



DIWO Yoga

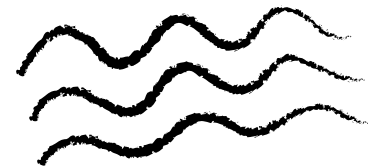


INTERACTIVITY IN A SNAP SHOT

It might look something like this...



DO IT
WITH
OTHERS
YOGA



Or It might look something like this...





DIWO Yoga

InterActive4Life

WARM UP INTERACTIVITIES

Student Targets



Movement Competence

Learn to perform a variety of movement skills relating to balance and coordination.



SEL

Learn about healthy relationships by practicing social awareness, relationship skills, self-awareness and self-monitoring skills. Develop critical and creative thinking skills.



Relationship

Explore synchronous forms of connection through space by matching, contrasting, following, and leading within a group.



Physical Distance

This InterActivity can be performed 2 meters away from partner.



Online

This game can be performed online using visual educational technology.



Close Proximity

This game can be performed in close contact with someone in the participant's social bubble.



DIWO Yoga Cards

WARM-UP INTERACTIVITIES

InterActive4Life



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DIWO Yoga Cards

WARM-UP INTERACTIVITIES

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Activity Overview

Using inquiry-based methods, paired up students will develop a series of relational yoga-like poses.



Getting Started:

With a family member, friend or classmate find a safe, open space with physical distancing measures in mind or meet online through visual technology (i.e., Google Classroom or Zoom). Students should either come prepared to class with 1 yoga pose (see **Teaching Tools**) or spend some time creating a pose with a partner. Students may wish to simply match each other or experiment with counterbalance sensations and possibilities (i.e., a see-saw like squat where one person lowers and the other offers support though resistance). In random order, students will attempt to piece their poses together in a yoga sequence. The poses should flow into each other so students will have to internally sense where the movement is heading and react to others' movements.

Modifications to the Game:

- **The Double Circle:** Divide the class in half and make two circles, one inside the other. Students in the inner circle face a partner in the outer circle and work together to come up with creative interactive poses/balances. If there is an uneven number of students, nominate a third group to give positive and constructive peer assessment and then rotate roles.
- **Distance between players/ target:** If physical distancing measures are in place, the poses will be restricted to a 2 meter distance. If physical contact is allowed, students can join hands and experiment with creating a collaborative pose together by varying amounts of weight transfer, multi-directional leans, angles, twists, and use of space.
- **Locomotor movement:** Have students add layers of complexity by experimenting with a narrower base of support, or varying the planes, twists and angles of the position; change the position/transition (i.e., restrict to solely seated yoga movements or movements involving only the upper/lower body).

Adaptations to Rules of the Game:

- **Theme of game for younger grades:** i.e., in the zoo, superhero, nature, outerspace, seasons, or in the ocean.



InterActive Function2Flow Assessment:

InterActive Function

(Connecting Postures)

- Is the follower of the yoga movement able to identify their partner's/classmate's intended yoga pose?

InterActive Form

(Connecting Positions)

- What ways can you vary the position to better match your partner, i.e., subtle angles, leans, level changes etc.?

InterActive Feeling

(Connecting Sensations
of Timing & Force)

- Can you feel when it is time to hold a yoga pose? Can you feel when it is time to move into another yoga pose? What helps you feel when it is time to change positions?

InterActive Flow

(Connecting Energies)

- What does it feel like when your connection is good? What improves your feeling of connection?