

Wellbeing Projects.

Activity 3-Yoga.



Reception.

Hello lovely people!

Today we are going to practise some yoga to help us feel calm, relaxed and happy. If you are at school don't forget your Rainbow Rules.

I've also included some Bear Hunt challenges to keep you busy when you have finished your yoga poses.

To start our afternoon adventure we are going to be going on a bear hunt.



Join in with Cosmic Kids on the link below:

<https://www.youtube.com/watch?v=KAT5NiWHFIU>



I am a hen.
SQUAT POSE



I am a horse.
THREE-LEGGED DOG POSE



I am a sheep.
CAT POSE



I am a cow.
COW POSE



I am a pig.
HAPPY BABY POSE

Or if you don't have access to a computer have a go at these yoga positions. They are quite tricky so you will have to concentrate!

Take your yoga poses outside.

Now go outside find yourself a big space and make up your own animal yoga poses. Think about what your animal looks like and how they might move. Once you have got into your position close your eyes. see if you can hold it and count slowly to ten.

See if you can go on your own 'bear hunt' and make a map. If you are at school think about what you might come across, what noises will you make? You can do the same at home... maybe map out your daily walk?



In my garden I could pitter patter across the patio, splish splash across the paddling pool and tiptoe past the sleeping cat.



If the weather outside isn't good you can do this activity inside and use your imagination.

I loved watching Michael Rosen telling his Bear Hunt story (below), using his imagination and actions to find his way.

<https://www.youtube.com/watch?v=lou5LV9dRPO>

Or if you have the book, read the story with a grown up.

I have added another sheet of activities for you to have a go at home.

I hope you have had a lovely afternoon of yoga and bear hunts.

Love Mrs Neale

We're Going on a Bear Hunt

Home Learning Challenge

