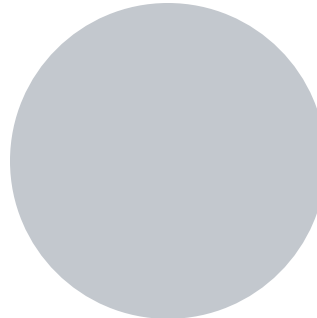
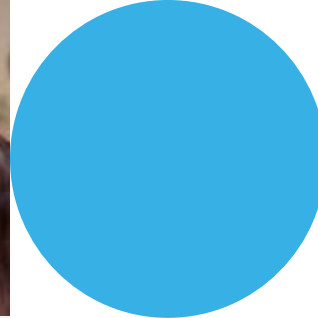


Note to Chris:

- The following storyboard is based on the approach we had discussed in our correspondence.
- In addition to this storyboard, we will provide a resource, i.e. – a word document that will have additional information on the processes and guidelines.
- As we don't have knowledge checks, we have used some types of interactivities that will help learners create a mental image and interrelationships among concepts.

Thank you!

Techniques and Integration



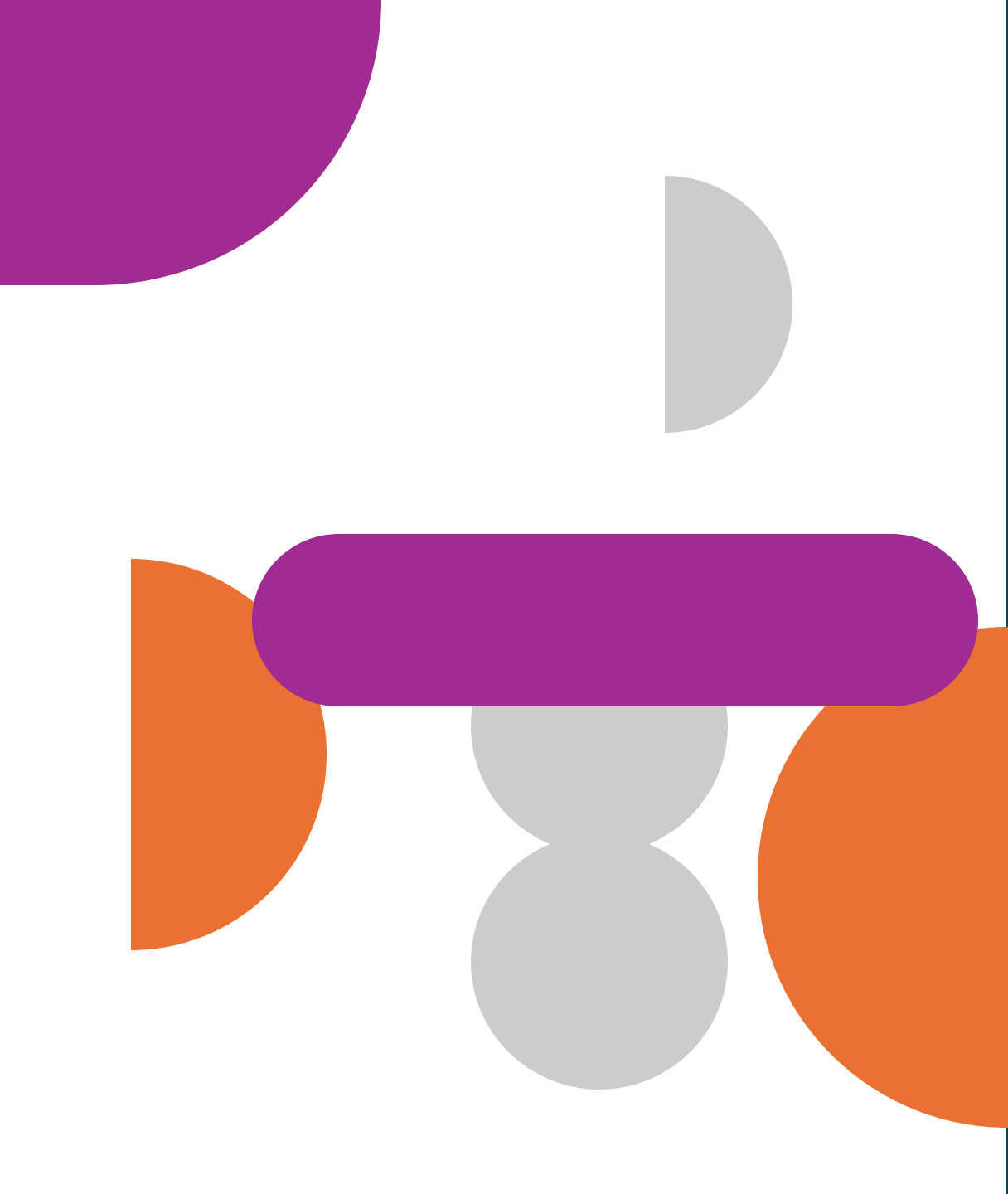
Continue



Slide 1: Introduction

Children can become more aware of their breathing through **physical and sensory exercises.**

