Title: Yoga
Recommended for: 3-5 Year Olds

Objectives:
Children
• Gross motor
• Follows direction
• Cooperation
• Body awareness

Adults
• Gross motor
• Positive mood
• Coordination
• Range of motion

Materials Needed:
• Music – calming
• Chairs for adults and children
• Optional: yoga mats

• Optional: exercise ball

Methods:
Facilitator Preparation
1. Create a music playlist or find the appropriate calming music for the IG activity.
2. Plan for thirty minutes of chair or mat yoga.
3. Set out chairs: be sure to have the adult chairs interspersed between the children’s chairs. Leave enough room in between chairs to be able to spread and stretch. If using mats place them in front of the chair.

Intergenerational Participants
1. Introduction—bring all the participants together in a circle, hold hands, and sing the hello song.
2. Have the participants stand next to their chair to begin stretching exercises.
3. Follow through with planned yoga positions.
4. Ask IG pairs to face one another and take turns doing a pose while their partner copies it.
5. Ask IG pairs to create and demonstrate to the group their favorite yoga pose.
6. Clean up and sing the goodbye song.

Helpful Websites
• http://www.yogajournal.com/lifestyle/210
• http://health.howstuffworks.com/wellness/diet-fitness/yoga/10-yoga-exercises-for-seniors.htm
• http://www.yoga4seniors.com

Best Practices

Best Practice 1: Staff members of adult and child programs collaborate to plan activities.

Best Practice 2: Participants are involved in decision making about the activity.

Best Practice 3: Participation is voluntary.

Best Practice 4: Participants are prepared ahead of time and reflect on activities afterwards.

Best Practice 5: Activities reflect participants’ interests, backgrounds, and social histories.

Best Practice 6: Activities are age and role appropriate.

Best Practice 7: Activities support interaction among intergenerational partners.

Best Practice 8: Facilitators skillfully stage the environment to promote interaction.

Best Practice 9: Facilitators consider the social environment and the role of staff members.

Best Practice 10: Adaptive equipment is used as appropriate.

Best Practice 11: Experiences are documented and communicated to varied resources to build upon in future activities.
Special Considerations
• Children should have smaller chairs to accommodate their size.
• When using the mats be sure to have the appropriate staff to assist the adults.

Getting To Know You
• “Talk about sports you have played with a group member.”
• “Talk about your favorite ways to relax with a group member.”

Encouraging Interaction
• Have IG pairs discuss the benefits of stretching and relaxing.
• Have IG pairs discuss other ways we can take care of our bodies.
• Have IG pairs create a new yoga pose together.

Extension Opportunities
• Exercising and stretching opportunities.
• Relaxation and visualization opportunities (e.g. guided relaxation or hand massage).
• Healthy body discussion opportunities.

Technology Opportunities
• Using the app Yoga Studio teachers can get more ideas on which poses to incorporate from beginner to advanced.
• The app allows the class to pick their favorite poses and create their own classes filled with favorite poses that can be replicated.
• Using the iPad or a digital camera pictures can be taken of the group in different poses. These pictures can be used in the app PhotoMatch Kids and allowing elders and the children to play a matching game with their poses.