

Go With The Flow: Yoga Program Designed By Carroll-Wray (2019)
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Month	Title	Inputs	Accommodations	Learning Outcomes
August	Svadyaya, Self-Study “My body feels__meditation game”	The teacher can utilize the provided body-scan script or the program can be individualized to the children’s needs.	Eyes can be kept open or closed. If students prefer to keep their eyes opened, they will need to focus on a specific point in the classroom.	This activity will help improve mindfulness and body awareness.
September	Santosha, Contentment “Savasana: the do-nothing pose”	The teacher will read the script while the children are lying on their backs. Soft music can be played in the background if preferred.	Headphones or ear-plugs, weighted blankets, and eye-shades can be used if elected. Eyes can be kept opened or closed. If students chose to keep their eyes opened during this activity, they can focus at the overhead projector.	This will foster regulation of breath, improve capacity to keep silent in a group setting, and increase sensory awareness.
October	Ishvara Pranidhana, Self-Surrender “Make up a Yoga Pose Game”	Students will initiate the yoga pose, and other children as well as staff will imitate it.	The classroom setup will be modified to best accommodate the children’s sensory preferences.	Increased body awareness and improved ability to communicate bodily needs will be addressed in this activity.
November	Aparigraha, Non-Possessiveness “Giving Activity”	Students will make a class collage by sharing their preferred yoga skills to the coping skills corner.	Oral presentation can be an option for students who have difficulties coming up with written or graphic work.	This will encourage reciprocal interaction with teachers and other students.
December	Asteya, Non-	The teacher will take one	Challenges will be	This activity will improve

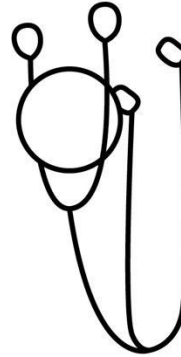
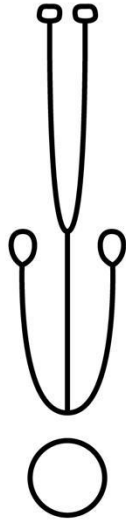
	Stealing “Who took my yoga?”	yoga pose card from each student in the morning. The student will try to find out which card was taken. In order to retrieve the card back, the student will teach the yoga pose orally to the teacher. No demonstration is allowed.	individualized to the child’s non-verbal skills and execute abilities.	non-verbal communication skills. It will also increase executive functioning abilities of concentration, as well as planning and sequencing of motor actions.
January	Satya, Honesty “Who’s Buzzing”	Bees breath and/or humming will be used in this activity.	Deep breathing can be done instead if students have a hard time staying self-regulated during this activity.	This activity will mainly increase awareness of breathing. It will also encourage integrity as well as accountability in the school environment.
February	Ahimsa, Nonviolence “Loving Kindness Meditation”	The script can be delivered orally or via recording.	A written handout can be given to students who have good attention skills. Eye mask, weighted blanket, and other sensory tool are optional. Eyes can be kept opened or closed during the activity. For students who prefer to keep their eyes opened, they will be encouraged to look at the screen or on their own desks.	Empathy and compassion will be improved during this activity.
March	Shaucha, Cleanliness “Spring Clean the Classroom”, &	Students will clean a part of the classroom, or another area in the school.	Students’ sensory preferences will be taken into consideration when deciding their specific	This activity will increase prosocial behaviors, encourage independent work, and improve self-

	"Heavy-Work Day"		tasks. Gloves and headphones can be used.	regulation abilities.
April	Tapas, Self-Discipline "Simon Says"	Students will utilize their yoga cards. A paper handout of directions will be given to the students then the teacher will read the directions.	Specific yoga poses that are not appropriate can be removed from the deck. Breath-work cards can be used by students who have difficulty engaging in physically-based tasks. Teachers should provide demonstration first.	This will increase awareness of others' feelings and social interaction skills.

Basic Yoga Poses

Carroll-Wray suggested the “child’s pose” and “seated pose” for “warm up” if preferred (2019). She recommended starting with the basic postures initially, and gradually advancing to more complex poses as appropriate to the child (Carroll-Wray, 2011). She also stressed the benefit of performing these poses at the same time each day.

Traditional Yoga Poses Deck



Mountain Pose *Tadasana*

Stand tall with both feet on the ground. Imagine that your feet have magnets and they are glued to the floor. Spread your fingers wide at your sides.



Forward Fold *Uttanasana*

Take a big bend in your knees and put your hands flat on the ground. Your hands are like magnets and so is the floor. Every time you take a breath in your legs relax. Every breath out your legs get straighter.



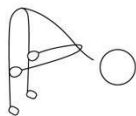
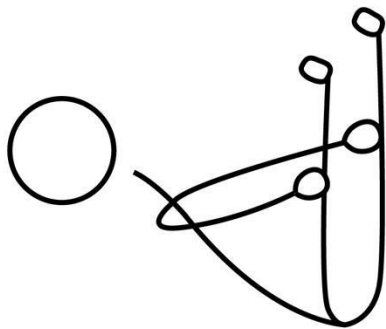
Superhero Pose

Stand in mountain pose. Shoot your hands up in the air like a superhero flying.



