

## Banana Yoga Pose

### Learning Intention

I can practice yoga.

I can explain how yoga helps me practice mindfulness.

### Criteria

- ❖ Students can respectfully engage with the read aloud and their peers.
- ❖ Students can explain how they feel when practice this yoga pose.

### Inquiry Question

How might practicing mindfulness help reduce my stress and anxiety?

### Big Ideas

- ❖ **PHE 3:** Our physical, emotions, and mental health are interconnected.
- ❖ **PHE 3:** Adopting healthy personal practices and safety strategies protects ourselves and others.

### Curricular Competencies

- ❖ **PHE 3:** Identify and apply strategies that promote mental well-being.

### Content

- ❖ **PHE 3:** practices that promote health and well-being including those relating to physical activity, sleep, and illness prevention.

### Core Competencies

Personal Awareness and Responsibility

- ❖ We will explore strategies that help foster mindfulness and resiliency.

### First People's Principles of Learning

- ❖ Learning requires exploration of one's identity.

## LEARNING EXPERIENCE PLAN

### Materials/Resources

- ❖ EpicBooks → *I Am Yoga* (Written by Susan Verde and illustrated by Peter H. Reynolds).
- ❖ Epic Books → *My Mindful Day: Yoga* (written by Katie Marsico and illustrated by Jeff Bane).

- ❖ White board (or chart paper)
- ❖ Visual Journals (or paper)
- ❖ Pencils, erasers, and colouring supplies

## **Supporting Diversity**

Students are given the opportunity to represent their learning orally during the discussion period, as well as through writing and drawing/colouring to accommodate a variety of needs.

### **The Plan**

#### **Connecting**

Begin by asking the class what they know about yoga – provide time for discussion among students at table groups. Then, have students share their thoughts in a class discussion and write contributions/ideas on the board.

#### **Processing**

Using the computer/projector read the book “I Am Yoga” and “My Mindful Day: Yoga.” Next, go through the “Banana Yoga Pose” poster activity with the class. Afterwards, divide class into groups based on the number of students, and ask students to discuss something new they learned about Yoga. Have students to come up to the board and write something that their group discussed. Continue a class discussion based on what was learned from the two books and any questions students may have.

#### **Transforming & Personalizing**

Have students work in their visual journals to answer the following prompt question: *How does yoga help you practice mindfulness?* Ask students to write two sentences beneath their illustration. Students should be encouraged to colour their pictures.