

Yoga , Music and Movement and Dough Disco in Early Years with Rainbow Yoga Claire ☐

This term we have had lots of creative fun through our topic of dinosaurs. We have focused on poses (asanas) and breathing techniques that help with **boosting our confidence**. Our favourite ones have been **Gorilla** and **Catch a star** and put it in a bucket. The poses we have enjoyed making our bodies into have been star, self-hug, tree warrior and the most challenging pose has been flamingo.

Here are some of our Early Years Friends across the 6 classes enjoying yoga this term.



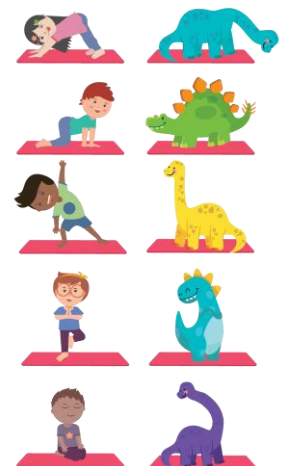
Have a go at doing the breathing techniques and poses at home over the half term break, here is how you do them.

Boost Confidence

<p>Catch a Star</p>	<p>How to... Reach right hand up and lean over to the left while breathing in. Breathe out as you bring your right hand back. Repeat on the other side.</p>	<p>Benefits Stretches the side of the body. Increases spine flexibility. Energises the body.</p>	<p>Visualise... Imagine reaching for a star!</p>
<p>Gorilla</p>	<p>How to... Bend elbows and grab fingers (left palm facing body, right palm facing out). Breathe in slowly. Breathe out forcefully making a gorilla grunt sound! While pulling the hands away from each other tugging the fingers 5 times. Repeat on the opposite side.</p>	<p>Benefits Increases hand and finger strength. Helps develop fine motor skills. Strengthens the vestibular system. Calms the nervous system.</p>	<p>Visualise... Imagine being a powerful gorilla!</p>

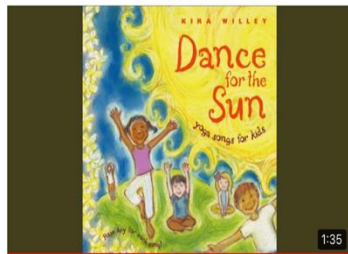
Boost Confidence

<p>Star Pose</p>	<p>How to... Stand with feet wide. Breathe in and stretch arms out. Breathe out and spread fingers wide.</p>	<p>Benefits Stretches and lengthens body in all directions. Improves posture and aligns spine. Energises the body. Strengthens legs ankles, back and abdomen. Improves respiration and circulation. Relieves stress and tension. Improves focus and balance. Boosts mood and confidence.</p>	<p>Visualise... Imagine shining like a star in the sky.</p>
<p>Self-Hug</p>	<p>How to... Stretch arms in front, cross right arm over left. Hug your body, breathe in and out slowly 5 times. Close your eyes and in your mind think 'I accept myself'. Switch your arms over and repeat on the other side.</p>	<p>Benefits Relieves tension in shoulders, upper back and neck. Calms mind. Encourages self-compassion and confidence.</p>	<p>Visualise... Feel the warmth of your body. Imagine a warm blanket being wrapped around you, keeping you safe.</p>
<p>Tree</p>	<p>How to... Place right foot on either left foot, lower leg or above the knee (not on the knee joint). Place palms together, breathe in. As you breathe out, grow tall branches (arms extend).</p>	<p>Benefits Strengthens legs and spine. Stretches thighs, chest and shoulders. Improves balance and focus. Increases self-esteem.</p>	<p>Visualise... Imagine that your feet are rooted to the ground making you strong and stable. Feel tall and strong like a tree.</p>
<p>Warrior</p>	<p>How to... Stand sideways with legs wide. Bend right leg, stretch arms out to the side, look to the right and breathe. Repeat on the other side.</p>	<p>Benefits Stretches hips, groin and shoulders. Improves circulation and respiration. Energises the body. Opens up the chest and lungs. Improves digestion. Enhances balance and concentration. Improves confidence.</p>	<p>Visualise... Imagine being a brave warrior standing strong.</p>
<p>Flamingo</p>	<p>How to... Stand feet together. Look ahead at something that doesn't move. Bring right heel to your bottom and hold foot with hands. Breathe for a few breaths. Repeat on the other side. Some children may need to hold on to a wall or table for support.</p>	<p>Benefits Strengthens feet, ankles and legs. Increases focus and concentration. Improves balance and coordination. Calms the nervous system. Reduces anxiety. Increases self-confidence and self-esteem.</p>	<p>Visualise... Imagine standing confident as a flamingo. Bright and colourful.</p>



We have enjoyed lying down on our rainbow yoga mats, mermaid blankets whilst listening to our favourite yoga song, Namaste by Kira Wiley. Here is the **You Tube** link to the relaxing song :

<https://youtu.be/7E70pNrQt0k>



Namaste Song
107K views
Kira Wiley - Topic



This term in music we have enjoyed learning dinosaur ☐ songs, our favourite one has been 'One Little, Two Little, Three Little Dinosaurs which you can sing along to at home on **You Tube**, here is the link;

Here are our Early Year Friends exploring the claves, ukuleles and walk a long keyboards ☐ in our music lessons. Lots of great tunes and rhythms have been enjoyed.



We have also enjoyed moving/ shaking our bodies to the Dinosaur Stomp by the Koo Koo Kanga Roo.



Koo Koo Kanga Roo - Dinosaur Stomp (Dance-A-Long)
32M views · 8 years ago

Koo Koo Kanga Roo

Some of the Early Years classes are now enjoying weekly **Dough Disco** sessions with me as part of our creative time together to develop our fine motor skills We enjoy a different scented play dough to develop our fine motor skills. Lots of fun has been had exploring the different cutters especially the Chinese New Year cutters and

chop sticks. Our favourite action song has been 'I like to move it' which you can find on You Tube and where you can practice movements like roll, splat, pinch with the play dough. Here is the link;

<https://youtu.be/BOLR3pQt8zg>

< i like to move it dough disco



'I like to' playdough action song

602K views · 1 year ago



Early Years Emily



Wishing you all a relaxing half term and an opportunity for everyone to recharge their batteries.

