




11.5.20 Home Learning - Heroes Yoga Activities

<p>Activity 1</p> 	<p>1. Hero pose – calm your body and mind... before you go save the world! How to: Sit with your bum on your heels – keep your knees together! Now sit up straight; close your eyes. Breathing: In through your nose for a smooth count of 5, out through your nose for a calm count of 5 – don't rush 😊 Finished before someone else? Sit quietly. Picture this: In your mind, see a windswept lake that gets calmer and gentler with each breath you take. Now go be fabulous!</p>
<p>Activity 2</p> 	<p>2. Rollasana pose – energise your mind, breath and body... before you go save the world! How to: Lie on your back and hug your knees to your chest. Keeping arms as they are, wriggle around to massage your spine. Use your breath to rock up towards sitting (but don't sit!) and then to rock back (be careful not to go too far and hurt your neck). Do this slowly, using your belly muscles to control, and feel everything. Breathing: In through your nose to rock you up, out through your mouth to take you back. Experiment: does a stronger out breath make you move faster or slower? Picture this: Imagine you're a pinball and your breath is the flippers! Or you're a cannonball and your breath is the cannon! Now go be fabulous!</p>
<p>Activity 3</p> 	<p>3. Warrior pose – build a strong body... before you go save the world! How to: From standing, step back one foot (placing it so it's slightly turned out), then bend the front knee. Breathe your arms up to parallel and look beyond your front hand. Change sides. Breathing: 5 strong, smooth and long breaths in/out through the nose – especially if your legs or arms shake a bit (shakes are great: your body is getting stronger 😊) Picture this: Picture a target way beyond your front hand: focus on it and make your fingers the arrows flying towards it! Now go be fabulous!</p>
<p>Activity 4</p>	<p>4. Flying Warrior pose – challenge your balance and build strength and focus... before you go save the world!</p>



How to: From standing, balance on one leg extending the other behind you. Fold from the hips so your upper body is parallel to the ground. Stretch forward with your arms. Look down to rest your neck. **Change sides.**

Breathing: 5 strong, smooth and long breaths in/out through the nose – especially if your legs or arms shake a bit (shakes are great: your body is getting stronger 😊)

Picture this: Now your whole body is the arrow flying towards its target! How straight and strong can you make yourself?

Now go be fabulous!

Activity 5



5. Victory pose – get grounded... before you go save the world!

How to: Stand with your legs apart, feet facing slightly outwards. Bend your knees (keep your bum in line with your knees, no lower). Breathe hands to chest. **Further:** breathe arms out to make head and arms look like a fork. **Further still:** breathe your heels up from the floor 😊

Breathing: In through your nose for a smooth count of 5, out through your nose for a calm count of 5 – don't rush 😊 Close your eyes if you can.

Picture this: You are a strong hero, confident to take up space and stick up for what you believe in!

Now go be fabulous!