

# Disclaimer

We hope you find the information on our website and resource useful. The description of any physical activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking any activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are fit enough to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the physical activity. If you are unsure in any way, we recommend that you take guidance from a suitably qualified professional.

# Fairy Tale Yoga Story: The Fairy Who Liked Football

<b>Age</b>	3-11
<b>National Curriculum</b>	Develop balance, agility and coordination.
<b>Time</b>	Approximately 20 minutes but this can be flexible, according to age.
<b>Preparation</b>	Session to happen on a carpeted floor or mats, with enough space to stretch out arms and legs. If possible, have some fairy and football-themed toys or pictures to promote discussion.
<b>Opener</b>	<p>Today, we're going on a fairy tale adventure! Do you have a favourite fairy tale? Which character would you like to be?</p> <p>Remind the participants of the safety rules:</p> <ul style="list-style-type: none"><li>• <b>Adapt:</b> Make poses easier if your breathing isn't smooth.</li><li>• <b>Breathe evenly:</b> Take easy breaths in each pose.</li><li>• <b>Enjoy it:</b> Move in a way that feels good. If it hurts at any point, stop.</li><li>• <b>Keep safe:</b> Don't touch others and use support where necessary.</li></ul>
<b>Main Section</b>	<p>Let's begin. Sit cross-legged with your back straight, shoulders back and chin slightly tucked in towards your chest. Place your palms together in front of your heart.</p> <p><b>Make sure to say our special yoga password – Namaste (Nam-as-tay).</b></p> <p><b>Slide 3: Warm-Up</b></p> <p>Imagine you can fly. Can you fly around the room like a gentle butterfly? Can you fly low like a swallow? Can you fly like a pterodactyl with big, wide wings? Can you travel like a buzzing fly? Remember to use your whole body. Now, show how you think a golden eagle would fly.</p> <p>(Read the story on each slide of the PowerPoint first before following the accompanying yoga pose instructions below.)</p> <p><b>Slide 4: Pose 1 – Butterfly</b></p> <p>This pose will gently stretch your hips. To stay safe and comfortable, make sure you don't feel a stretch in your knees.</p> <ol style="list-style-type: none"><li>1. Start in sitting with your knees slightly bent.</li><li>2. Bring the soles of your feet together.</li><li>3. Let your legs widen so that your knees fall towards the floor.</li><li>4. Keep sitting up tall.</li><li>5. As you breathe in, lift your knees.</li><li>6. As you breathe out, let your knees sink.</li><li>7. Do this again if you would like.</li></ol>

## Main Section

**Slide 5: Pose 2 – Worm**

This pose will stretch your upper back and shoulders. To make the pose feel more comfortable, cross your arms lower down.

1. Start in a standing position.
2. Straighten your arms and then cross them at the elbows.
3. Bend your forearms in and bring your hands together.
4. See if your palms want to touch one another.
5. If you would like to, cross one leg over the other.
6. Gently spread your arms wide and unfold your legs to come out of the pose.
7. Do this again with the opposite arm and leg on top.

**Slide 6: Pose 3 – Ladybird**

This pose will turn you upside down. Keep your knees soft and make sure your back feels comfortable at all times.

1. Start in standing.
2. Take your feet out wide and slightly bend your knees.
3. Make sure your feet are strong on the floor.
4. Slide your hands down your legs towards the floor.
5. Lift your hips up towards the ceiling.
6. Bend your knees and lift up to come back to standing.
7. Do this again if you want to.

**Slide 7: Pose 4 – Fish**

This pose gently bends your spine back. To make it more comfortable, don't lift your shoulders as high and focus on your breathing.

1. Start by lying down on your back with your legs together.
2. Place your arms very close to the side of your body.
3. Press into your elbows and lift your chest.
4. Keep your head on the floor as you lift your chest.
5. Slide your shoulders on to the ground again.
6. Do this again if you would like to.

**Slide 8: Pose 5 – Dragonfly**

This pose will help you balance. If you wobble, come back to standing or put your hand on a support, such as the wall or a chair. Remember that we do not touch anyone else during yoga.

1. Start in standing. Make sure you are nice and tall.
2. Wrap one leg over and around the other.
3. Take your arms out wide.
4. Breathe in and out easily and gently for a while.
5. Then, unwrap your legs and come back to standing.
6. Do this again with the opposite leg on top.

## Main Section

**Slide 9: Pose 6 – Mouse**

This pose helps your spine to be flexible. To make it more comfortable, don't twist your body as much.

1. Start by sitting comfortably.
2. Cross your legs.
3. Take one hand on to the opposite thigh and then twist around.
4. Lift your tummy as you twist around to one side.
5. Now, twist smoothly to the other side.
6. Come back to the front, slowly and smoothly.
7. Repeat this pose with the opposite leg on top as you cross them.

**Slide 10: Pose 7 – Beetle**

This pose will fold your spine forwards. Make sure your knees are slightly bent at all times.

1. Start in sitting with your knees bent.
2. Slide your hands down your legs and fold your body forwards.
3. Allow your tummy to come closer to your thighs.
4. Allow your head to become heavy.
5. Walk your hands back up your legs to come back to sitting.
6. Do this again if you would like to.

**Slide 11: Breathing**

We practise breathing to make our breath longer and to help us feel relaxed. Remember to take a new breath in whenever you need to. Sit comfortably, breathe in and then, as you breathe out, imagine your breath becomes a long, smooth ribbon. What colour is it and how long can you make the ribbon? Breathe smoothly and evenly at all times.

**Slide 12: Relaxation**

Lie on your side or your back. Lie in a space of your own, not touching anyone else. Look at the ceiling or close your eyes. Now, it's time to rest. You're ready for a peaceful story.

**Slide 13: Relaxation Story**

Imagine you are running through a beautiful, green field. There is warmth in the sun and a gentle breeze. You can smell fresh grass. Birds fly beside you and gently lift you up.

The birds teach you how to fly so you can play football with them. In slow motion, you fly after the ball with the birds. Movement is effortless and you play happily.

There is an imaginary goal. In slow motion, you kick the ball and it goes wide. The birds chase after it and nudge it into the top corner. Together you have scored a beautiful goal.

The ball comes towards you. It hangs in the air in front of you and starts to glow gold. It softly pulses and fills you with feelings of peace and joy.

<b>Main Section</b>	<p>You notice your body lying softly on the floor. As you gently open your eyes, you notice the light in the room.</p> <p>As quiet as a footballing fairy, come up to sitting with your legs crossed, lips closed and your hands on your knees.</p> <p><b>Slide 14: Meditation</b></p> <p>Meditation is the trickiest part of yoga. Shortly, we are going to learn how to sit quietly for a whole minute. This will help to make your mind strong and healthy. Sit comfortably at all times.</p> <p><b>Slide 15: Football Meditation</b></p> <p>Look at the centre of the football and stay focused. Keep breathing evenly. Keep your gaze on the football or close your eyes. Stay focused and relaxed. (Click the timer to begin.)</p>
<b>Closing</b>	<p><b>Slide 16: Namaste.</b></p> <p>Have a lovely day.</p> <p>Be peaceful and happy.</p> <p>Namaste.</p>