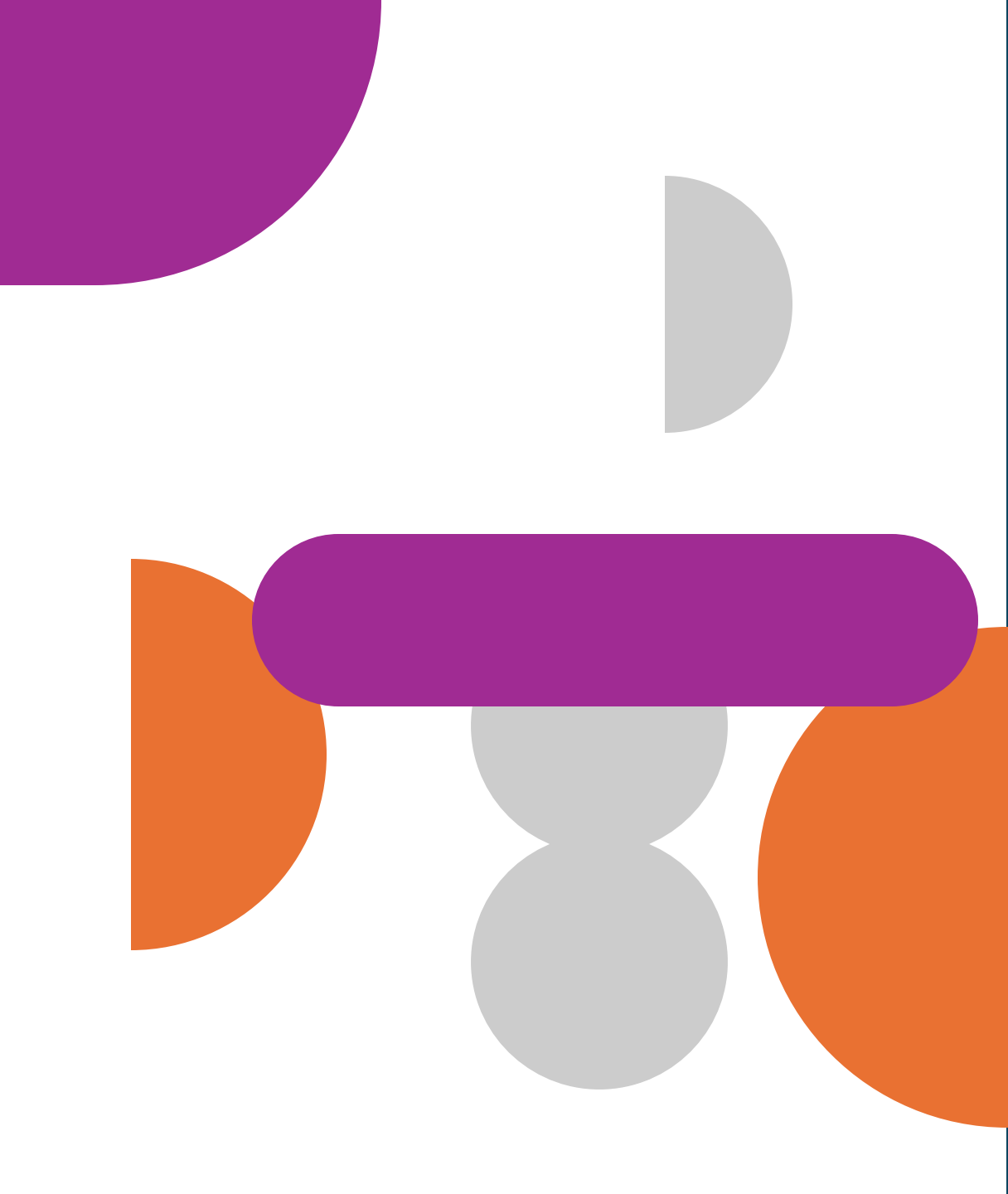




Slide 2: Learning Outcomes



- Explore a range of activities that **build on advanced mindfulness breathworks**.
- Design activities are designed **for ages 0 to 5**.
- Integrate **mindfulness in daily routines** in creative ways.



