

Recreation Therapy

Building Skills Through Recreation and Leisure

Freeze Dance with Yoga Postures

Grade Level:

1st to 3rd grade

Targeted Skills:

Joint attention, following directions, listening skills, gross motor skills, locomotor skills.

Materials:

- Music
- Stickers
- Small rewards
- Handout with different yoga postures.

Directions:

Starter activity:

Go over the different animal, shapes, letters or yoga postures before you start the game. Talk about what small prizes the winner will win. It could be an act of service instead of a tangible prize. For example, doing the other person's chores.

Main Activity:

Choose some of your kids' favorite tunes and turn up the volume. Ask them to dance until the music stops. When it does, they have to freeze in whatever position they find themselves in – even if they have one leg up. To make the game more challenging, ask the kids to freeze in specific poses: animals, shapes, letters or even yoga postures. The yoga postures are attached.

*Other ways to modify or adjust challenge level:

You can modify the moves if needed and make them easier or just do regular freeze dance (have them dance and just freeze when the music stops.)

YOGA POSTURES

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Snake

Lying face down with your legs, feet and belly on the floor, arms behind your back, hands clasped and fingers interlocked, lift your chest and hiss like a snake.



Today's
Parent

ILLUSTRATION: ALEX MATHERS

Flamingo

Begin standing with your feet together. Extend your arms out like wings, fold forward and kick your left leg straight behind you. Return your leg to the ground and arms to your side and repeat with your opposite leg. Squawk and flap your wings, but stay balanced!



Camel

Lean on your knees, with your feet hip-width apart. Place your hands on your hips and take a deep breath. While exhaling, arch your back while holding your hips and thighs upright. Lean back and place your hands on your heels, allowing your head to fall back.



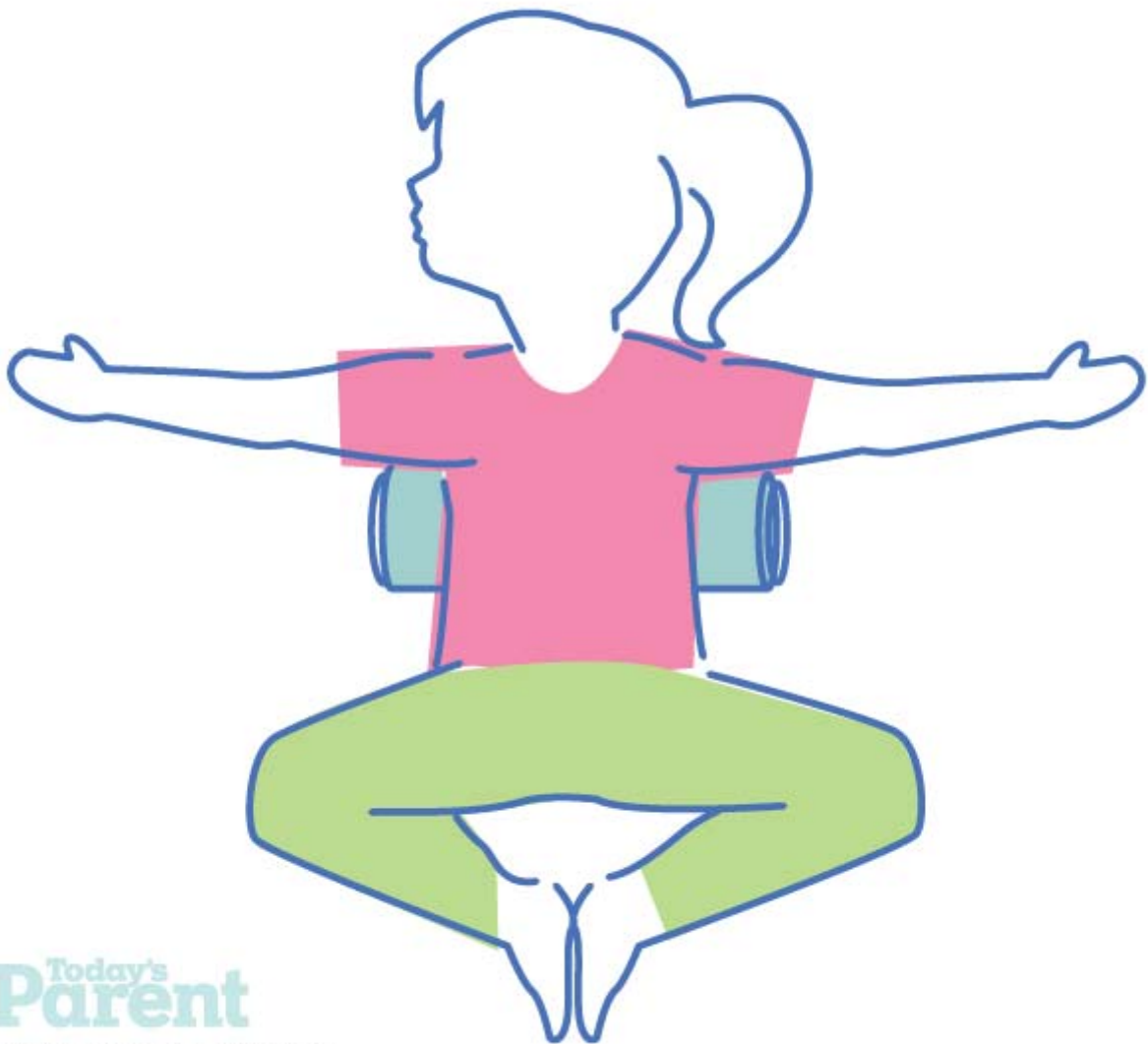
Frog

Stand with your feet hip-width apart. Bend at the knees to a squat and place hands between your feet. Rock your weight slightly forward and pop up, coming off your hands and feet while making a ribbit sound.



Butterfly pose

Sitting on the ground, bend your knees and bring your feet together. Wrap your hands around your feet and press your knees toward the floor. Flap your wings” by lifting and lowering your legs.



Reclined Butterfly pose

With your legs in butterfly pose and your arms stretched out at your sides, place a rolled blanket on the floor under your upper back and lie down on it. This opens your chest so your heart and lungs receive more oxygen and slows down your heart rate, which helps drop your body temperature and quiets your mind.