YOGA FOR THE CLASSROOM

WOLF AND WHIMSY KIDS

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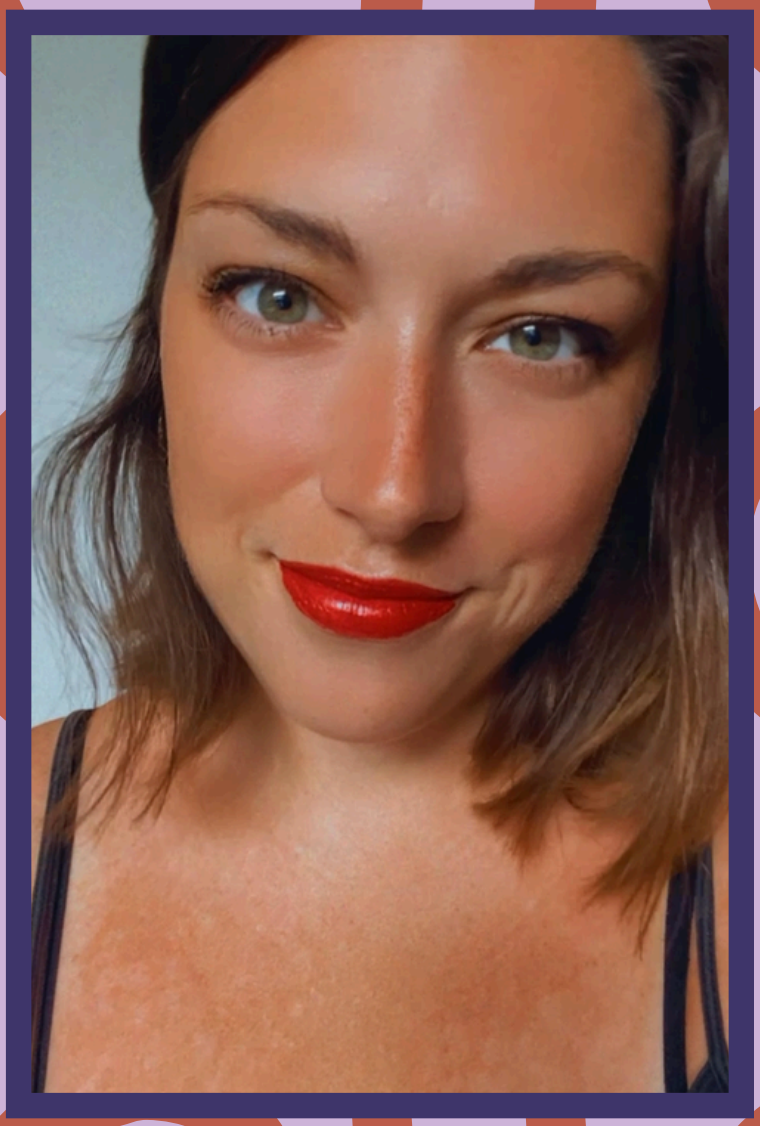
Requests to the author and publisher for permission should be addressed to Mae at Wolf and Whimsy Kids {wolfandwhimsykids@gmail.com}.

hello



hello

hey, i'm mae!
and i'm so excited you're here!

My days as a Kinder & Elementary school teacher taught me a lot about how much our kids benefit from mindfulness. I've personally seen the transformation, the social-emotional skills & wellbeing skyrocket, and moments of pause before being present.

I've seen kids grow up to be confident, compassionate, caring people... *people this world so desperately needs more of.*

Wolf & Whimsy Kids started in 2017 when I began creating mindfulness resources while I was completing my Master's degree in Educational Psychology at McGill University.

Since then, I've self-published multiple books and have had my work published in some of the world's most sought-after kids yoga teacher trainings, including Cosmic Kids and Kids Yoga Stories.

And I'm just getting started.

I've heard from people all over the world just how much they have loved introducing the practice of mindfulness in their homes and classrooms. Whether it's through yoga, guided imagery, journaling, mindful games, or something else, the impact mindfulness practices have on our mind, body, and soul is unmatched.

HOW TO USE THIS ACTIVITY

Bring mindfulness and movement into the classroom with simple desk and chair yoga! Yoga helps students stretch, refocus, and calm their minds without needing extra space or special equipment.

Through gentle seated poses and mindful breathing, students can improve their focus, reduce stress, and build strength and flexibility - all from the comfort of their desks.

These easy-to-follow exercises are designed to help kids reset and feel more balanced throughout the school day, promoting both physical and emotional well-being.

Perfect for quick brain breaks, transitions, or moments of calm, yoga is a fun and effective way to nurture mindfulness in the classroom.

