Yoga – Visualisation

How I want to feel today

Have a seat and get comfortable. Close your eyes and let your hands rest calmly on your knees. Grow a little taller by lifting your spine and then gently roll your shoulders back.

Take a deep breath in ……and let a long breath out. Let your whole body relax. Feel the air as you take another breath in … and let another long breath out.

Does it feel cool? Or does it feel warm?

Now let a word come into your mind that says how you feel today.

It could be a word like joyful, kind, friendly, or curious. It could be a word like happy, peaceful, enthusiastic or brave.

Choose the word that best describes how you feel. Hold it in your mind.

As you breathe in, fill yourself up with the feeling you want … and as you breathe out send his feeling to the world.

Feel how you want to be today. Take another deep breath in…… and let a long breath out.

Open your eyes.

You are ready for the day!

What are the children learning?

Experiences and Outcomes

I can describe how I feel after taking part in mindful activities and I am becoming aware of the changes that take place in my body. **HWB 0-28**

I am aware of and able to express my feelings and am developing the ability to talk about them. ***HWB 0-01a***

I know that we all experience a variety of thoughts and emotions that affect how we feel and behave and I am learning ways of managing them. ***HWB 0-02a***

Skills

Perform a range of activities that change breathing rate.

Describe effects of yoga and mindfulness.

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