

Yoga and Anatomy with Dalia

Instructions:

Check out this sample lesson plan and activity ideas for inspiration, ideas, and more. Feel free to edit, delete, or highlight to make it your own! These notes are yours to customize. They will not be published anywhere such that you're held to teaching exactly what's here.

Topics

Physiology, science, mindfulness, coping skills,

Lesson Ideas

****Lesson Title****

Yoga and Anatomy

****Duration****

1 Hour

****Lesson Plan****

1. ****Introduction to Anatomy & Physiology (10 minutes)****

- Briefly explain basic human anatomy focusing on muscles, bones, and their functions.
- Introduce the concept of physiology and how it relates to body movement and function.

2. ****Basic Yoga Poses & Anatomy (15 minutes)****

- Demonstrate simple yoga poses (e.g., Mountain Pose, Downward Dog, Tree Pose).
- Discuss which muscles and bones are involved in each pose.
- Encourage kids to notice how their body feels in each pose.

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3. ****Mindfulness Exercise (10 minutes)****

- Guide students through a short mindfulness meditation focusing on breathing and body awareness.
- Explain how mindfulness helps to improve focus and reduce stress.

4. ****Exploring Physiology through Movement (10 minutes)****

- Engage kids in a fun game where they mimic different animal movements (e.g., cat stretch, frog hop).
- Explain how certain movements can help different parts of the body and their impact on physiology.

5. ****Coping Skills Discussion (10 minutes)****

- Discuss how yoga and mindfulness can be used as tools for coping with stress and anxiety.
- Share simple coping strategies that incorporate breathing exercises and mindful movements.

6. ****Q&A and Reflection (5 minutes)****

- Allow time for kids to ask questions about what they've learned.
- Encourage students to share how they feel after doing yoga and mindfulness exercises.

****Materials List****

- Yoga mats or towels
- Visual aids (posters or digital images) of human anatomy
- Comfortable clothing
- Calm, background music (optional)

****Adaptations for Different Ages****

- ****Younger children (ages 5–7):****
 - Use simpler, more playful terms to explain anatomy (e.g., "the bones in your legs help you jump like a frog").
 - Incorporate songs or rhymes with movement activities.
- ****Older children (ages 8–12):****
 - Provide more detailed information on muscles and bones.
 - Encourage journaling about their experiences with yoga and mindfulness.

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****Movement Break****

- **Brain Yoga (5 minutes)**

- Lead kids through a series of gentle yoga stretches designed to re-energize and focus their minds.
- Include fun balancing poses to keep them engaged.

****Bonus Activities****

- **Anatomy Coloring Sheets**

- Provide anatomy coloring sheets that show different muscles and bones.
- These can be used as a relaxing activity that reinforces learning.

- **Create Your Own Pose**

- Have kids invent their own yoga pose and explain which muscles and bones are involved.
- Let them demonstrate their pose to the class.

- **Story-Time Relaxation**

- Read a short story with a relaxation theme to close the session, helping kids wind down and reflect on what they've learned.

Series Outline

****Week 1: Introduction to Yoga and Anatomy****

- Overview of yoga basics and its history
- Simple yoga poses demonstration
- Introduction to human anatomy basics
- Interactive activity: Create a body map

****Week 2: Understanding the Skeletal System****

- Detailed look at the human skeleton
- Yoga poses that strengthen bones and joints
- Craft: Build a skeleton model with provided materials
- Discussion on bones' importance in movement

****Week 3: The Muscular System****

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- Exploring major muscle groups
- Yoga poses targeting different muscles
- Activity: Muscle identification on body charts
- Muscle-strengthening exercises

****Week 4: Introduction to Physiology****

- Basics of physiology and how body systems interact
- Yoga sequences that support physiological health
- Experiment with simple physiology tests (e.g., pulse rate)
- Interactive Q&A session

****Week 5: Benefits of Mindfulness****

- Define mindfulness and its benefits
- Guided mindfulness meditation for kids
- Yoga poses to enhance focus and relaxation
- Journaling: Reflecting on feelings and experiences

****Week 6: Coping Skills through Yoga and Mindfulness****

- Discuss and identify various coping skills
- Role-playing different scenarios using coping skills
- Yoga and breathing exercises for stress relief
- Art project: Create a coping skills toolkit

****Week 7: The Respiratory System****

- Examination of how the respiratory system works
- Breathing exercises and their impact on yoga practice
- Activity: Model of the lungs
- Discussion on the importance of proper breathing

****Week 8: Yoga for Emotional Well-being****

- Link between emotional health and yoga
- Yoga poses that promote calmness and positivity
- Group discussion on feelings and emotions
- Creative activity: Emotion wheels

****Week 9: Healthy Habits and Nutrition****

- Connection between nutrition, health, and yoga
- Simple healthy eating tips
- Activity: Making a healthy snack together

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- Yoga poses for digestion and energy

****Week 10: Integrating Yoga and Anatomy into Daily Life****

- Review of key learnings from the past weeks
- Creating a personalized yoga sequence
- Group reflection on how yoga and anatomy can improve daily life
- Celebration and certificate ceremony

For additional support, reference this [experience outline template](#) which includes tips and prompts to help you develop and lead an excellent Grasshopper Kids experience.

Note: This lesson plan outline was drafted by Hopper. If you would like to see different results, you can [submit another idea](#), or text us with feedback so we can work to make the algorithm better. We built this tool to help save you time in bringing more kids enrichment experience ideas to life!

