



Students practice mindful “BREATHING” through guided yoga.



The ability to project “Classroom Movement Cards and Posters” (<https://bit.ly/31zdfj0>) OR play part of one of these yoga routines (<https://youtu.be/X655B4ISakg> or <https://youtu.be/-6erFaJZqP4>).

Total Prep Time: 5 mins.



As this is the third Monday of the month, please consider sharing or re-sharing the Monthly Kick-Off activity, and if appropriate, video at www.everymondaymatters.org. Additionally, a three-minute recap of the previous weeks may add extra context to this week and help connect the dots around the monthly theme.

4 C's	SOCIAL & EMOTIONAL LEARNING	SERVICE LEARNING
• Critical thinking	• Self-awareness	• Integrated learning
• Communication	• Self-management	• High quality service
• Collaboration	• Social-awareness	• Collaboration
• Creativity	• Relationship skills	• Student voice
	• Responsible decision-making	• Civic responsibility
		• Reflection
		• Evaluation

GOALS FOR THE WEEK

- Practice turning off our thoughts to simply see, feel, and hear the present moment
- Identify opportunities to pause, “BREATHE”, and respond constructively to challenging situations
- Discover how focusing on our “BREATH” helps both our minds and bodies feel happier and healthier
- Understand how “TAKING A BREATH” is an important part of this month’s theme “MONDAY GETS BALANCED”



STUDENT ACTIVITY: **“OCEAN BREATHING”**

- 1) SHARE THE NAME OF THIS ACTIVITY WITH STUDENTS: “OCEAN BREATHING”**
- 2) ASK 1-3 QUESTIONS FROM THE LIST BELOW TO WARM STUDENTS UP ON THE ACTIVITY’S FOCUS:**

***NOTE:** *Choose questions appropriate to your students’ ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **Have you ever done a “BREATHING” exercise before?**
 - Or, have you ever meditated before by focusing on your “BREATH”?
- **What does it feel like when you focus on your “BREATHING”?**
- **Why is focusing on your “BREATH” important?**
- **What is yoga?**
 - Answer: A combination of physical poses, breathing techniques, and meditation that is practiced to promote physical and emotional well-being
- **Has anyone ever done yoga before?**
 - If so, what was it like?
 - If not, are you interested in trying yoga out?
- **What are some reasons to do yoga?**
- **Do you think “BREATHING” is an important part of doing yoga?**
 - Why or why not?
- **Do you think doing yoga can help you “TAKE A BREATH”?**
- **How might doing yoga help you to “GET BALANCED”?**
- **How might mindful “BREATHING” and yoga connect you to how much you and others MATTER?**

- 3) SET UP THE “OCEAN BREATHING” ACTIVITY:**

- **Explain:**
 - Ujjayi is a yoga “BREATHING” technique often called “OCEAN BREATHING”
 - “OCEAN BREATHING” means that you “BREATHE” in and out through your nose to first fill your lower belly, then your lower rib cage, and finally your upper chest and throat, creating a sound like an “OCEAN” wave as you “BREATHE” in and out
 - Ujjayi means “to be victorious” so the purpose of Ujjayi “OCEAN BREATHING” is to make you victorious in life
 - And, yoga translates to “union” and “method or technique”, because the purpose of yoga is to make us aware of the union between our mind and body
 - Today, we will practice yoga and “OCEAN BREATHING” to “GET BALANCED” and feel victorious in our minds and bodies
- **Ask:**
 - When was the last time you did yoga or practiced some “BREATHING” exercises?
 - Are you looking forward to “GETTING BALANCED” through yoga today?

- 4) START THE “OCEAN BREATHING” ACTIVITY:**

- **Instruct students to push desks to the side of the room**
- **Explain:**
 - Today, we’re going to practice some yoga so we can take time “BREATHING”
 - All you have to do is imitate the animal-inspired yoga poses that I project on the board OR follow along on the video
 - As you do the guided poses, you will practice “OCEAN BREATHING” by clearing your mind of thoughts or worries about the past or future and instead focusing on your “BREATH”

