



## Grade 7 Lesson Plan Mindfulness Yoga

### Objectives/Goals

- Analyze the benefits of stress management and stress-reduction techniques. (7.1l)
- Explain the benefits of emotional flexibility, stress management, and stress-reduction techniques for emotional health. (7.2p)

### Material

- Stress log
- Head and neck roll handout
- Yoga poses

### Procedure

#### Step 1-Review Mindfulness

- Review lesson 2 content and skill
  - Practice either the Star or Rainbow breathing exercise
- Stress log  
[https://classroom.kidshealth.org/classroom/6to8/problems/emotions/stress\\_handout2.pdf?ref=search](https://classroom.kidshealth.org/classroom/6to8/problems/emotions/stress_handout2.pdf?ref=search)

#### Step 2- What is Yoga?

- Yoga began more than 3000 years ago in India. Yoga is a Sanskrit (ancient language of the east) and it means to unite the mind, body, and spirit.



- Yoga includes physical exercise but also includes balance between the mind, body, and breathing. <https://kidshealth.org/en/teens/yoga.html>
- Yoga poses can help the body relax.
- When to use Yoga
  - Before a test (neck and shoulder rolls, squeeze and relax fingers and hands)
  - While studying (neck and shoulder rolls and tree pose)

- Before going to bed (Yoga stand, Forward fold)
- <https://teenshealth.org/en/teens/yoga-stress.html?WT.ac=t-ra>

*Step 3-Practicing Mindfulness through Yoga*

- Introduce Yoga by showing the video, Teen Yoga and Mindfulness Explained. <https://teenyoga.com/> Explain that you will be doing very simple stress reduction poses and exercises that can be used at home and at school
- Exercise (See handouts)
  - Head and Neck Rolls
  - Neck stretch
  - Seated Forward Folds
- Poses (See handouts) <https://kidshealth.org/en/teens/yoga.html>
  - Standing pose
  - Tree pose
  - Warrior pose
  - Easy pose

*Step 5- End of class assessment*

- End of class review (Ask questions about all the content and skill taught in the lesson)
- Exit ticket-Write down one benefit of stretches and practicing Yoga poses.

**Assessment Idea**

- Formative: Stress log
- Formative: Completion of the Neck Stretch and Seated Forward Fold
- Formative: Completion of the Yoga poses

**References**

- [https://classroom.kidshealth.org/classroom/6to8/problems/emotions/stress\\_handout2.pdf?ref=search](https://classroom.kidshealth.org/classroom/6to8/problems/emotions/stress_handout2.pdf?ref=search)
- <https://kidshealth.org/en/teens/yoga.html>
- <https://teenshealth.org/en/teens/yoga-stress.html?WT.ac=t-ra>
- Connolly, Mary., Skills-Based Health Education, 2<sup>nd</sup> edition (2018) Jones and Bartlett. (Grades 3-5 unit)

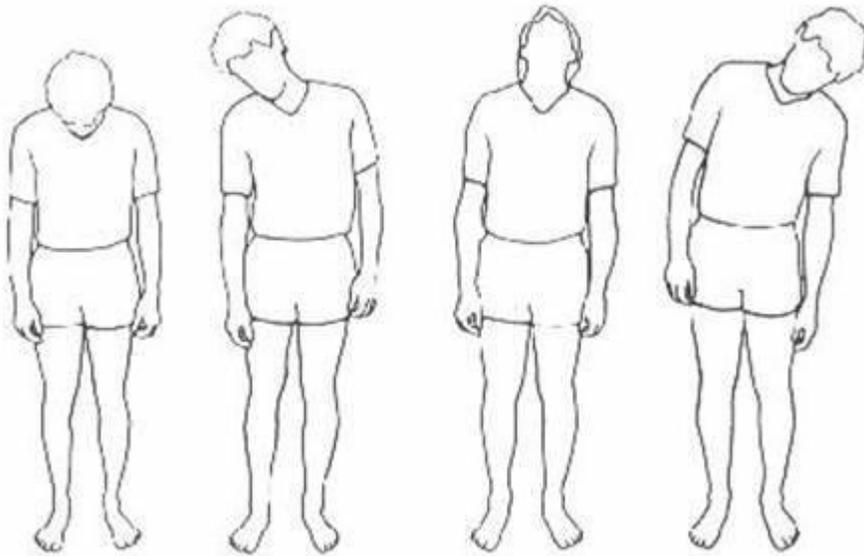
**Handout**

- Stress log
- Head and Neck Roll
- Neck Stretch
- Seated Forward Fold
- Standing pose
- Tree Pose
- Warrior Pose
- Easy Pose

