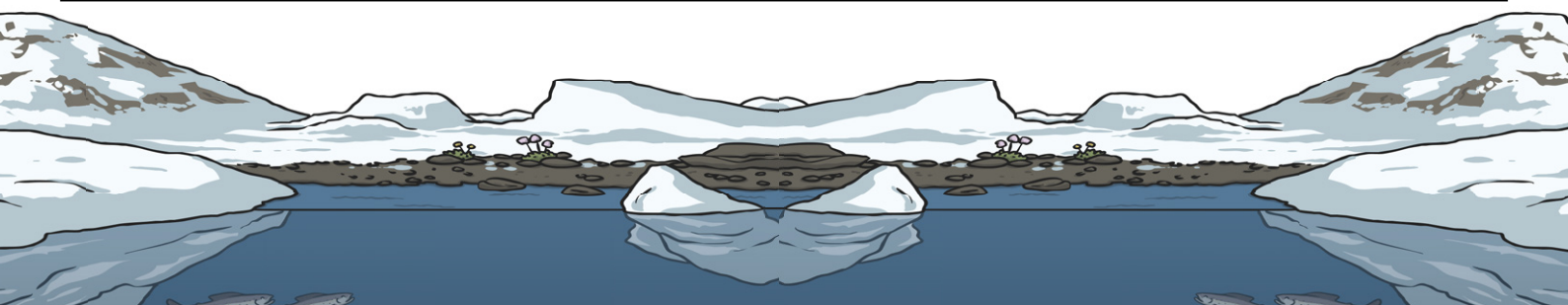


Arctic Yoga

Age	5-7
National Curriculum	Develop balance, agility and co-ordination
Time:	Approximately 20 minutes but can be flexible according to age and session time.
Prep	Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with Arctic animals, pictures and stories inside to promote discussion.
Introduction:	Today, we're going to go on a journey of discovery to the Arctic! Have a discussion about the Arctic. Which creatures live there? Do people live there? Reveal the objects from the bag and discuss them. Read a story based on the Arctic or a non-fiction book to promote discussion.
Main Activity:	<p>Let's begin. Everyone, sit cross-legged, back straight, shoulders back and chin tucked in towards the chest.</p> <p>Place your palms together at your heart and bow forwards and say our special Yoga password-Namaste (Nam-as-tay).</p> <p>Our first task is to fly in our Arctic explorer aeroplanes all the way to the very north of the world. So let's jump up and make our aeroplane pose (see card 1). Try to balance. Keep breathing. Now swap to the other leg.</p> <p>OK, we've landed! Wow, look at all the white snow! Put your first finger and thumb together to make our binoculars. Look through the circles at the Arctic Sea and those huge icebergs! Let's make a big, pointy iceberg shape (see card 2). Keep firm and strong like an iceberg. Keep breathing.</p> <p>What's that I see sitting on that iceberg? It's a huge walrus! Let's make a walrus shape (see card 3). Can you make a loud sound like a walrus?</p> <p>What are these birds flying towards us? Look through your binoculars again. They're snow geese. Let's make a bird shape like the geese (see card 4). Can you flap your wings slowly and beautifully? Keep breathing. Swap sides. Can you honk like a goose?</p> <p>It's time for us to hop into our boats and go on a sea adventure. Let's make our boat shape (see card 5) Keep breathing. Keep those tummies strong! Rock forwards and backwards in your boat.</p>



Arctic Yoga

<p>Main Activity Continued:</p>	<p>Wow, I can see a whale swimming below us! Can you make a whale shape? Let's do it together (see card 6). Keep breathing.</p> <p>OK, let's hop back into our boats (repeat card 5). Here we are back on land. Oh how cute! Look at those baby seal pups wriggling around and playing together! Let's do the same (see card 7). Wriggle like the seal pups!</p> <p>Look over at the water's edge through your binoculars. There is a huge polar bear! I wonder if we can make a polar bear shape...copy me (see card 8). Can you roar like a giant polar bear?</p> <p>I can see something hopping through the snow. It's a little Arctic hare. Let's crouch down and hop like an Arctic hare (see card 9). Jump, jump, jump!</p> <p>Oh no! What's that chasing the hare? It's an Arctic fox! Quick little hare, run! I think it got away. Let's make a shape like the Arctic fox (see card 10). Shake that bushy tail! Keep breathing. Swap sides. Shake that tail!</p> <p>Who are those people over there and what are they doing (binoculars)? They are Inuit people, the people who live in the Arctic and they are building an igloo, a house made of snow! Let's make a house shape together (see card 11). Keep breathing. Swap sides.</p> <p>I can see a gentle glow inside the igloo. The family have lit a candle to help them see in the darkness. Let's make a candle shape (see card 12). Let's sway a little in the breeze. Keep breathing and swap sides.</p> <p>Our Arctic adventure is almost over. The moon is bright in the night sky. Let's look through our binoculars for the last time and take a big breath in and breathe out with a sigh. Copy me to make our final shape of the adventure, the moon (see card 13). Keep breathing calmly and swap sides.</p> <p>OK, our Arctic adventure has come to an end. Let's relax here on our backs in the moonlight (see card 14). Close your eyes if you wish. Keep breathing. All of the creatures are resting and the stars and moon are lighting up the night sky. Let's think about our adventure today. What was your favourite shape? Breathe here calmly and quietly for as long as needed. Finally, let's sit up cross-legged with our hands to our hearts, bow forwards and say our secret Yoga password. Namaste.</p>
<p>Extension Opportunities:</p>	<p>Children to think of other animals and birds from around the world. Can the children think of shapes for the Arctic weather?</p>
<p>NB</p>	<p>Hold each pose for at least two breaths and always change sides when instructed to. Keep breathing, move slowly into the pose, never overstretch and if any pain is felt stop immediately. Have Fun!</p>

