



## Warm Up Games

**Wiggles** - This game really loosens the kids up physically and socially. Instruct the children that they are to wiggle what you wiggle. Start off by just wiggling one hand, then the other, then both. From there, wiggle each leg separately, both legs, toes, fingers, shoulders, elbows, booties, tongue, eyes, ears, etc. Finish off by having them wiggle their whole bodies and go crazy with it.

**Run Gator** - Pre-frame the children that this is a game of commands and listening. Walk them through the five commands first:

**RUN!**- have the children run in place (as they get better with this, space allowing, you can let them run around the room or space you are in)

**GATOR!**- the children drop down onto their stomachs and pretend their arms are big jaws chomping up and down,

**SLEEPING GATOR!**- the children roll over onto their backs and sleep (making silly sleeping noises will make them laugh)

**SNAKE!**- the children roll onto their stomachs and make a slithering motion with their arms and slither around the floor

**SLEEPING SNAKE!**- the children roll over onto their backs and play sleep.

These five commands can be given in random order after the kids get the hang of it. Having them drop down and stand up in rapid succession makes them laugh and is also a great workout for them. Have fun with it!

## Silly Stretching

**Head Rolls** - if your head falls off, glue it back on!

**Shoulder Rolls** - forward and back.

**Shoulder Shrugs** - "Ever get angry?" Breathe in and bring shoulders up and down. Say "Shuaaaaaa"

**Arm Circles** - Small and large arm circles.

**Go for a Swim!** - "Here comes a shark!" Swim forward, swim backward, jump out of the water.

**Big Hugs** - Swing your arms back and forth, create energy by rubbing hands together and then pulling them apart and give yourself a hug saying "I love you, me!"

**Washing Machines** - Torso rotations with your elbows up making washing machine noises ("ch, ch, ch, ch...").

**Spaghetti Arms** - swing your arms and body to the left and right leaving your arms loose

**Rainbows** - side bends and say "Hi!"

**Chicken Littles** - knees bent, bend over and peck then reach up into the sky.

**Knee Circles** - small ones, then big knee circles.

**Knee Drumming** - drumming on your knee as the knee rises (ankle strengthening)

**Swims** - sit and open your feet apart. Swim down to each foot to stretch your hamstrings.

## Martial Arts Techniques

**High Block:** a block with your arm above your head, elbow bent, palm turned up towards the ceiling, looking up at your fingernails making sure your fingers are closed together.

**Pre-frame:** about keeping your arm off your head, about holding your arm strong.

**Song:** to the tune of "Twinkle, Twinkle Little Star". Make sure you alternate arms halfway through.

*High block, high block to the sky*

*High block, high block way up high. AHYA!*

**Story:** Have you ever reached for something on a high-up shelf and it falls down on you? Next time, you can do a high block and it won't hit your head!

**Middle Block:** bend arm at the elbow and make a windshield wiper motion across your chest, fingers closed together.

**Pre-frame:** about straightness of the wrist, not bending and about how the block should protect your front-side from your face all the way to your bellybutton.

**Song:** to the tune of "Three Blind Mice". Make sure you alternate arms.

*Swat, swat, swat,*

*Mid-dle block.*

*Swat, swat, swat,*

*Mid-dle block. AHYA!*

**Story:** Swat at the fly that almost flew in your mouth!

## Sun Salutation Explanation

The Shua Life Skills Sun Salutation is a wonderful merging of traditional yoga poses with a silliness factor added in combination with deep belly breathing. The children learn the full Sun Salutation words and movements for the first few classes. Then we move into Sun Salutations with emotions. Throughout the day, children, like adults, experience everything from happiness to sadness to anger. The Sun Salutation allows the children to harness that emotion and demonstrate how they are feeling through the poses. The purpose of adding emotions is to teach them that they can control their emotions and by the end of the Sun Salutation, they are back to being calm and happy.

As the movements and phrases rhyme together, instruct the children to breathe in with their bellies after each sentence. For example:

I shape a circle, then one more. (deep breath in, deep breath out)

I fold in half and touch the floor. (deep breath in, deep breath out)

As the instructor, go slow. Enjoy the breathing. Enjoy the experience. Watch as your students breathe and their faces and bodies relax. Now here is the entire Sun Salutation.

### Sun Salutation

I shape a circle, then one more. (deep breath in, deep breath out)

I fold in half and touch the floor. (deep breath in, deep breath out)

I lift my head like a horse and ney. (deep breath in, ney like a horse)

I kick my feet back and drop right away. (breathe in, deep breath out)

I pull myself forward and let out a hiss. (breathe in, hiss like a snake)

I bring my bottom to the sky, like a doggie, like this (breathe in, howl or bark like a dog).

I drop to my knees and breathe dragon's fire. (breathe in and roar)

I switch sides and lift a little bit higher. (breathe in and roar)

I curl up like a little mouse. (breathe in and squeek like a mouse)

I stand up tall like a big, strong house. (breathe in and make a double bicep pose)

I reach and reach and reach for my toes. (breathe in, breathe out)

I roll up slowly and show a silly pose. (breathe in, breathe out and make a silly sound and stance)

**Belly Breathing** - Have the children lay down on their backs and place their poly spots on their bellies. Tell them that their belly is the ocean and the poly spot is a boat on the ocean. Coach them to breathe in deeply and make their bellies big like a giant wave under the boat. Then they should breathe out and pull their bellies in as the wave goes down and the boat gets lower. Repeat and slow down the breathing. In addition, tell the children that this works better if they keep their eyes closed.

**For more information on Yogarate,  
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