



**Exercise – Good for Your Body and Your Brain (🧠 A Physical Health Story)
(2nd Grade – 7-8 yrs.)**

Physical Activity: Stretching Your Body and Stretching Your Brain



STORY CONNECTION-SLIDE 6 (Approx Time: 20-25 mins)

While it is ok to workout hard – if that is what you like to do - you just need to use your muscles – making them contract and relax – to keep them healthy. So, anything that you do that moves your body will “count” as exercise. Yoga – where you are stretching and holding different poses – that is exercising. Going for walks with your friends and family – that is exercising. Playing any kind of game where you do some movement – like hopscotch, hide and seek, dodge ball – is exercise. This activity focuses on yoga.

Variation #1:

Materials needed:

- Space for student(s) to practice yoga poses (outside, gym, classroom with furniture moved, etc.)

Preparation needed:

- Determine how much time you will have to practice yoga.
- Visit <https://www.namastekid.com/tool-type/kids-yoga-poses/> to decide what poses you are going to do with your student(s). Click on each pose to learn more information about it.
 - Things to consider when selecting your poses:
 - Space limitations
 - Time constraints
 - Attention span of student(s)
 - Physical limitations of student(s)
 - Your comfort level in demonstrating or teaching the poses.

Instructions:

1. Remind student(s) that yoga is a way to exercise since we are moving our muscles. Remember, you do not have to sweat to exercise, but sweating is okay!
2. Lead student through the pre-selected poses for the pre-determined amount of time. Encourage student(s) to participate as they feel comfortable.
3. At the end of the session, discuss how the poses made them feel physically. Some things to ask:
 - What poses did you like? Dislike? Why?
 - How did your body feel when you were doing the _____ pose?
 - Will it be easier or harder next time? Why do you think this?
 - How can yoga help your body?
 - How can yoga help your brain?

Variation #2:

This variation is for those who do not feel comfortable teaching the student(s) to do the poses or for those doing the program online.

Materials needed:

- Space for student(s) to practice yoga poses with internet access
- Equipment to show online video
- Yoga Video Link: <https://www.gonoodle.com/videos/ZwmkBX/release-your-warrior-1>

Preparation needed:

- Determine how much time you will have to practice yoga.
- Determine which yoga video you will play.
 - Go Noodle has several different yoga or kids videos you can use in addition to the suggested one above.

Instructions:

1. Remind student(s) that yoga is a way to exercise since we are moving our muscles. Remember, you do not have to sweat to exercise, but sweating is okay!
2. Play the pre-selected video. Encourage all student(s) to participate. Your participation is encouraged too!
3. At the end of the session, discuss how the poses made them feel physically. Some things to ask:
 - What poses did you like? Dislike? Why?
 - How did your body feel when you were doing the _____ pose?
 - Will it be easier or harder next time? Why do you think this?
 - How can yoga help your body?
 - How can yoga help your brain?