

**The Education University of Hong Kong
Department of Early Childhood Education**

Kids Yoga Filming – Plan 1

Theme: “I am a bridge”

Objectives:

1. Relax child’s mind and body.
2. Focus on the coordination and strength of the abdominal and back muscles.
3. Coordinate breathing and movements.

Tools:

4. Yoga mat (if available)
5. Props (books/pillows).

Time/Duration (minutes)	Activities
1 minute	<p>Introduction and Welcome Messages:</p> <p>I: “Hello parents and children! We are members of the EduHK HKIDSMOVE Research team at The Education University of Hong Kong. I'm Irene.”</p> <p>C: “I'm Crystal, and the two of us are qualified kids yoga teachers. We are going to make a series of short yoga video clips practice for you to practice yoga at home. If parents are available, we encourage you to do this yoga practice with your child together.”</p> <p>I: ‘There is one special characteristic of yoga. It doesn’t require much space and equipment. We all can do it at home, just like Crystal and I are doing yoga at home with you now. If you have a yoga mat, book, or yoga blocks at home, you can prepare them now. If you do not have those props, it doesn't matter. Our theme today is I am a bridge". Why do we turn into a bridge? We'll talk about it later.’</p>
2 minutes	<p>Warm up routine:</p> <p>C: Let us start with warm-up exercise, let’s stand up. Inhale, look up, exhale, then look down. Inhale, turn your head to the left, exhale, turn your head to the right. Now, we stretch out both our arms. We make three circular movement backward, 1 – 2 – 3. We now make three circular movement forward, 1 – 2 - 3.</p> <p>I: Now let us warm up our hand and feet. Stretch both of your arms out. Let us warm up our wrists. First, we warm up our wrists clockwise. Count 1 – 2- 3. Now Anti clockwise, turn 1 – 2 – 3. Well done! We will now arm up our feet. Please lift one leg up, let us make circle with your ankles, 1 – 2- 3, and change direction, 1 – 2 -3. Good job everyone!</p>

<p>6 minutes</p>	<p>Yoga movements</p> <p>C: How many bridges will we become today? Please pay attention to the yoga movements we are going to learn today, and count how many bridges are there.</p> <p>1 • Child pose</p> <p>I: The first practice we are going to do is “Child Pose” Child's Pose is a resting posture and it gives a very gentle stretch various parts of your body.</p> <p>Firstly, Come to your hands and knees on the mat. Spread your knees as wide as your mat, keeping the tops of your feet on the floor with the big toes touching. Secondly, Bring your belly to rest between your thighs and root your forehead to the floor.</p> <p>Relax the shoulders, jaw, and eyes. If it is not comfortable to place the forehead on the floor, rest it on a block or two stacked fists. You can stretch your arms in front of you with the palms toward the floor or bring your arms back alongside your thighs with the palms facing upwards. Mother earth is like our parent, imagine we were giving our moms a hug, like a baby. We stay in this position with three deep breaths. Inhale, 4 – 3 – 2- 1, exhale, 4 -3 -2 -1. Inhale, 4 – 3 – 2- 1, exhale, 4 -3 -2 -1. One last time, Inhale, 4 – 3 – 2- 1, exhale, 4 -3 -2 -1.</p> <p>2 • Cat and Cow pose</p> <p>C: Cat-Cow is a gentle flow between two poses that warms the body and brings flexibility to the spine. It stretches the back torso and neck, and softly stimulates and strengthens the abdominal organs.</p> <p>Firstly, start on your hands and knees with your wrists directly under your shoulders, and your knees directly under your hips. Secondly, point your fingertips to the top of your mat. Place your shins and knees hip-width apart. Then center your head in a neutral position and soften your gaze downward.</p> <p>Begin by moving into Cow Pose: Inhale as you drop your belly towards the mat. Lift your chin and chest and gaze up toward the ceiling. After that, as you exhale, draw your belly to your spine and round your back toward the ceiling.</p> <p>The pose should look like a cat stretching its back. Release your head toward the floor. Inhale, coming back into Cow Pose, and then exhale as you return to Cat Pose.</p>

	<p>3 • Seated camel pose</p> <p>I: Come to your knees, with your legs hip-width apart. Inhale, engage your lower belly, and reach your tailbone toward your knees. On another inhalation, allow your rib cage to expand.</p> <p>Keep your chest raised, your core engaged, your spine long, and your shoulders back as you drop your hands toward your heels. Press the heels of your hands into the heels of your feet. If you don't have the spinal flexibility, avoid reaching for your feet; instead, use blocks or books placed on the outside of each ankle. Now, slowly come back up. Well done children!</p> <p>4 • Bridge pose</p> <p>C: Lie on your back in the center of your mat with your knees bent, your legs and feet parallel and hip-distance apart. Move your feet closer to your buttocks.</p> <p>Press down firmly through both of your feet and inhale to raise your hips, lifting from the pubic bone rather than the navel. Place your hands under your back on the floor. Broaden your collarbones and get on top of your shoulders. As we inhale and exhale, imagine a rope tied around our waists, slowly pulling our abdomen up, getting higher and higher, and then slowly pushing our backs up.</p> <p>We have now become a bridge. Imagine what can you see in the sky?</p> <p>To finish, exhale, release your hands, and lower to the floor.</p>
<p>2 minutes</p>	<p>Breathing practice</p> <p>C: After yoga, let's relax now. We are now lying flat on the ground, our bodies open in large fonts, and we are like a starfish lying on a sandy beach. How does starfish move? The starfish is powered by its belly, transmitting its five horns that extend to it.</p> <p>We imagine ourselves as a starfish, putting our attention on their navels. Inhale, push the force from the navel to our right hand, exhale, and take the force back. Now we turn our whole body to the right, prop up the floor with our hands, and sit up slowly.</p>
<p><1 minute</p>	<p>Closing</p> <p>I: Okay, kids, how many bridges did we turn into today? The answer is 5 bridges! If you don't know which 5 bridges, you can review the videos with your parents and find them out!</p>

I: Crystal, we finished yoga today. Mom and Dad and little friends are doing a very good job.

C: Children, you have all done very well in today's yoga practice. We ought to thank our body for working so hard for us, allows us to complete today's yoga practice as well as other tasks in our daily life.

I: Children, please remember to take good care of your health. We will see you soon again in our next video. Bye bye!