

# Intentional and purposeful learning can occur while caring for your wellbeing!

Educators extend on children's learning and thinking by planning opportunities for intentional teaching and knowledge building. Participating in regular yoga sessions is a great way to not only take care of wellbeing through relaxation, stress release, and mindfulness, but also offer many teachable moments!

**'Intentional teachers act with specific learning goals in mind—both for aspects of children's development in social and emotional, cognitive, physical and creative domains and for learning in the academic domains of literacy, maths and science. Adults intentionally play roles in guiding children's experience..' EYLFPLP e-Newsletter No. 2 2010.**



## In addition to the benefits for mental wellbeing, Yoga helps to develop

- Balance and coordination
- Concentration and focus
- Strength and flexibility
- Mind Body Connection

## Yoga can be a positive group experience too!

- Children can learn by watching and interacting with More Knowledgeable Others
- Children can practice team work and cooperation in partner poses
- Children practice listening and following instructions
- Educators and Children can co-learn together.



Yoga poses can be adapted and created to scaffold learning in your projects or for following children's interests.



Images from University of Arkansas resource

*Children's relaxation stories allow opportunities for positive visualisation and relaxation, helping children to minimise stress and anxiety. Educators can read these stories, or enjoy a brain break too by finding tracks on Youtube. Children can develop language and imagination skills by talking about their visualisations and retelling the stories.*

## Breathing Exercise

Ask the children to close their eyes and take slow breaths in through the nose and out through the mouth. Get them to feel their breaths going up and down by putting their hands on their tummy. Practice counting the breaths. Take a moment to take a breath yourself. Deep breaths help to calm down and clear your mind. The children have also learned body parts, numbers, opposites, following instructions and body control. Encourage the children to take deep breaths to regulate their emotions.

Try using straws and feathers, leaves and bubbles for practicing breaths.



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