



# Lesson 3

Yoga for Kids

## Say:

Say: Our brains are connected to our bodies. Use your brain to tell your hand to wave. (Pause.) Use your brain to tell your foot to stomp. (Pause.) Sometimes, our brains tell our bodies to do things even when we don't tell them to. When you are hungry, your brain tells your stomach to growl. When you are sick, your brain tells your body to cough and sneeze to get rid of the germs.

Ask: When you are angry, upset, or stressed out, what are some things your brain tells your body to do?

Say: Sometimes our muscles get tense and tight when we experience emotions for a long time. We can use our brains to move our bodies and help them to relax. One way to do this is yoga.

We are going to practice some yoga together. Make sure you have enough space around you.

## Watch:

<https://www.youtube.com/watch?v=A47zwWsjXgs> or  
[https://www.youtube.com/watch?v=\\_dcT80tsyw0](https://www.youtube.com/watch?v=_dcT80tsyw0)

## Discuss:

What was your favorite pose?  
Were any of the poses hard?  
How does your body feel now?

## Wrap up:

Say: Next time your body feels tight and tense, try using your favorite yoga pose!



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