

## Shaping Healthy Minds Online Online Yoga & Mindfulness Units of Work

### Frequently Asked Questions

Our [Video User Guides](#) (at the bottom of this Units Home Page) may be able to answer some of your questions if you haven't watched them yet?

Click below to jump to where you need to be!

Safe Yoga Practise in your School .....	1
Free Trial.....	2
Our Whole School Yoga & Mindfulness Package .....	3
Assessing Children.....	4
Using the Activities in your School.....	5

### Safe Yoga Practise in your School

#### **How can I ensure the children are practising social distancing within each Yoga lesson?**

We advise that children are spaced out within the area you are using and that enough mats (if being used) are provided. We have designed our lessons so that minimal contact between children occurs but as they are children, we know this isn't always possible.

When practising a breathing technique Teachers can advise children to direct their breath away from other children, either down to the floor or towards the ceiling.

Partner poses are provided in the plans however we do have alternatives for Teachers to use during the current restrictions.

#### **How safe is it for me (Teacher) to practise Yoga too if I have no experience of it?**

Not always. If you haven't ever practised Yoga before then we strongly advise you take it easy when practising the poses and the most important advice we can give you is to listen to your own body and ensure that you gently take part in all of the activities so that your body is not being rushed into a pose for instance without first being warmed up.

As long as you feel comfortable in the pose, this is the most important thing, please don't let the ego make you go further than your body wishes to! Practising a pose isn't about making a particular shape with your body and it is good for the children in your class to see how the poses look different from one person to the next.

Importantly, if something doesn't feel good for you, then move safely out of that pose. If you know of any health concerns you have, please seek medical advice before practising any of the poses.

This doesn't mean though that you can't join in with the lesson. There are lots of other activities Teachers can do, such as dancing, performing actions in the games and singing along with the songs! Teachers are advised to warm up their muscles before joining in with any poses by ensuring they take part in the warm up activities first, as well as allowing your body to relax at the end with the children (sitting down and also enjoying some stillness for a short while if possible). Sun Salutations can be a great warm so once you know the routine, you can always practise a Sun Salutation before taking part!

**Can I teach the Yoga & Mindfulness Units of Work if I have never done any Yoga myself?**

Yes, absolutely! We have designed our units specifically for Teachers with little to no experience of Yoga, though if you practise Yoga yourself this is an added benefit! Our helpful videos and carefully designed lesson plans will guide any Teacher in delivering a Yoga lesson as all of the Yoga is done by us!

**Can the children injure themselves from practising Yoga?**

It is very unlikely that children will injure themselves from practising a Yoga pose. They are more likely to injure themselves joining in with the dancing activities or short drama actions than from any of the poses! Yoga is in fact much safer than most, if not all, other sports that take place in a school environment.

It is, however, important that Teachers remind children at all times to listen to their bodies and to move out of a pose if it doesn't feel right for them. Listening to our bodies is key in Yoga.

## Free Trial

**What is included in the free trial?**

With the free trial, you'll have access to two lessons within one year group, a year group of your choice, of our Yoga & Mindfulness Units of Work. You'll also have access to our Mindful Moments activities - short Yoga & Mindfulness 'brain breaks' to use in your classroom.

**We have tried the first part of the free trial but would like some more lessons to try before deciding, is this possible?**

If you'd like to try another year group before deciding whether to purchase the full Whole School Package, then please email us with your request to [info@kidsloveyoga.org.uk](mailto:info@kidsloveyoga.org.uk).

**How do we purchase the Whole School Community Package?**

To purchase the Whole School Yoga Package (see below for what is included within this) you can call us at any time to arrange payment and we will get you set up as a full user, giving you access to everything.

## Our Whole School Yoga & Mindfulness Package

**What's included in the Whole School Yoga & Mindfulness Package?**

Alongside our Yoga & Mindfulness Units of Work for schools, we also include:

- **Mindful Moments for the Classroom** - a pack of short 'brain breaks' for your children to use in the classroom before, during or after their learning.
- **Regular Adult Yoga Sessions for your Teachers** - these are delivered regularly via video and can be practised by all Teachers in your school regardless of whether they have any experience of Yoga. The sessions are specially designed for Teachers :)
- **Yoga at Home - Kids Love Yoga Online for your Parents** - FREE access to our At Home Yoga Package for all of the families in your school. This includes 8 online Yoga videos for families to practise anytime together.
- **A 'Sleep Easy' Pack** - for families to use at home with their children to help them get a good night's sleep.

**How many lessons and activities are included within the Yoga & Mindfulness Units of Work?**

Available currently is a sequence of lessons for each year group within the Primary Phase, from Reception to Year Six. Each year group unit includes six lessons with six activities within each lesson. Each lesson weaves in a number of objectives that are revisited throughout the unit to reinforce the learning and practise from each. The objectives are designed in such a way to build on the children's learning as they move through the unit.

**Are the Yoga & Mindfulness Units of Work suitable for other areas of the curriculum aside from PE lessons?**

Yes! Although the sessions are designed with a PE lesson in mind, they would be perfectly placed within other subjects namely P.S.H.E / S.M.S.C. We address a number of important and relevant issues within the unit that would tie in well with this subject area, such as resilience, kindness, working well with others and of course self-care.

**Can we purchase a certain amount of year groups, such as just KS1 or KS2?**

Yes. We are happy to tailor the product to suit the needs of your school should you wish to only purchase KS1 or KS2 units. You will have the same access to the Whole School Package services and would be a reduced price for this.

