

KIDS yoga pod

PRE SCHOOL MOVE - STRETCH - SMILE

This fun, active learning connect programme designed to create a safe and interactive learning space for our Tamariki. Each connect class co-creates adventure for their budding minds to connect with, engage and follow along, contributing as we go!

AGE GROUP:

3-6 years

Below are the class concepts covered during the programme. Together we explore:

- WELLBEING
 - Lots of FUN!
 - Experience quiet time
 - Contributions from Tamariki valued
- BELONGING
 - Performed together as a group activity
 - Co-creating the yoga journey with the Tamariki
- CONTRIBUTION
 - Contributions and observations are acknowledged and validated.
- COMMUNICATION
 - Encourages verbal communication as well as non-verbal
 - Facilitator uses Te-Reo and other languages
- EXPLORATION
 - Explore the various ways our bodies can move
 - A vehicle to explore difference countries, characters and cultures.

PROGRAMME DETAILS:

Class numbers: 10-12

Class Duration: 30 mins

Class Structure:

MOVE – body movement/dance/play/sing

STRETCH – come together/focus/breathe

SMILE – quiet time/relaxation/soft music

OUTCOMES:

- Increase body strength
- Increase mind focusing
- Exercise – body poses which are engaging and FUN!
- Helps build self confidence
- Tamariki's contributions are valued and encouraged
- Notice and work with our breath
- Learn fun facts about our world, animals and environment
- Working together in our circle – collaboration

FURTHER INFORMATION:

Contact Lisa McCarron – Connect Coach

KIDS Yoga Pod Ltd ©

(021) 514 561

lisa@kidsyogapod.co.nz

October 2024