Slide 3: Introducing Sensory and Interactive Activities







These activities enhance children's **emotional and cognitive** development.





Children of **every age group** can benefit from these activities.





Slide 4: Overview of Interactivities

+



**0-2
years**

*Select the + sign to learn
about activities suitable
for each age group.*



**3-5
years**

+



**Activities to Deepen
Breathwork and
Mindfulness**



**4-5
years**

+

Select the + sign to learn about activities suitable for each age group.

**0-2
years**



**3-5
years**



**4-5
years**

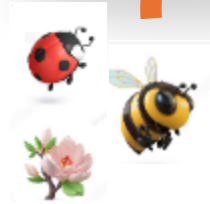


**Activities to Deepen
Breathwork and
Mindfulness**

Mindful Music
Instruments



Nature Imitation





Mindful Music
Instruments

Mindful Music Instruments

Close

*What you will
do:*

**Use music as a
tool** to cultivate
mindfulness in
toddlers.



*How this
Helps:*

**Develops
auditory senses
and body
awareness** in a
mindful way.

Nature Imitation

Close

What you will do:

Use natural elements and flowers for children to observe and imitate.



Can you flutter like a bee?

How this Helps:

Sharpens children's observations.

3-5 years



Select the + sign to learn about activities suitable for each age group.

0-2
years



3-5
years

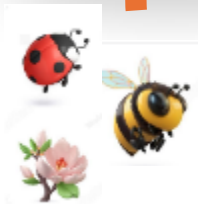


Activities to Deepen Breathwork and Mindfulness

Mindful Music
Instruments



Nature
Imitation



4-5
years



Mindful
Storytelling



Nature's
Palette



Nature's Palette

Close

What you will do:

Initiate pre-schoolers to use elements from nature to create art.



How this Helps:

Deepens children's connection with the natural world.



Mindful Music
Instruments

Mindful Storytelling

Close

What you will do:

Use your stories and get children to enact the story.



How this Helps:

Helps children to become mindful of breath through performance.



Mindful Music
Instruments

Select the + sign to learn about activities suitable for each age group.

0-2
years



3-5
years

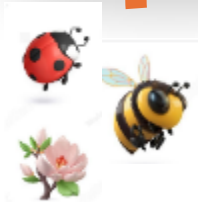


Activities to Deepen Breathwork and Mindfulness

Mindful Music
Instruments



Nature
Imitation



Nature's
Palette



Mindful
Storytelling



4-5
years



Yoga
Storytelling



Yoga Storytelling

What you will do:

- Combine **yoga poses and breathing techniques** in the context of an interactive story.
- Use different themes.

How this Helps:

- **Enhances concentration**
- Teaches **children to manage emotions**
- Facilitates deeper sense of bodily awareness and relaxation