Twisted Forward Fold

Stand in forward fold. Bend your right knee and reach your left arm to the ceiling. Switch. Bend your left knee and reach your right arm to the ceiling.



Halfway Lift

Ardha Uttanasana

Imagine you have a tail. Press your feet into the floor and place your hands halfway up your legs so that your back makes a straight line from your tail out through your forehead.



Plank Sequence

Chaturanga

Do a push-up and land on your belly.



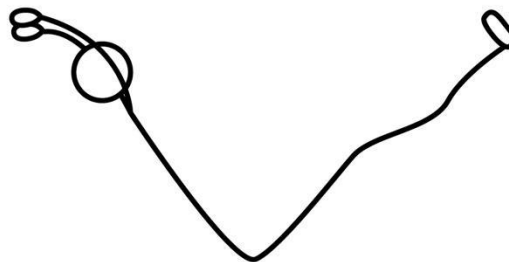
Crunches Hands

Repeat instructions for halfway lift. Now, take your hands behind your head like you're going to do a crunch.



Modified Chaturanga

Do a push-up with your knees on the floor.



Superman

Salabhasana

Lie on your belly and put your hands on the ground/mat next to your ribs. Push your hands into the ground so that your ribs start to lift off the ground/mat like a cobra.

Downward Dog

Adho Mukha Svanasana

Make a shape like an upside down "V" with your hands and feet on the mat. Bend your knees a little bit and push into your hands. Wiggle until you feel like you can stay still in this shape.



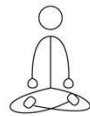
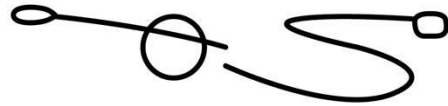
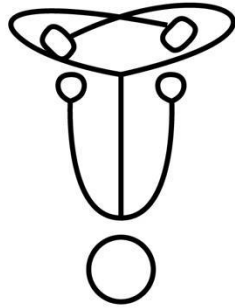
Upward Facing Dog

Start in superman. Put your hands on the mat and start to straighten your arms. Push into the top of your feet so that your hips lift off of the floor.



Wide Legged Down Dog

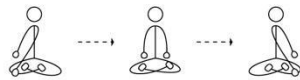
Repeat instructions for down dog. Now step your feet apart wider than your mat/marker on rug.



Seated Pose

Sukhasana

Sit criss-cross-apple-sauce style on the ground. Imagine there's a cup sitting on top of your head, and if you slouch the cup will fall over.



Seated Twist

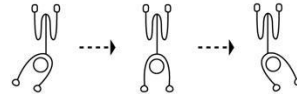
Repeat instructions for seated pose. Then put your right hand on your left knee and put your left hand behind your back. Let go of your hands and come back to center. Switch sides.



Child's Pose

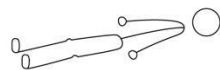
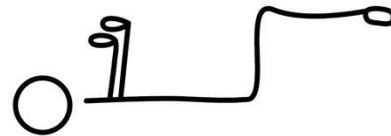
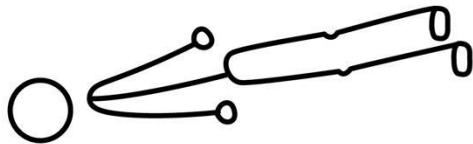
Balasana

Sit on your knees and then walk your knees apart until there's a little space. Rest your chest on top of your legs and spread your arms out long.



Child's Pose Side Body Stretch

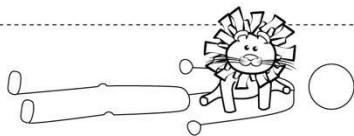
Repeat instructions for child's pose. Then walk your hands over to the right. Come back to center. Switch. Walk your hands over to the left.



Corpse Pose

Savasana

Lie down on your back like you're falling asleep. You can keep your eyes open or closed. If they're open, look at the overhead. Wiggle until you're comfy and stay still for five breaths.



Savasana with Stuffed Animal on Belly

Repeat instructions for Savasana. Now put the stuffed animal on your belly. Take a deep breath in so that your animal lifts up high towards the ceiling. Exhale so your animal comes back down.



Tabletop

Bharmanasana

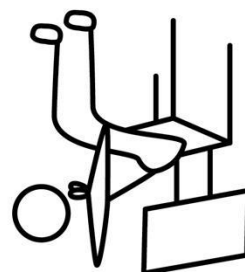
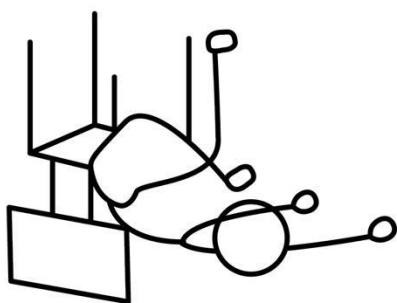
Make a shape like a table on the ground. Press your hands and the tops of your feet into the floor.



