

FANTASTIC FRIDAY - MATCH IT UP GAME!

Supplies: A-Z Cards for all poses and breaths learned through week four (Wombat/Child's Pose, Flower Power Breath, Gato/Cat Pose, Perro Abajo/Down Dog, León/Lion's Breath, Tierra/Earth Pose, Hand Tracing Breath); write "Take 5" on a notecard to add to the existing cards.



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



**FLOWER POWER BREATH / FLOR
FUERTE / PRANAYAMA A-Z CARD**



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



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



**LEÓN / LION CARD /
SIMHASANA
A-Z CARD**



**EARTH / TIERRA /
APANASANA
A-Z CARD**

MATCH IT UP GAME

PRIOR TO LESSON

Watch Match It Up Game Video (below) for understanding on how to lead the game.

Welcome students to Mindful ME time. Encourage them to find their Mindful Body posture so that they are ready to listen and learn. This week, use a bell or soft music to help students focus on getting ready for Mindful ME time.

Before students begin work in their groups, remind them to be mindful communicators. Mindful communicators listen with their whole bodies, pay attention to the words, feelings, and needs of teammates, keep their own sharing on-topic, and work together to find solutions when there is conflict.

In-person

1. Put students into pairs or small groups
2. Have each group randomly pick a pose card and a breath card.
3. Each group/pair will work on how to do the pose and breath together (They can be done at the same time or be closely related)
4. Ask the group/pair to teach the pose and breath to class
5. Have students reflect on how the pose and breath felt together. "How does your body feel after doing that pose/breath together?"

Virtual Learning

This will depend on the age level and technology platform. Older students could be sent into breakout rooms to discuss pairing their pose and breath (provide a time limit) and then return to share with the class.

Younger students could choose a pose and a breath from the options available and then show how they would match them up. You could also draw two cards out of a hat and then have each student interpret how they would match up the cards.

Extension Activity

Students can draw a picture to represent the two poses together.