

MINDFULNESS MATTERS/ TAHPERD , CATHERINE SAKARAPANEE, MNPS

Lesson Plan: Yoga Tag & Mindfulness Body Scan **Date:** October 28, 2019

Estimated Time of Lesson Plan: 30 minutes **Grade/Subject:** K- 12

Organization of Student Learning: Whole class

Learning Objectives and Assessment:

<p>Objective 1:</p> <p>I can identify and practice Yoga poses while improving my personal fitness.</p>	<p>Standard:</p> <p>High School: MS.6- Engage in specialized skills in health-related fitness activities, FPA.3- Participate in skill-related fitness activities, Elem. MS.6 Balance K-5, MKA5.Movement Principals, Middle School: MS.17 Fitness and MS.19 Fitness(flexibility)</p>	<p>Assessment:</p> <p><input type="checkbox"/> Formative <input type="checkbox"/> Summative</p> <p>Group assessment. Use cards and teacher says the names of the poses without showing the picture of the pose. How many students know the poses, etc? You can also extend and do one on one skills test. Or you can also do a quick written assessment (depending on age) identify the pose when teachers says it and place a number beside the pose.</p>
<p>Objective 2:</p> <p>I can demonstrate self-awareness and use appropriate etiquette for mindfulness practice through a body scan.</p>	<p>Standard: SEL focus</p> <p>MNPS as well as many school districts are implementing mindfulness to improve self-awareness, regulation skills, and stress reduction.</p> <p>High School: PSR.1 & PSR.3 Middle School : PSR.1 Personal and Social Responsibility Elem. School: PSR. 1</p>	<p>Assessment:</p> <p><input type="checkbox"/> Formative <input type="checkbox"/> Summative</p> <p>Create a pre-post sheet. Student circles personal level of mental, emotional, and physical before Yoga/ Mindfulness. (1= not great 5= wonderful) Post-student circles again (majority of students #'s move to a higher number in all three areas after participation)</p>

Title of the lessons:

1. Yoga Tag
2. Mindfulness

Materials and Resources: (Teacher and student needs)

- Yoga Poses Printed (laminated for - you can use a couple of poses or expand to using up to 10 for this game. Teachers can play this throughout the year as a lead up game prior to them creating their own routine, or prior to participation in a
- Yoga mats
- If you are not comfortable yet with leading a body scan, create or print off the script to lead the body scan.
- Have pool noodle cut in 1/2 for tagging

Technology Use:

- Locate the Yoga poses from OPEN or SPARK to use for tag game
- Have music playing for Body Scan time

Instruction: (Step by step presentation of the lesson)

Yoga Tag

All students participate. One tagger or two depending on class size. Full gym or ½ gym depending on class size. Teacher explains that the tagger is the Emotion (anger, stress, sadness, trauma, happiness, etc.) Each round change the emotion (or create a jersey with these emotions written all of them). If you are tagged you freeze in the pose that is posted up on the wall with the pose cards. A supporter (anyone that is not frozen tagged at that time) comes and stands in front the same frozen pose for 3 seconds mirroring the pose. Then you both face each other and take three breaths through your nose and exhale through you nose. (Namaste pose- hands together in front of your heart and bow) then students are free to go help others become free. Play a few rounds.

The recommendation to use this lesson before actual yoga flow or before they create their own flows.

Body Scan Mindfulness

Every student uses a mat if available and gets in corpse pose (laying on back with palms up to the ceiling). Invite participants to close eyes and instructor leads with verbal instruction relaxation technique that focus on breathing and relaxing parts of the body that the leader is bringing awareness to.

This lesson is great to use at the end of a week, end of test weeks, after many lessons with intense competition, lessons that create high energy,etc.