controlled transitions between static positions, using different body parts and shapes and different levels, with and without equipment