

Good morning heartfelt pre-K bodies,
Today we are going to read a story you might recognize about the feelings in your heart. Instead of just reading the story we will do yoga poses as a way to give our feelings movement. Are you ready to get your heart beating faster?

Breathing exercise:

Heart-belly breaths followed by breathing ball

Yoga flow:

Yellow Star: (heart is happy) Starfish pose, standing star pose, optional star jump

Brave: tall mountain, close eyes to have quiet strength

Angry: volcano erupting

Calm: downward dog

Fragile: (heart is broken) child's pose, retreat and hide

Sad: elephant breath to get rid of the sadness and tears

Hopeful: tree pose to represent new growth and a plant reaching towards the sky

Scary/ afraid: lion's breathing or dragon pose

Silly: happy baby pose

Shy: make a little ball with body; bat sleeping

Relaxation:

Still bodies, clench and tighten every muscle into a frustrated/angry or nervous/ scared pose and face.

Then let it all go so you sink into the yoga mat and think about how it would feel to fill your whole body with happiness and calmness from your toes to your head. Imagine the happiness and calmness like bubbles that float over you and bring all good feelings your way. Careful listening for chime.

Craft: tissue paper and contact paper hearts to show how all of these feelings live together in our hearts. They are all okay!

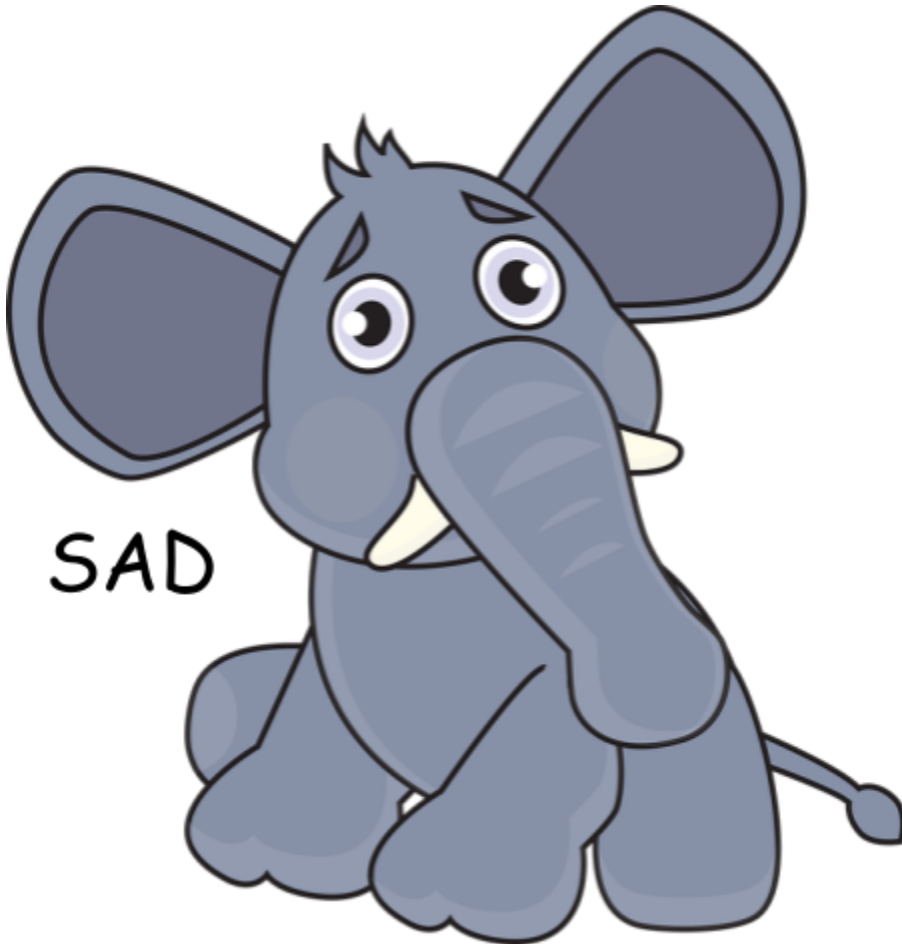








AFRAID



SAD



