

MOVEMENT TUESDAY - DOWNWARD-FACING DOG & EARTH SALUTATION

Supplies: Perro Abajo / Downward-Facing Dog/ Adho Mukha Svanasana A-Z Card, Wombat / Child's Pose / Balasana A-Z Card, Gato /Cat / Marjaryasana Pose A-Z Card, bell; Perro Abajo / Downward-Facing Dog / Adho Mukha Svanasana Coloring Sheet



**PERRO ABAJO /
DOWNWARD-FACING DOG /
ADHO MUKHA SVANASANA
A-Z CARD**



**WOMBAT / CHILD'S POSE /
BALASANA
A-Z CARD**



**GATO / CAT POSE /
MARJARYASANA
A-Z CARD**

Welcome students to Mindful ME

Welcome students to Mindful ME. Encourage them to find their Mindful Body posture so that they are ready to listen and learn. This week, cross your hands over your heart in a gesture of loving-kindness. Encourage students to cross their hands when they are ready to listen. "Today, we are going to learn a pose called Perro Abajo/Downward-Facing Dog/Adho Mukha Svanasana."

[Show the picture on the Perro Abajo/Downward-Facing Dog/Adho Mukha Svanasana A-Z Card and read the instructions below or play the Downward-Facing Dog demonstration video or alternative video]

Perro Abajo/Downward-Facing Dog/A pose instructions:

- Come onto your hands and knees.
- Breathe in, curl your toes under, and make your legs strong.
- Breathe out, press into your hands, and use your stomach muscles and legs to lift your hips up and back. Stretch your heels toward the earth.
- Press down through your hands to stretch your arms, your legs, and your spine.
- Take at least 5 deep breaths in this pose.

"Lower your knees to the ground and slowly sit up. Let's pause to notice how we feel after doing Downward-Facing Dog. What do you notice about your body and your breath right now? Now, we'll put the poses we've learned together into a sequence called an Earth Salutation."

Show the Wombat/Child's Pose/Balasana A-Z Card, Gato/Cat Pose/Marjaryasana A-Z Card, and Perro Abajo/Downward-Facing Dog/Adho Mukha Svanasana A-Z Card.

Play the Earth Salutation video below or read the instructions here:

The Earth Salutation has 3 poses:

The first pose is Child's Pose.

The second pose is Cat Pose.

The third pose is Downward-Facing Dog.

Let's start in Child's Pose and take a breath here. Breathe in and press up to hands and knees. Press your hands and feet into the ground and arch your back up like a cat. Breathe out. Take another big breath in this pose.

From here, breathe out and bring your spine into neutral or tabletop position. Breathe in, curl your toes under, and lift your knees. Breathe out and press your hands into the earth to lift your hips up. Press down into your hands to stretch your arms, legs, and spine. Take a few deep breaths here in Downward-Facing Dog.

After a few breaths, have students lower their knees to the ground and return to Child's Pose.

Encourage them to pause for a few moments to check in with how their bodies feel.

Let's do an Earth Salutation again. This time, I will ring the bell 3 times at the end of the Salutation. When you hear the end of the third chime, slowly begin to sit up out of your Child's Pose. You might want to come up after the first chime, but try to wait until the third one.

[Many students will want to pop up to check on things after the first bell. Gently remind them to return to the pose to wait for the third chime.]

Repeat the Earth Salutation several times (as time allows).

Ask volunteers to comment on how they feel after doing several rounds of Earth Salutations.

"When might we want to do this sequence during the day? When would it help you?"

Extension Activity: After students are familiar with the sequence, ask volunteers to lead the sequence.

Pose Modifications

In Downward-Facing Dog, students might be high up on their toes or have their feet flat on the ground. They can experiment with having their feet closer to their hands or further away.

Downward-Facing Dog can be done at a wall. Press hands into the wall and carefully step feet back. Encourage students to press firmly into the wall.

Downward-Facing Dog at a wall can help to calm an overwhelmed nervous system. It is a great pose to do when transitioning to new spaces (like another classroom, the cafeteria, etc.)

Send Home:

Perro Abajo/Downward-Facing Dog/Adho Mukha Svanasana Coloring Sheet