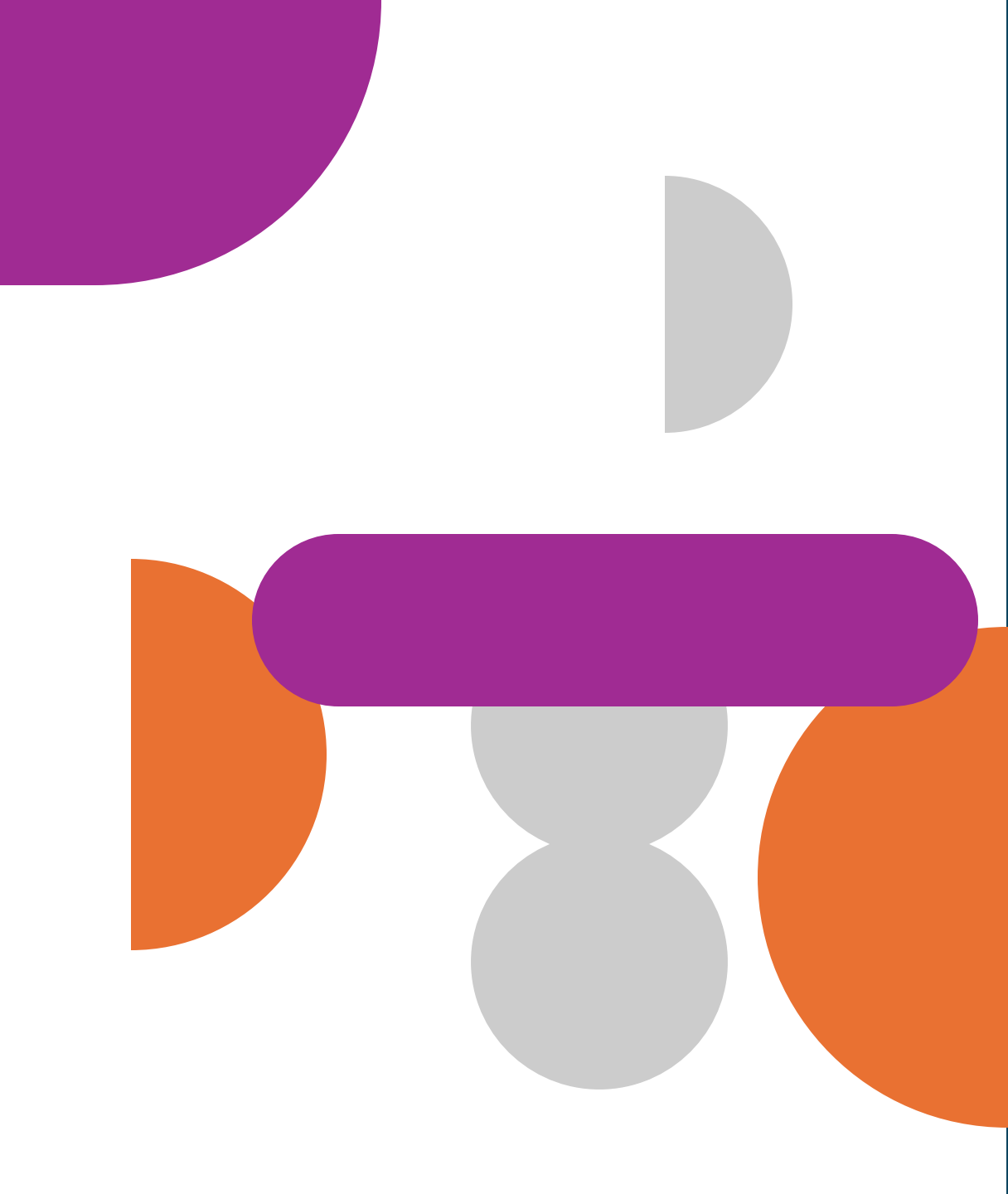
There was a tree like this in the forest that did not break in the storm.



Close



Mindful Music
Instruments



Slide 5: More about Yoga Storytelling



Click **Example** to see how Yoga Storytelling can be conducted in class.

Example

Use the forward and backward buttons of the slideshow to continue learning.



Step 1: Select theme.
(Example: Ocean)



Use the forward and backward buttons of the slideshow to continue learning.



Step 2: Incorporate poses in the story.

Example: When you narrate a story set in the ocean, you can ask your children to do the “Fish Pose” or Matsyasana.



Use the forward and backward buttons of the slideshow to continue learning.



Step 2: Incorporate poses in the story.

Example: If they have to sail away on a boat, ask them to do the boat pose or Navasana.



Use the forward and backward buttons of the slideshow to continue learning.

 A photograph of a person in a Warrior Pose (Virabhadrasana II) on a beach at sunset. The person is silhouetted against the bright orange and yellow sky. They are standing on the wet sand, with waves visible in the background. The image is framed by two solid purple vertical bars on either side.	<p>Step 2: Incorporate poses in the story.</p> <p>Example: You can also ask them to do the Warrior Pose or Virabhadrasana if they have to mimic a brave sailor facing waves.</p>
---	---



Use the forward and backward buttons of the slideshow to continue learning.



Step 3: Guide children's breathing. Tell them to:

- Keep the breathing natural.
- Breathe in deeply through their nose as they settle into the pose.
- Feel the chest rise
- Breathe out slowly.



*For other themes, check out the **Yoga Storytelling Themes** section in the Handbook.*



Slide 6: Enhancing Yoga Storytelling



Yoga + Storytelling + Fun!

Click an image to learn about ways to make sessions more interesting.

Tip: Incorporate a colourful **Suggestions** Box.

How it Works: Children can put in their suggestions.



Yoga + Storytelling + Fun!

Click an image to learn about ways to make sessions more interesting.

Tip: Incorporate a colourful **Suggestions Box**.

How it Works: Children can put in their suggestions.

Tip: Dedicate time every week for a story-writing session.

How it Works: Children can create tales based on suggestions they added in the Suggestions Box.



Yoga + Storytelling + Fun!

Click an image to learn about ways to make sessions more interesting.

Tip: Incorporate a colourful **Suggestions Box**.

How it Works: Children can put in their suggestions.

Tip: Dedicate time every week for a story-writing session.

How it Works: Children can create tales based on suggestions they added in the Suggestions Box.

