

FANTASTIC FRIDAY

Supplies: Perro Abajo/Downward-Facing Dog A-Z Card, Wombat/Child's Pose A-Z Card, Gato/Cat Pose A-Z Card,



**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**

Freeze Dance with Perro Abajo/Downward-Facing Dog, Wombat/Child's Pose, Gato/Cat Pose

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.

[Note: If you need a quieter activity, encourage students to draw and share their favorite mindfulness activity, pose, or breath.

If you haven't done so already, you might also choose to read *One Love* by Cedella Marley and discuss the theme of Loving Kindness]

For variations on this game for Virtual Learning, you can use the Yoga Freeze Dance Video below.

"Today, we are going to play a little freeze dance game. We're going to play it and review some of the fun poses we have been learning recently."

Show the cards for Child's Pose, Downward-Facing Dog, and Cat.

"I'm going to play music, and then when I stop it, I'm going to pick a card, and that's what we're going to freeze in. Ready?"

Play a song for several seconds, then pause and pull out a card. Students should pause in the pose shown on the A-Z card.

Repeat this several times.