Cat / Cow

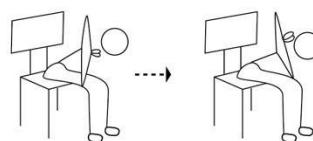
Repeat instructions for table. Tip your hips forward and back, imagining the S of your spine rounding up and down like a cat/name of pose.

Chair Yoga for Teachers



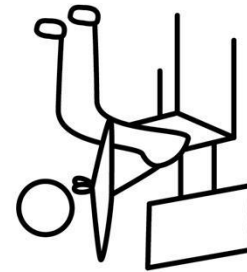
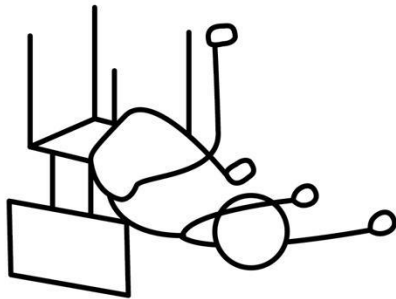
Hip Opener

Sit in the chair. Cross your right ankle over your left knee. Hinge at the waist until you feel opening in your right hip. Switch.



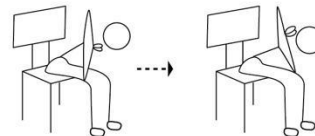
Low Back Twist

Sit in the chair. Place your palms at heart center. Hinge at the waist and draw your left elbow across your right knee. Switch.



Hip Opener

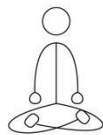
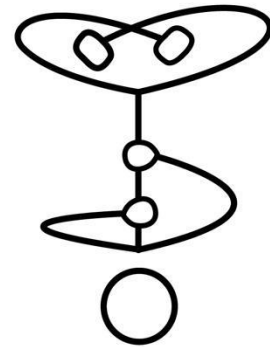
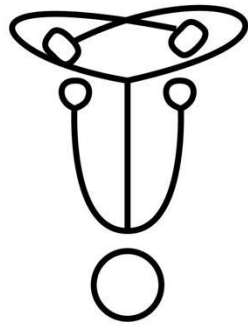
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Low Back Twist

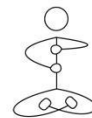
Sit in the chair. Place your palms at heart center. Hinge at the waist and draw your left elbow across your right knee. Switch.

Breathing Poses



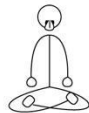
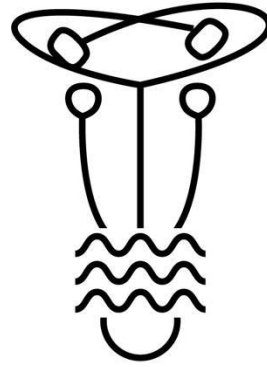
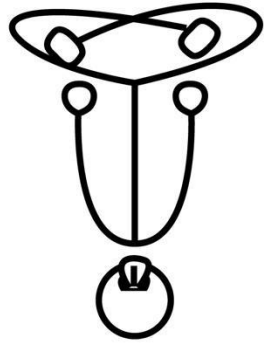
Belly Breath

Imagine your stomach is a big balloon that you need to fill up. Take a deep breath in through your nose, and fill your stomach with air so that the balloon is big enough to pop. Imagine that your stomach has a little leak and the air comes out very slowly out of your nose/mouth.



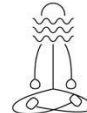
Hands on Heart and Belly Breath

Put one hand on your heart and one hand on your belly. Take a big breath in so that you feel the air go past your heart and into your belly. Push on your belly with your hand so that you feel the breath go up past your heart and out your nose/mouth.



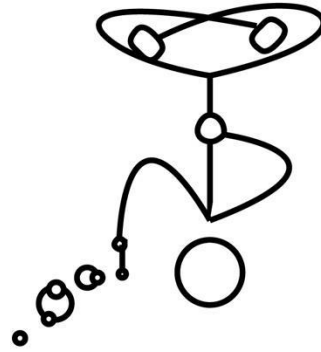
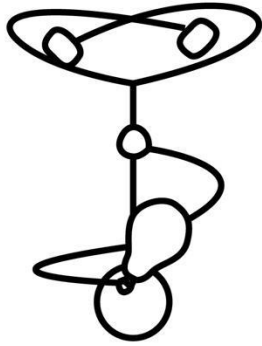
Lion's Breath

Close your mouth and take a big breath in through your nose. Hold it in the back of your throat and imagine it getting hot. When you breath out, stick your tongue out at me and make a loud sound with just your breath like a lion.



Ocean Breath

Close your mouth and take a big breath in through your nose. Hold it in the back of your throat and imagine it getting cold. Keep your mouth close and breath out your nose. Make a noise at the back of your throat like the sound of the ocean.



Balloon Breath

Fill up this balloon. Take a big breath in and exhale the air out into the balloon. Pinch the balloon opening. Take another big breath in, un-pinch, and fill the balloon up more. Keep going until you have filled the balloon.



Bubbles Breath

Dip your stick into the soapy water. Pull the stick out and check to see if there is a layer of soapy water stuck to the stick. Take a deep breath in and breath out as slowly and gently as you can. If you breath out too fast, the bubble will break.