Yoga Poses you CAN do with a Chair

Downward Dog: placing your hands-on the seat of the chair, hinge at the hips and slowly step your feet backward until your heels are in line with your hips, pressing the palms of your hands into the set of the chair.

Cobra: pressing your palms into the seat of the chair, lift your heels and inhale deeply as you lift your chest and drop your shoulders down and back.

Cat & Cow: pressing the palms of the hands into the seat of the chair, keeping your hips in line with your ankles. Inhale as you lift your chest and curl your back upward, looking toward the sky (cow pose). Exhale as you round your upper back, engaging the shoulders by pressing into the seat of the chair.

Pigeon Variation 1: from downward dog, inhale as you lift your leg, exhale as you place it in front of you on the seat of the chair. Keep the knee in line with your hip and flex your foot.

Pigeon Variation 2: sitting in a comfortable position, simply bring your leg up, placing the ankle on top of the opposite knee. Keep your foot/ankle flexed. You can stay here or proceed to Variation 3.

Pigeon Variation 3: from Variation 2, inhale deeply as you lift your upper body, exhale as you fold forward, hinging at the hips for a deeper stretch.

Chair: standing with your feet hip width apart, inhale as you lift your arms to the sky, exhale as you sit low, as though you are going to sit in a chair. Sit your hips back so that you can see your toes if you look down.

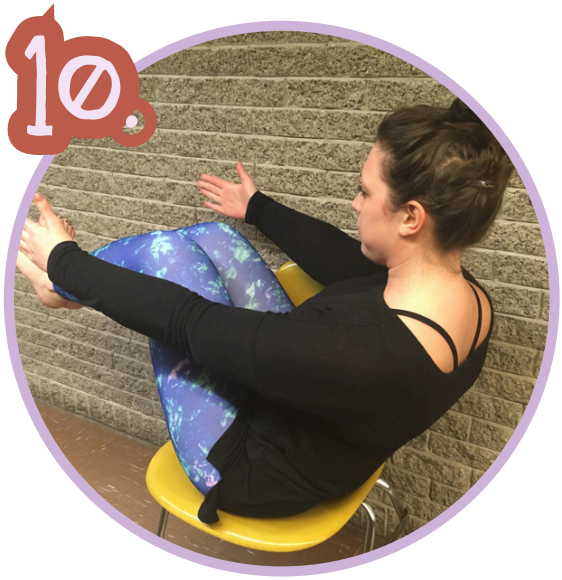
Warrior 1/Lunge: from downward dog, bring one foot up onto the seat of your chair. Inhale as you raise your arms to the sky, exhale as you sit low into your lunge. From here, you can also move into a Warrior 2 pose.

Tree: standing with your feet hip width apart, inhale as you lift one foot and place it as close into the inner thigh as you can. You can also place this foot onto your calf or ankle.

Camel: standing with your feet hip width apart, inhale as you raise your arms to the sky, exhale as you bend backwards, reaching for and resting your hands on the back of the chair. If this is too hard on your back, place your hands on your back for a softer backbend.

Seated Forward Fold: sitting comfortably, inhale as you reach your arms high, exhale as you hinge at the hips and fold forward over your knees.

Seated Forward Fold Variation: from seated forward fold, inhale as you raise your arms behind you, interlacing your fingers. Exhale as you gently send your hands forward toward the floor.



Boat: on your chair, come to sit on your sacrum. Inhale as you engage your core and lift your legs. Exhale as you settle into boat pose. If you can, extend your legs outward or keep your knees tucked in. Remember to keep your spine straight!

Dancer: standing with your feet hip width apart, hold onto the back of your chair as you inhale to lift your leg. Exhale. Grab hold of your foot and inhale as you lift the chest upward, bringing and lifting your leg behind you. Exhale as you settle into this pose.

Savasana: sit down in your chair. Take some deep inhales and exhales to relax your body completely.

From here you can either place your head on a desk, close your eyes, and rest in Savasana or you can simply sit comfortably in your chair with your hands on your knees, palms facing up.

YOGA FOR YOUR HANDS AND WRISTS

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01.

Make a star with your hands and bring the wrists to up a 90 degree angle. Do this the opposite way by bringing your wrists down a 90 degree angle.

02.

Keeping fingers close together, gently use your other hand to press the fingers back and forward, stretching both the wrists and hands.

Make a star shape with your hand and gently press back each finger.

Make a fist and slowly rotate your wrists in both directions.

Heart-opening mudra: Bring your hands together in prayer. Spread your fingers apart, seeing pinky fingers and thumbs together, stretching the hands.