- While you do yoga, remember to “BREATHE” in and out through your nose to first fill your lower belly with “BREATH”, then your lower rib cage, and finally your upper chest and throat, like a wave moving through the “OCEAN”
- Remember that this time is to help you focus on your “BREATH” and find “BALANCE” and union between your mind and body
- **Have students stand facing the “Classroom Movement Cards and Posters” (<https://bit.ly/31zdfj0>) or either of the yoga videos (<https://youtu.be/X655B4ISakg> or <https://youtu.be/-6erFaJZqP4>), wherever they are projected**
- **If using the Movement Cards and Posters, simply scroll down through all of the yoga poses, allowing students 15-30 seconds for each pose**
- Pause at each of the first 8 “YOGA” poses for 15-30 seconds
- Then scroll to the “Opening A” page and have students spend 15-30 seconds in each of the 12 poses
- Continue to scroll down through the PDF, pausing as students spend 15-30 seconds in the next 7 poses
- Then scroll to the “Half Opening A” page and have students spend 15-30 seconds in each of the 5 poses
- Continue through the rest of the pages and poses until time is up
- **If using yoga videos, have students follow along and participate in each pose**
- **As students do yoga, remind them to practice “OCEAN BREATHING” to clear their thoughts and feel the union of their mind and body as they hold each yoga pose**
- **Do these yoga poses, videos, and “BREATHING” exercises for up to 10 minutes, or as long as time allows**

5) AFTER THE ACTIVITY, ASK 1-3 OF THE FOLLOWING QUESTIONS TO HELP STUDENTS REFLECT ON WHAT THEY’VE ACCOMPLISHED AND HOW THEY CAN TAKE THIS FORWARD:

***NOTE:** *Choose questions appropriate to your students’ ages, grades, ability levels, and classroom goals. Students may share their answers in pairs, small groups, or as a large group.*

- **Did you enjoy doing yoga today?**
- **How did you remember to “BREATHE” while doing yoga?**
- **Did “OCEAN BREATHING” help you clear your thoughts and become aware of your mind and body in the present moment?**
- **Was doing “OCEAN BREATHING” ever challenging?**
- **Did the yoga poses help you focus on “OCEAN BREATHING”?**
- **What distractions or thoughts prevented you from turning off your thoughts and focusing on “OCEAN BREATHING”?**
- **Did yoga and “OCEAN BREATHING” change how your mind and body felt?**
 - How so?
- **How does your mind affect how your body feels and vice versa?**
- **Do you think you may practice yoga or “OCEAN BREATHING” in the future?**
- **How could you make yoga and “OCEAN BREATHING” part of your daily routine – either on your own or with peers before, during, or after school?**
- **Is there anything else you learned today that you could use in everyday life?**
- **How can you remember to clear your mind of words and focus on your “BREATH” during your daily routines?**
- **How can focusing on your “BREATH” help you to “GET BALANCED”?**
- **How did you remember that you and others MATTER through this exercise?**

6) THANK STUDENTS FOR DOING “OCEAN BREATHING” AND FOR SHARING THEIR THEIR REFLECTIONS WITH THE CLASS. ENCOURAGE STUDENTS TO TUNE IN AS OFTEN AS POSSIBLE TO THEIR “BREATH” AND LISTEN TO WHAT IT’S TELLING THEM, AND TO SLOW DOWN, GET PRESENT, AND “BREATHE”.

- 7) CHECK IN WITH STUDENTS ABOUT THEIR DAILY CHOICES TO PRACTICE MEDITATION, YOGA, AND “OCEAN BREATHING”, AND DISCUSS IF AND HOW IT IS IMPACTING THEM. REMIND THEM THAT THEY “MATTER”, AND DOING THESE EXERCISES WILL HELP THEM TO “GET BALANCED”.
- 8) CONTINUE EXPLORING HOW TO “TAKE A BREATH” BY LEADING ONE OR MORE OF THE FOLLOWING EXTENSION IDEAS.



EXTENSION IDEAS:

DO ONE OR MORE OF THESE EXTENSION IDEAS TO BRING THE LESSON FROM 15 MINUTES TO 30 MINUTES OR MORE.

- 1) **Yoga Routine:** Have students draw out their own stick figure yoga sequence and set a daily reminder or alarm to commit to at least 5 minutes of yoga a day.
- 2) **Super Breath, Super Hero:** Students write a short fictional story about a super hero who makes their life or the lives of others victorious through “OCEAN BREATHING”.

**“WHEN THERE ARE THOUGHTS,
IT IS DISTRACTION: WHEN
THERE ARE NO THOUGHTS,
IT IS MEDITATION.”**

- RAMANA MAHARSHI