

# YEAR 1: LESSON 1 • SADIE LOVES YOGA

## ADDITIONAL RESOURCES

### LEARNING TARGETS

- + I can describe what a mudra is and how I use it.
- + I can decide what mudra to use that shows how I am feeling or would like to feel.
- + I can determine what mudra will help me in specific situations.

### MAIN CONCEPT REVIEWS

#### THREE MUDRAS REVIEW

- + Remind students that mudras are “yoga for our fingers.”
- + Why do we use mudras? Mudras can help us focus, re-energize, or calm down. Mudras are a tool that helps us self-regulate or show how we are feeling or would like to feel.
- + Where can we use mudras? Anywhere!  
**Classroom Examples:** Mudras can be used at your desk to help your brain focus as well as to help your body feel calm and confident before or during a hard task or test.
- + When can we use mudras? We can use mudras anytime - they are often used with breathing exercises, during yoga practice, or yoga naps.  
**Examples:** You may want to utilize mudras during a storm or a time you feel scared. On the other hand, you may want to spread your love and energy to the people around you, or perhaps you're feeling tired and need to find the energy to keep going.
- + Practice each mudra that students learned during the Sadie loves Yoga lesson (Plug Into the Earth, We Are the World and Eagle).
  - For every mudra, demonstrate and define the mudra, guide students to practice it with their eyes closed for three deep breaths (in and out through the nose), then shake out the mudra to clear that energy from the body.
  - After the three mudras, encourage students to choose the one that felt the best for their smart mind, kind heart, and calm body. Guide them to close their eyes and take three deep breaths in this mudra. The effects of this mudra should be kept within the body, so do not shake it out this time. At this time, explain that students will learn three mudras each time and they will soon be able to choose from any mudra that fits how they are feeling or want to feel.

#### SADIE LOVES YOGA

**Materials Needed:** Copy of *Sadie Loves Yoga* by Molly Schreiber

- + Read the book aloud to the class, showing them the pictures as you read. Take some time to talk about the story once complete, asking students some of the following questions:
  - “How did Sadie’s life change throughout the story?”
  - “What were some things that Sadie learned from practicing yoga?”
  - “How do you think you might feel after you practice yoga?”



## EXTENSION ACTIVITIES

### MUDRA ACTIVITIES

- Create a mudra class book. Take pictures of students throughout the week using the three mudras from this lesson (and any taught from future lessons). Compile these within a book that shows students utilizing different mudras to represent specific feelings they are having or would like to have.  
**\*ADDITIONAL OPTION**  
Label the mudras and place the book in the classroom calming corner.
- Have students choose from 3 mudras (from this lesson or any lesson in the future), a mudra that best represents their feeling that day or how they would like to feel. Have them draw a picture of themselves using the mudra in a situation, using details within their picture that represents how that mudra is representing the feeling they are having or would like to be having.
- Have students begin a mudra journal (this could be used as morning work, during morning meaning, seat work etc.) and instruct students to write about what mudra they chose, what feeling they think it represents/want it to represent, and when they used it that day.



## MUDRA JOURNAL PROMPTS (handout available)

### BEGINNING OF THE DAY REFLECTION

The mudra that best represents my feeling today is (circle one):

Plug Into the Earth / We are The World / Eagle / Other • \_\_\_\_\_

I chose this mudra because \_\_\_\_\_

I can use this mudra today when I \_\_\_\_\_

### END OF THE DAY REFLECTION

How/when did I use my mudra today? \_\_\_\_\_

**DAILY INTENTIONS** • Setting daily intentions with your students will help them to create a focus for their day.

- + Explain to your students that setting an intention is like planting a seed, it can be a mindset, quality, or skill that they want to practice and get better at. One option is to generate a list of ideas for intentions the students could choose from or work with students to create their own. The class may want to focus on a class intention or students may have their own.



**SENSES WALK** • Take a “Senses” walk, or a mindful walk that places awareness and attention on the present moment by using the five senses to help focus the mind. This walk can be taken anywhere. **Examples include:** classroom, playground, park, home, sidewalk, or backyard.

- + Start by standing still with your eyes closed, taking a deep breath in through your nose and out through your nose. As you do so, you begin to ground and calm your body, which helps you to focus your body and mind.
- + When you are ready, open your eyes and begin to walk slowly focusing on one thing you can see with your eyes. With every step, you are aware of your surroundings, as to not run into anything or anyone. But you continue to focus on the item. Once you arrive at the item, examine its shape, size, color etc.
- + Once you have explored the first object move on with your walk, use another sense such as touch or sound. Perhaps you hypothesize how the item will feel or smell until you arrive at it and then feel/smell it once you get to it. Once you have explored using the senses that are possible to use, you can finish with a few deep breaths.
- + Discuss with the class how this activity made them feel and how/where they can use it in the future.

## RESOURCES

### YOGA AND MINDFULNESS PORTAL

- + Sa Ta Na Ma Video
- + Sun Salutation Videos
- + Gratitude Word Search Activity
- + Awesome Coloring Sheet

### VIDEOS

- + Zen Session for Kids with Kira Willey (Colors)  
<https://www.youtube.com/watch?v=b8o4H5CB8sQ>

### MUSIC & MOVEMENT

- + Kira Willey Nature Fireflies PBS  
[https://www.youtube.com/watch?v=F-RQBmk58E4&list=RDF-RQBmk58E4&start\\_radio=1&t=15](https://www.youtube.com/watch?v=F-RQBmk58E4&list=RDF-RQBmk58E4&start_radio=1&t=15)

### LITERATURE

- + “I Am Peace A Book of Mindfulness” by Susan Verde
- + “A Handful of Quiet Happiness in Four Pebbles” by Thich Nhat Hanh
- + “Puppy Mind” by Andrew Jordan Nance
- + “My Magic Breath Finding Calm Through Mindful Breathing” by Nick Ortner

### BOOK READ ALOUD

- + “I Am Peace” by Susan Verde  
<https://www.youtube.com/watch?v=hXA3837uv3w>

### PROFESSIONAL DEVELOPMENT

- + Bite-Sized Mindfulness: An Easy Way for Kids to be Happy and Healthy  
[https://www.youtube.com/watch?v=uOlldmMK\\_zM](https://www.youtube.com/watch?v=uOlldmMK_zM)