**What's the cost of the Whole School Yoga & Mindfulness Package?**

We have structured our pricing to accommodate schools as best we can, offering our products at a price that is very affordable to most schools. We are basing our prices on the number of children within your school as schools can use their Sports Premium Funding to pay for the service. We also have a special, introductory offer running for all new schools - see below, as well as a [half price offer for the first 75 schools who join us](#).

**Introductory Pricing 20% OFF (expires Feb Half Term)**

- 1 and 1.5 form entry £108
- 2 and 2.5 form entry £136
- 3 form entry + £156

**Full price (from Feb half term)**

- 1 and 1.5 form entry £135
- 2 and 2.5 form entry £170
- 3 form entry + £195

## Assessing Children

**How can I assess the children's performance and ability within the class?**

Assessing children in school is an important part of their learning and as Teachers ourselves we are very aware of the need for this within our service. However, unlike other areas of the curriculum, Yoga by its very nature, is incredibly difficult to conventionally assess. Yoga is a personal experience that focuses on how the individual feels when practising and therefore to judge a performance in Yoga would contradict the core moral foundations of the practise.

To enable Teachers to record what is happening in their lessons, we have devised a [simple assessment tool](#) which looks at the engagement of the children within the lessons. This tool asks Teachers to assess the level of engagement from each child at the beginning of the unit and then once again at the end of the unit. This allows Teachers to observe the progress the children make in terms of their engagement with the practise and can be fed into the overall P.E assessment grade.

## Using the Activities in your School

### **Is it essential to use a hall space for the lessons?**

It isn't essential to use a hall space, but it is recommended due to the amount of space required to carry out the activities. If you have access to a classroom where the desks and chairs can be easily moved to one side, then this would be a good alternative to a hall space. Other large areas in school where there is a computer and whiteboard available are also suitable as long as the usual safety measures are put into place.

### **What resources will I need for each lesson?**

We have made sure that Teachers will require very little, if not no, resources for each lesson. We suggest that the children practise on a mat, which doesn't need to be a Yoga mat, regular school P.E mats are just fine. Any mats used should be cleaned properly after each class uses them. If mats are not available in school to use at present, then children can practise on the floor but we recommend they take extra care when doing so.

Other resources required at times, are always ones found typically within a school such as a bell or similar instrument, bean bags and cones. These should, of course, be cleaned properly after each use.

### **How can I support a child in my class with a physical disability to access the sessions?**

As all children's needs are different, we suggest that you give us a call to talk through any specific needs your children may have and we will support and guide you on how to fully engage them with the lessons. We are more than happy to help you to make our lessons accessible to all children.

### **What should I do if a child in my class isn't practising the pose as demonstrated on the video?**

Our bodies are all built differently and therefore each individual will look very different to the next person when practising Yoga. Of course within adult Yoga alignment is important as adult bodies are more likely to suffer an injury from practising a pose in a way which doesn't fully support their bodies. However, children's bodies are so flexible and incredibly unlikely to suffer damage or injury from Yoga that practising 'correctly' isn't important. How children feel when practising is the most important area to focus on.

Therefore, we recommend that Teachers use praise, encouragement and rewards for children who are engaging, showing effort, focus, strength, determination and confidence whilst practising :)

### **How can I support a child who is finding it hard to be still or doesn't want to join in during the relaxations?**

All children find being still challenging, especially younger children. With years of practising delivering Yoga in schools, we have many effective techniques for supporting children to be still and engage with the relaxation. Our relaxations are designed for children of each age group and again from practise and experience, we know that children do engage with these relaxations.

To support those that find it more difficult to be still, Teachers can adopt some of the following methods:

- Teachers can walk around whilst the relaxation is playing, gently encouraging children to keep their eyes closed if they can (or place their hands over their eyes). Often if Teachers are present and engaged with the learning the children are more likely to engage too.
- Some children may prefer to move more during the relaxations and therefore Teachers could provide them with something to do, such as gently tapping their body on different parts (i.e. face, shoulders, belly) or if preferred they could sit for the relaxation which can often help for some children.
- Props such as blankets or cuddly toys can be a big help for some children. If school has access to such things and they are cleaned afterwards this can be a great way of engaging children, especially younger ones.
- Children who prefer not to close their eyes can be supported to find a focal point in the room, for example on the ceiling, to focus their eyes on. This can help to prevent any distractions.
- Being still for just a few minutes or even less, can be hugely beneficial to children's bodies so praise children who are able to lie down even if it's just for a minute or two! Teachers could have a timer available and challenge some children to increase their relaxation time each time they practise, reminding them that every second they relax makes them stronger and happier!
- We will be sending out additional tips to schools to support you with areas such as this, so watch this space!

**If I need to miss out part of the lesson due to time restrictions, which part should this be?**

We know how hard it is to fit everything into the school day so our lessons are designed to be flexible, with parts that are more easily lifted out, should you run out of time, it happens - we know! It's tempting to miss out the relaxation phase of the lesson because this is at the end and can seem like the least important part of the lesson at times. However, it is, in fact, THE most important part of any Yoga practise and therefore should be made an integral part of every lesson. If you run out of time, you can miss out one of the games or even the Namaste ending (as long as your class can say 'Namaste' to each other which could be done lining up). Please make time for the relaxation as it is often the children's favourite part of the lessons!!