YOGA FOR YOUR EYES

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Rub your hands together to warm them

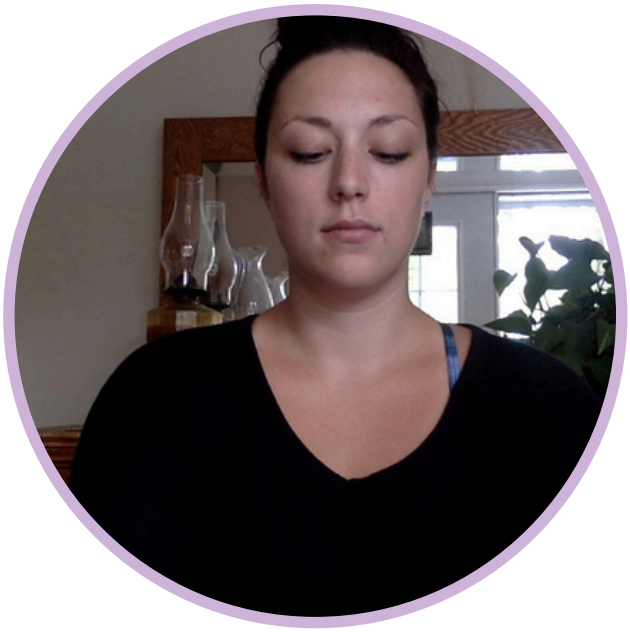
Once warm, cup your hands over your eyes to help relax your eye muscles

Gently tap your fingers over your eyes, simulating the feeling of rain on your face. You can do this all over your body as well

03.

Look up

Look to the side



Look down

Look to the opposite side

ACTIVITIES + MINDFUL BREATHING

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Ujjayi Breathing

Ujjayi breathing is a breathing technique also known as Ocean Breathing. This is a great breathing technique for relaxing muscles and slowing heart rate, creating a sense of calm and peace within the mind and body.

How to Practice:
Inhale slowly through the nose with your mouth closed, filling your body with oxygen starting at the lower belly, to the ribs, to the chest, to the throat.

Then exhale through the nose, starting at the throat, to the chest, to the ribs, to the lower belly.

After practicing Ujjayi breathing, take a few deep, slow natural breaths to cement the breathing practice.

BREATHE LIKE A BALLOON

Pretend your belly is a balloon.

Put your hand on your belly. Breathe in deeply and slowly through the nose, filling the belly, feeling it grow bigger and bigger. Breathe out slowly, feeling the belly empty.

Continue to breathe like this for as long as you'd like.

BREATHE LIKE A STAR

Spread the fingers on one of your hands wide apart, making a star.

With the other hand, use your finger to trace your fingers. Breathe in as you trace up and breathe out as you trace down.

When you are finished, switch hands and do it again!

BREATHE LIKE A DRAGON

Imagine you are a dragon,
fierce, strong, and brave,
protecting the castle.

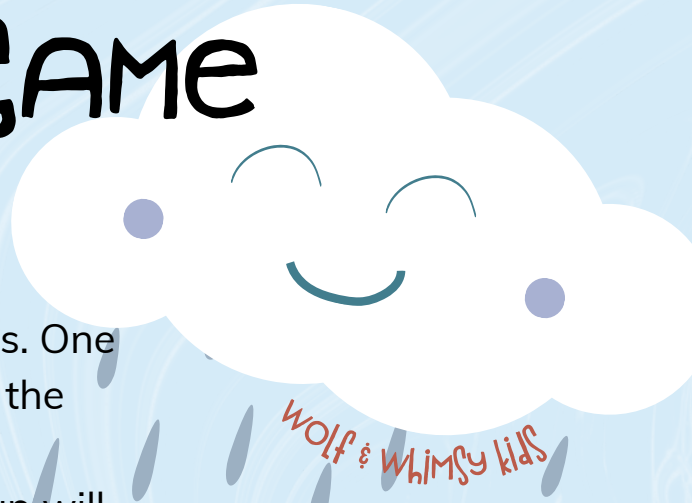
Take a deeep breath in...
1...2...3...4...
Slooow breath out...
1...2...3...4...
(do this 5 times)

Each day you let out a giant **ROOAAARRR!**

to let knights and dames know you are there.

Take a big breath in, and breathe out hard, roaring like a dragon!

The rain Game



This game requires multiple people.

Divide your group into three smaller groups. One group will be the “Rain”, one group will be the “Thunder”, and the last group will be the “Lightning”. When prompted, the rain group will make the sound of rain by making a “swoosh” sound with their mouths, the thunder group will create the sound of thunder by stomping their feet, and the lightning group will make claps of lightning by clapping their hands.

Ask the rain group to start. After a few seconds, ask the lightning group to join in. After a few more seconds, ask the thunder group to join.

