



Tools for Teachers





The Game of Life

HELPFUL HANDOUT FOR MINDFUL MONDAY

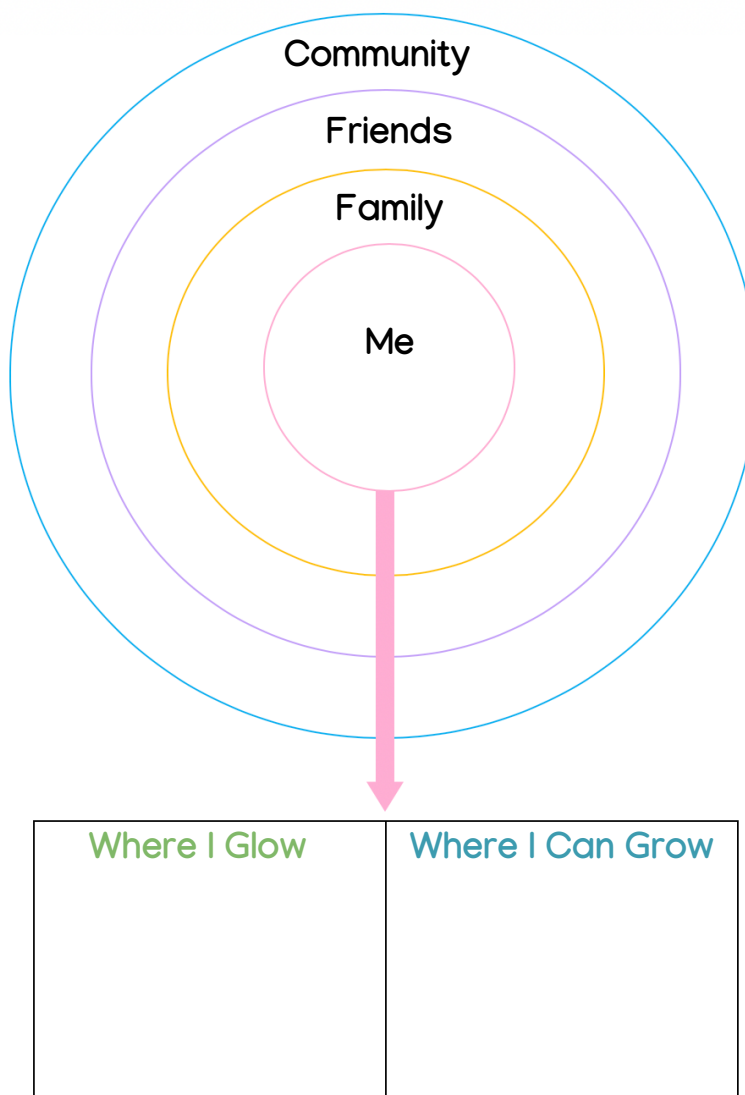
FAST AND SLOW SUGGESTED BREATHING TECHNIQUES

- **Simple Supine Belly Breath:** Lay down on your back with one hand on your belly and the other hand placed on your chest. Inhale and exhale deeply through the nose with the mouth closed. As you inhale, pull the air into the belly and feel it rise. As you exhale, feel the air empty from your belly and your ribs tuck closer to your spine. Inhale for 4 counts, pause for 2 seconds, exhale for 6 counts.
- **Warriors Breath:** Begin with natural breath in a seated position with legs crossed and your back straight. Inhale and exhale through the nose. Relax the chin and breathe in through the nose, closing the throat slightly to make an oceanic sound - it should be audible to someone next to you. If unable to make this sound with the nose, try with the mouth to begin (Tarkeshi, 2017).

FINDING SUPPORT IN THE BODY AND WITH OTHERS

Suggested debrief activity to connect balance to living skills:

- Have students draw and fill in the following diagram to identify sources of support in their lives.





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FOLLOW US YOGA POSES



Mountain Pose



Upward Salute



Forward Fold



Half-Way Lift



Downward Facing Dog



High Plank



Low Plank



Upward Facing Dog
or Low Cobra



Chair Pose



Warrior I



Warrior II



Extended Side Angle



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InterActive4Life

FOLLOW US YOGA POSES (CONT.)

Triangle



Star Pose



Wide-Leg Forward Fold



Yogi Squat



Tree Pose



Dancer



Balancing Half Moon



Locust



Floor Bow



Bridge



Crow



Plow Pose





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FIND YOUR FLOW HANDOUT

Below are example yoga routines that students and teachers may wish to explore together. The right banner is targeted towards children ages 12 and below as they may prefer to create new yoga poses inspired by their favourite theme.

