

MOVEMENT TUESDAY - TREE POSE

Supplies: ÁrbolTree Pose A-Z card, ÁrbolTree Pose Coloring Page

Reading Connection: *Salma the Syrian Chef* by Danny Ramadin

**Tree pose**

Follow the instructions here, or choose to play the video below:

Display the ÁrbolTree Pose A-Z card

- We are going to do standing tree pose to practice our balance. Stand strong on one leg and place your hands on your hips.
- Turn one foot out. Breathe in and place your foot below your knee, or just above your knee, but not on top of your knee.
- If you find that you are feeling wobbly, just place your foot down, take a deep breath to regain your balance, and then try to pick up your foot again.

- Now imagine that this strong, straight leg is your tree trunk and it is growing roots into the ground. Press down into your foot, and lift up through your belly and chest.
- Breathe and reach your arms/branches up to the sky. Then breathe out and bring them down. Take two more breaths with arm movement, and then breathe out and bring your hands down to your hips.
- Lower your foot down to the ground.
- Repeat on the other side.

“Place one hand on your heart and one on your belly and breathe for a few moments. Pause to see how you feel in your body after doing Tree Pose.”

“Tree Pose and other balancing poses are good for focus and concentration, so this is a great pose to try when you need to start a new task. You’re letting your brain know that it is time to focus and concentrate.

Place the *Árbol* Tree Pose A-Z card in the Peace Place.

If time allows, begin reading the book, *Salma the Syrian Chef* by Danny Ramadin. Pay attention to sensory words about taste as you read.

Pose Modifications

Seated Variation

- Start seated on your mat in crisscross applesauce. Take one leg and stretch it out in front of you.
- Place the bottom of your other foot above or below your knee, but not on your knee.
- Flex your foot on your straight leg and sit up tall like you are a magnificent tree.
- Breathe in and out and lift your arms up high like the branches of a tall tree.
- Take two more breaths, raising and lowering your arms as you breathe.
- Repeat on the other side.

Send home the *Árbol* Tree Pose Coloring Page.