



### **Inter-curricular links**

YogaPebbles takes inspiration from the Montessori methods of teaching which are child centred and focus on the child's innate sense to explore. Combined with more traditional teaching methods, a YogaPebbles class delivers experiences that incorporate the whole child and their age-appropriate development. The areas of learning covered in YogaPebbles classes, and linked to other curriculum areas, include:

**COMMUNICATION, LANGUAGE & LITERACY** All classes are centred around a theme, which is discussed at the beginning of a class. This could be linked to a season, a celebration, a place in the world, an emotion or a book. We might learn about the anatomy of the body and discover the correct names for our bones and muscles. We might play name games and explore the alphabet through yoga poses, listening and talking to each other. We can have chats about nutrition and healthy lifestyles. We could explore other forms of communication, such as sign language and symbol reading to help us communicate with children who may have additional needs.

**PERSONAL, SOCIAL, CITIZENSHIP, HEALTH, EMOTIONAL EDUCATION** In our yoga classes we practice individual, partner and group poses to encourage social interaction. This helps develop the social skills of individuals so that they learn how to interact with unfamiliar peers. Classes are non-competitive and praise is given for the effort and taking part. Emotionally, we explore within ourselves and learn how to find peace and stillness through calm breathing techniques, mindfulness exercises and meditations. We repeat affirmations, affirming our self-beliefs and focus on our positive qualities. We discuss situations that we may find challenging and practise techniques to help.

**PHYSICAL DEVELOPMENT** We become more aware of our bodies and how they work; what feels good and how to listen to our bodies. We strengthen, stretch, flex, twist, invert and loosen our muscles and bodies. We play energetic yoga games to warm up our bodies and help us to balance and focus. We awaken all of our senses through using smells, tastes, touch, hearing and seeing. Each pose aligns and balances the body as well as incorporating the body's intricate systems – skeletal, muscular, circulatory, respiratory, digestive, nervous, lymphatic, urinary, hormonal and reproductive. In relaxation, we feel all these benefits seep into our bodies.

**CREATIVE DEVELOPMENT** We use art mediums to create mandalas. These are done during a drawing meditation at the beginning of a class to help children settle in, and link to a theme or help to express inner thoughts. We may paint interpretations of our visualisations and create mini-models of animals and the skeleton. We listen to and interpret all styles of

music from across the globe, making up our own yoga sequences and warm-ups. We may make mindfulness jars, dream catchers, bravery and gratefulness bags, and mediation booklets using different art materials.

**MATHEMATICS** We use mathematical concepts to highlight patterns, sequences, angles, number awareness, counting and rhythm whilst practising our poses. We look at colour and shape and notice the similarities and differences.

**SCIENCE** We understand our bodies and how they work. We learn the correct name for our body parts, bones and muscles and how these all work together to support our yoga practise. We look at the nature around us and the animals and plants that live within it, learning how to respect their needs, habitats, environments and their characteristics.

**GEOGRAPHY** In our classes we 'visit' other countries and environments and explore using our senses. We learn about the animals and plants that live there. We look at which animals live on land, sea and in the air, and explore the jungle, artic, beach or sky through different poses. We explore different cultures, instruments, music and foods and help children to learn new facts through their yoga poses.

*In our yoga classes, we do not focus on technology. We may play music through a device but leave all other equipment, including phones at the door. We try to come back to our bodies and minds... our true selves. We also do not incorporate any religious teachings into our sessions. Instead we encourage the children to explore spiritually and may discuss the origins of yoga through pictures, stories and mantras, but there is no sole focus on Buddhism or Hinduism. Different religious festivals and celebrations may be discussed and equally honoured.*