Warm-Up

Regular Breathing	Mountain Pose, Hands at Hearts Centre
Inhale	Upward Salute
Exhale	Standing forward Fold
Inhale	Halfway Lift
Exhale	High Plank to Low Plank
Inhale	Upward Facing Dog
Exhale then 5 Breaths	Downward Facing Dog
Repeat 3 x	

Main Set I

Inhale	Mountain Pose, Hands at Hearts Centre
Exhale	Warrior Two
Inhale then 3 Breaths	Extended Side Angle
Exhale then 3 breaths	Lower into Triangle
Inhale	Star Pose
Exhale then 5 Breaths	Wide Leg forward fold
Exhale then 5 Breaths	Yogi Squat
Inhale then 5 breaths	Tree Pose
Exhale then 5 breaths	Dancer
Inhale then 5 breaths	Balancing Half Moon

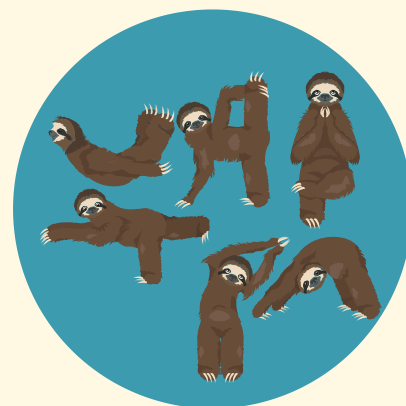
Main Set II to Cool Down

Regular Breathing	Mountain Pose
Inhale	Upward Salute
Exhale	Standing forward Fold to Stomach
Inhale	Locust
Exhale	Stomach
Inhale then 5 Breaths	Floor Bow
Exhale	Stomach
Inhale then Regular Breathing	Crow
Regular Breathing	Headstand
Regular Breathing	Half Pigeon

Create a
Yoga Story!



STRETCH WITH SID THE SLOTH IN THE ICE AGE



STRETCH LIKE A SUPERHERO

MOVE LIKE YOU'RE AN OCEAN CREATURE

ANIMAL YOGA



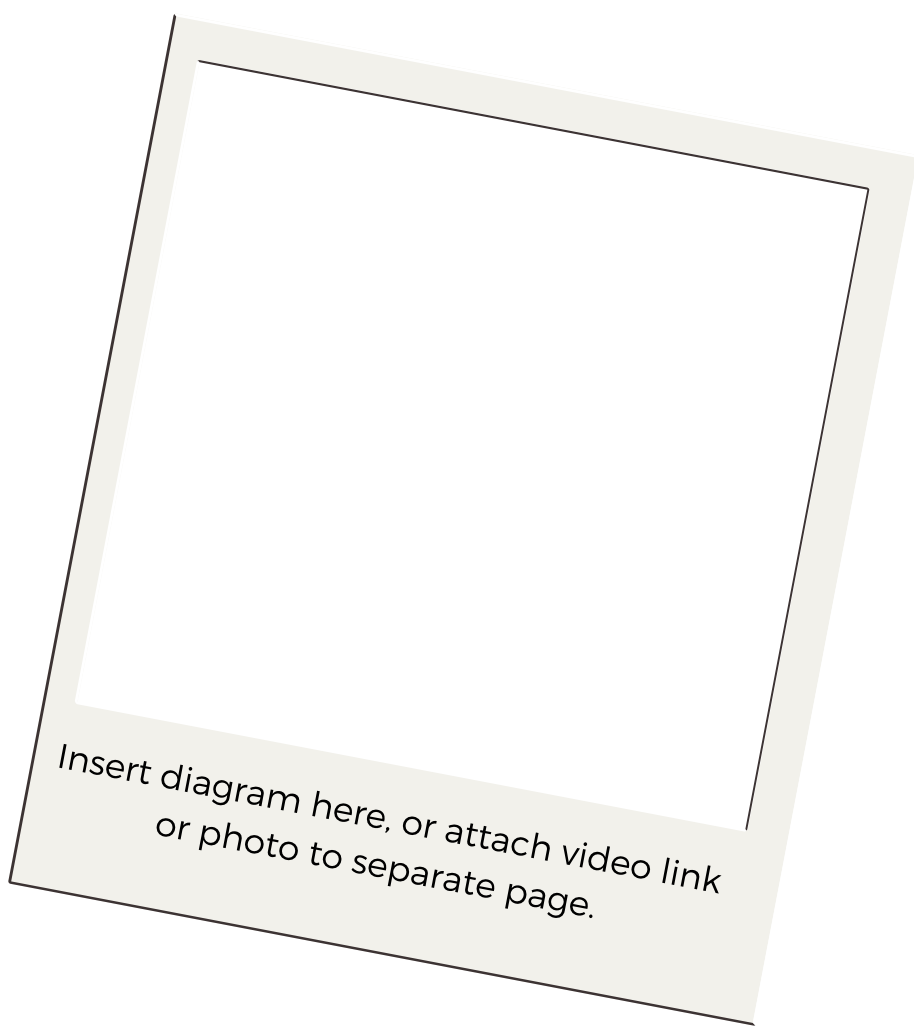
Teach Me Your Skills

PEER TEACHING HANDOUT

- Name of student instructor: _____
- Skill to be instructed: _____

In the space below, break down your skill into smaller movement segments. Use these steps to teach your partner how to perform your favourite skill. Record a demonstration, take a photo, or draw a figure of each step.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



• Special Tips and Tricks for Success

1. _____
2. _____
3. _____

• Video Demonstration Link (if applicable):