## Stress Log

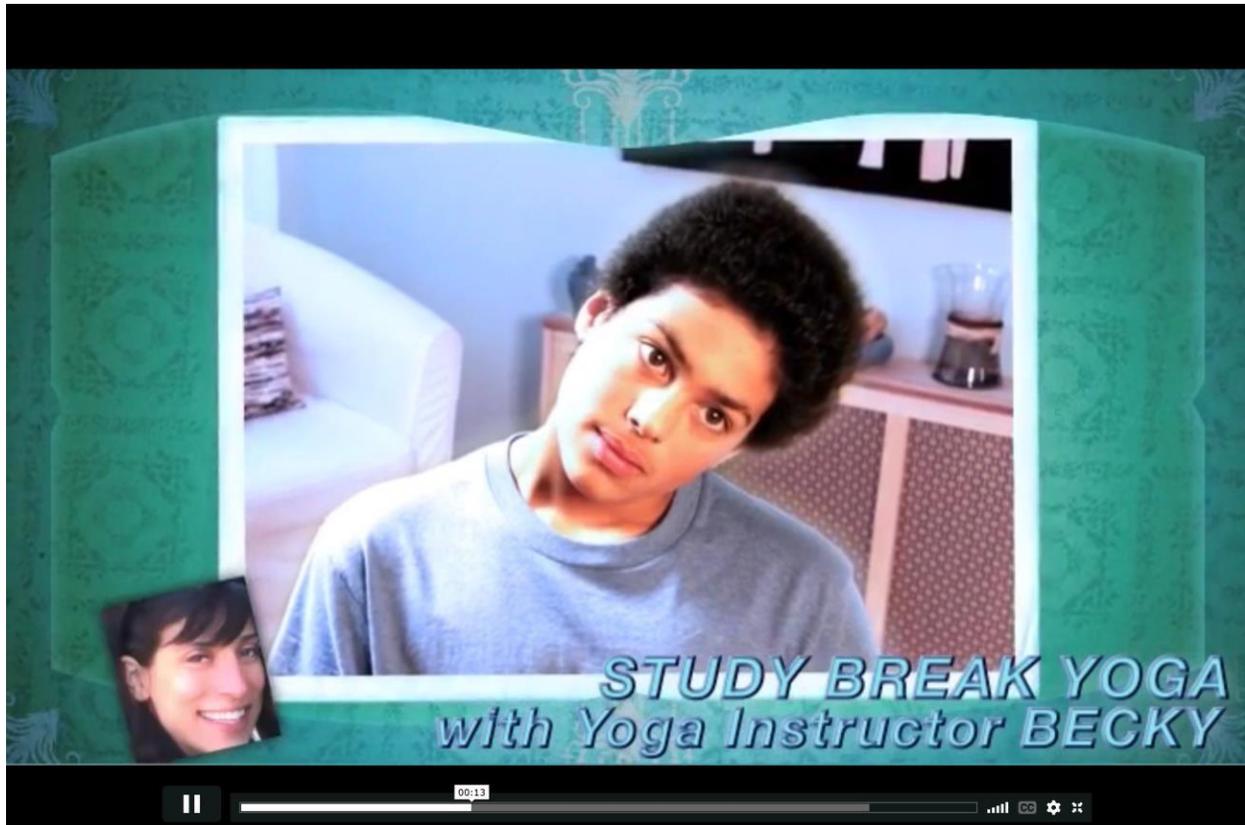
Stressful Situation	How I dealt with it	Healthy/Unhealthy

## Head and Neck Roll



## Neck Stretch

<https://teenshealth.org/en/teens/yoga-stress.html?WT.ac=t-ra>



## Seated Forward Fold

<https://teenshealth.org/en/teens/yoga-stress.html?WT.ac=t-ra>



## Yoga Standing Pose

### Tadasana Means



It is the primary standing pose of yoga, teaching us how to stand tall, balanced, and composed.

## Yoga Tree Pose

### Tree Pose



Tree pose is a balancing pose.

## Yoga Warrior Pose

### Warrior 2



Warrior 2 is a great pose for feeling strong and grounded.

## Yoga Easy Pose

### Easy Pose



Finish your practice in easy pose and thank your body for its hard work.