

Outdoor activities:

- ☑ Mindfulness and Yoga



**RESOURCES:**

- ☑ Gruffalo Story
- ☑ Toys for 'toy breathing'
- ☑ Gruffalo yoga cards

**CfE**

*I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space. HWB 0-21a*

*I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available. HWB 0-06a*

*I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 0-07a*

Activity 1

- Toy breathing - good for younger children.
- Get them to lie on their backs and balance a toy on their tummy - a Duplo block works well.
- Talk the children through breathing slowly in and out, pointing out the toy goes up when they breathe in deeply, and down as they breathe out.
- Can they make the toy go even higher and even lower next time?

Activity 2

- Use the 'Gruffalo yoga cards' to practise yoga outside
- The children may have already practised the movements as part of the P1 transition facebook group
- The children may invent some of their own yoga movements for everyone to try

Activity 3

- Tense and release muscle relaxation.
- Start at the feet, gently tightening the muscles and then releasing them.
- Continue to repeat this for all the muscles up the body to the face and head.
- Focus on slow, calm breathing throughout the activity.

Benchmarks

- Shows awareness of personal space (i.e. where body ends and space begins).
- Shows awareness of body parts and body positions when performing a range of different movements.
- Shows control of personal space and body parts when moving.
- Holds balance in various shapes and maintains balance when moving.
- Focuses on task and pays attention to stimuli, for example, instructions from a practitioner.