



Yoga, Mindfulness, & Wellness In Early Childhood Education

PAEYC UnConference
August 10th, 2017
Information Presented
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8 Limbs of Yoga ("Yoga Tree")

- YAMAS** - Kindness Towards Others
- NIYAMAS** - Kindness Towards Yourself
- ASANA** - Physical Poses
- PRANAYAMA** - Deep Breathing
- PRATYAHARA** - Noticing Your 5 Senses
- DHARANA** - Focus & Concentration
- DHYANA** - Meditation
- SAMADHI** - Happiness, Joy, & Calmness

YAMAS - Kindness Towards Others

Non-Violence, Honesty, Non-Stealing, Gratitude, Words & Actions

NIYAMAS - Kindness Towards Yourself

Exercise, Healthy Eating, Learning, Doing Things You Love, Contentment, Gratitude, Intentions

ASANA - Physical Poses

4 Categories of Physical Postures:

ENERGIZING
CALMING
FOCUSING

GROUP ACTIVITIES & "ADVENTURES"

(See Figure 1.1, Attached)

PRANAYAMA - Deep Breathing

Energizing or Calming

Flower Pose Breath

(Seated, three deep breaths)
(You can even use the sounds of the singing bowl to help cue breath.)

Belly Breathing

(Lying down on your back, hands on belly/light object on belly, notice how your belly gets bigger and smaller with breath.)



Buzzy Bee Breath

(Take a deep breath in and slowly “buzz” out.)

Lions Breath

(Sit on knees, deep breath in and as you breathe out, open mouth & stick out tongue)

3 -Count Breath

(Elevator Breath)

(Seated or Standing, Deep Breath in slowly for the count of 3, hold at the top, deep breath out slowly for 3, hold at the bottom - Repeat 3-5 times)

PRATYAHARA - Noticing Your 5 Senses

(Use your 5 senses when doing an activity- talking a walk, transitions, eating a meal/snack, brushing your teeth, washing your hands, on the playground, etc.) What do you Hear? Smell? Taste? See? Feel?

DHARANA - Focus & Concentration

Create the conversation of what activities require focus & concentration?
What happens when we aren't focused or attentive?

DHYANA - Meditation

Sitting/lying down - calming, quieting

- Guided Imagery (i.e. Rainbow/Color Meditation)
- Yoga Nidra (guided body awareness during relaxation)

SAMADHI - Feelings of Happiness, Joy, & Calmness

GRATITUDE

Always remember what you are THANKFUL for!

When we focus on what we are grateful for, it reminds us of reasons to be happy and content

INTENTIONS

Working on something difficult?

Set a Goal.

CHOOSE A WORD or INTENTION.

Continue to work hard on that INTENTION

(ex. “PATIENCE” or “KINDNESS” or “FOCUS”)

SINGING BOWL

Can be used for behavior management, transitions, breathing activities

ADDITIONAL RESOURCES

“Be Good to Your Body- Learning Yoga” Coloring Book

“Kids Yoga Deck” Flashcards

Cosmic Kids Website - www.cosmickids.com



Figure 1.1

4 CATEGORIES OF POSES/MOVEMENTS:

(Use “Kids Yoga Deck” as a Reference)

CALMING

Seated Poses & Lying Down Poses
Flower Pose w/ Deep Breaths
Dream Pose /Resting Pose
Breathing Techniques
Rock/ Child’s Pose
Butterfly Pose

FOCUSING

Balancing Poses
Flower Pose
Tall Mountain Pose
Airplane Pose
Tree Pose
Butterfly Pose
Airplane Pose
Whole Body Breath
Eagle Pose
Star Pose
Mindfulness Activities
(using your 5 senses)

ENERGIZING

Sun Salutes
All Active Animal Poses
Half moon
Gorilla
Warrior Poses
Fish Pose
Lions Breath
Dancers Pose
Crow Pose
Triangle Pose
Bridge Pose
Chair Pose
Upside-Down Gorilla Pose
Side Balance/Side-Plank Pose
Flying Superman Pose
Downward DOG Pose
Snake Pose
Bow Pose
Boat
Sun circle
Partner Squat
Partner Tree Pose

GROUP ACTIVITIES & GAMES

“Yogi Says”
See It, Say It, Do It
Yoga “Adventures

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