Your space is going to get very loud very quickly.

When you are ready, yell “THE STORM IS OVER!” and the kids completely stop making noise, filling the room with a sudden silence.

Ask the kids how they felt when the silence filled the room. A common response is “Like I was floating” or “I felt light and free”.

Additional Resources

Resources

click me!

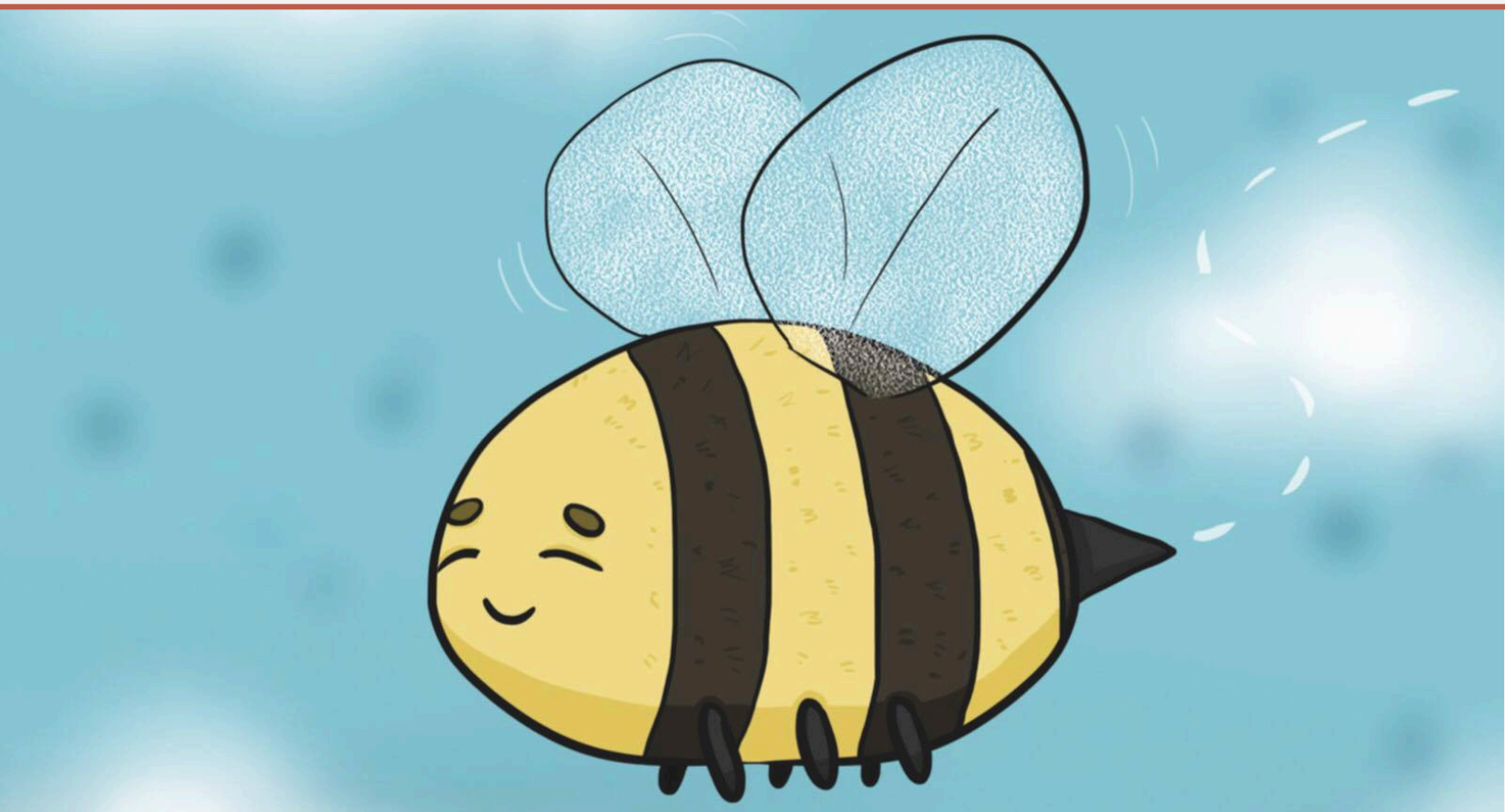
FREE RESOURCES

WOLF & WHIMSY KIDS BLOG

ROOOAAARRR! LIKE A DRAGON

CREATING MINDFUL CLASSROOMS GUIDE

THE MINDFUL EDUCATOR COURSE



DISCOVER THE PERFECT MINDFULNESS PLAN FOR YOUR CLASSROOM

SCAN ME

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