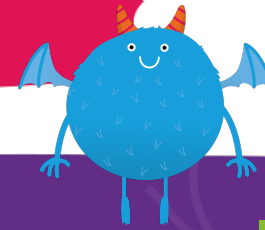


SNUG – RELAXATION ROCKET POWER (1)



INSTRUCTIONS:

This activity is essentially a yoga session for the children. You don't have to be experienced in yoga to do this, it is about having fun with movements, not perfect poses and incorporating breathing techniques into the movements. There are some suggestions in this session plan, but if you do have experience of yoga, then please use your knowledge!

You can do this outside if the weather is nice on the grass or in a quiet space with mats or a carpeted room.

All of these poses are suggestions so use ones you feel your group would like, remembering to incorporate deep breathing and slow movements, you may also want to play some relaxing music from the camp laptop in the background.

You may want to start with the easy pose to introduce some deep breathing and end with the corpse pose (I've renamed it Relax Pose!) to end with some deep breathing. This is time for them to focus on the here and now.

EQUIPMENT:

- ☐ A quiet house!

POSES:



Cobra



Elephant



Lion



Child's Pose



Rocket Power



Warrior Pose



Downward Dog to 3-Legged Dog



Happy Baby



Easy Pose



Pretzel



Tree



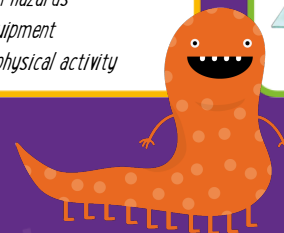
Relax Pose

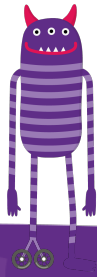
Health and Safety

Ensure the area is safe and free from hazards

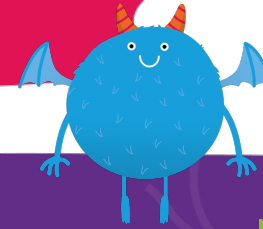
Supervision is advised when using equipment

Remember to stretch before and after any physical activity





SNUG – RELAXATION ROCKET POWER (2)



POSES:

Easy Pose – Sit up straight in a cross-legged position, softly place your hands on your knees, palms facing up. Breathe in and out deeply to calm your body.

Pretzel – Sit tall in a cross-legged position, stretch one arm across your body and rest it on your knee. Stretch your other hand behind you and breathe in deeply. Breathe in and out 3 or 4 times slowly before switching.

Cobra – Lie flat on your tummy with your elbows bent. Slowly lift your chest so your elbows are under your chest and your legs straight behind you.

Elephant – Stand up straight, then fold forward. Interlace your hands, swinging them gently side to side like an elephant's trunk.

POSES:

Lion – Kneel on your shins, with your chest to your thighs. Breathe in and out slowly. Then spring your body forward and roar like a lion.

Child's Pose – Sit back on your heels and slowly bring the forehead down in front of the knees. Rest the arms alongside the body and breathe slowly.

Rocket Power – Stand tall with your feet apart. Bring your hands to the prayer position. Inhale and push your hands to the sky. Exhale and move your hands to the side then back to the centre.

Warrior Pose – From a standing position, step one foot back and turn it so the toes are facing slightly outwards. Raise the arms up, parallel to the floor, one in front, one behind. Bend the front knee and look forward over your fingers. Reverse your feet and do it on the other side.

POSES:

Downward Dog – Either stand up and lower into the pose or start on the floor and rise into this pose. Create an upside-down V shape. You can turn this into the 3-Legged Dog pose by raising one leg up into the air.

Happy Baby – Lie on your back and hug your knees into your chest. Grab the outer part of your feet with both hands and rock side to side like a baby.

Tree – While standing on one leg, bend the other knee and place the sole of the foot on your inner thigh, or outside of the calf if its easier. You can also raise your arms into the air and sway like a tree.

Relax Pose – Lie on your back with your arms and legs stretched out and breathe slowly and deeply. Try and remain in this pose for 3-5 minutes.