Tip: Turn story selection into a raffle.

How it Works:

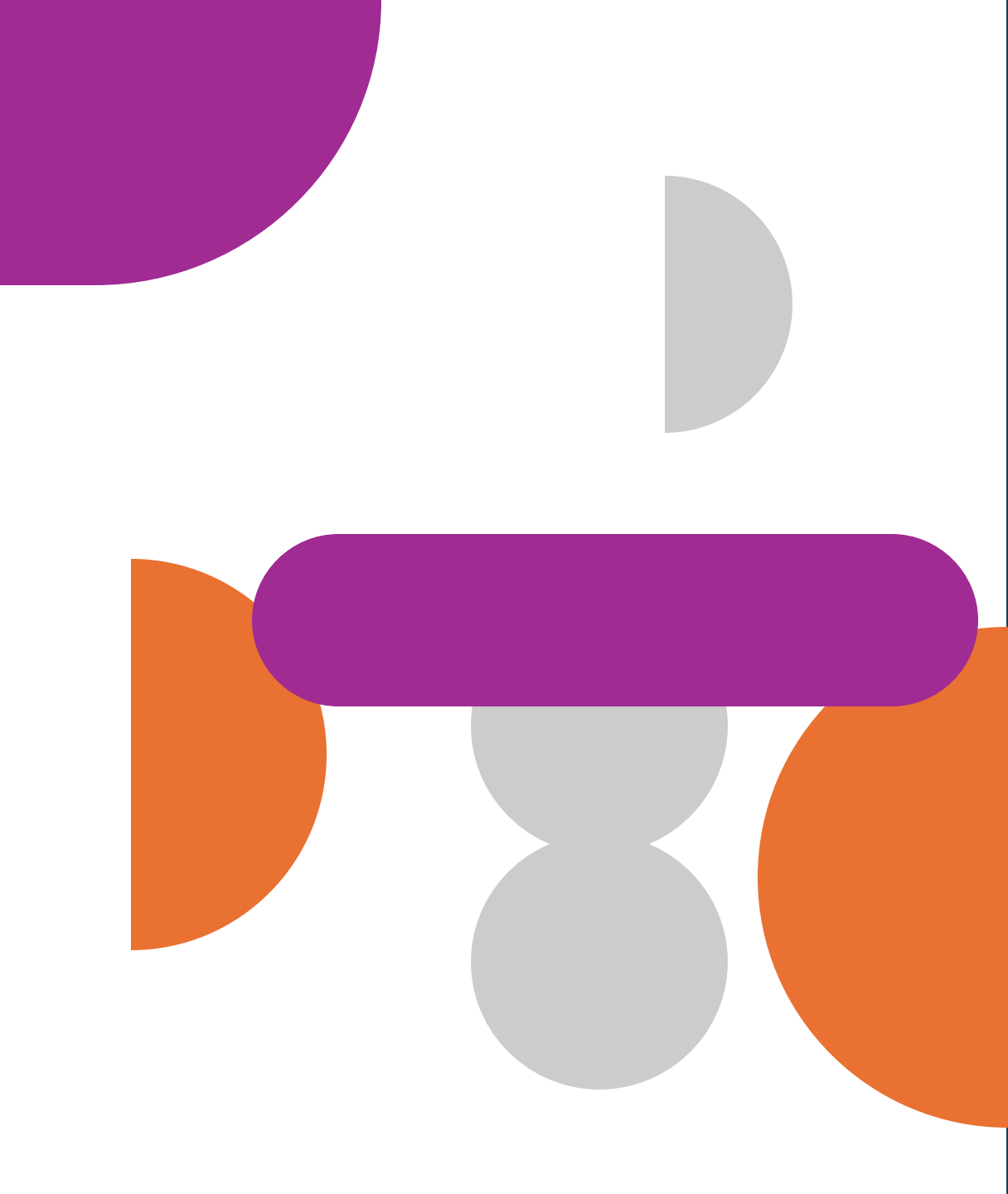
- Children draw a topic from the box.
- Together, as a class, they create a story around it.

Yoga + Storytelling + Fun!

Click an image to learn about ways to make sessions more interesting.



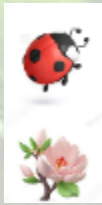
You can read about each of these in the Handbook.



Slide 7: How Activities Help Children



Mindful Music Instruments



Nature Imitation



Nature's Palette



Mindful Storytelling



01

Give children autonomy to choose and create stories.

02

Cultivate a sense of ownership towards mindfulness and yoga.

03

Tailor mindfulness practices to interests and imaginations.



Slide 8: Important Areas to Focus on



**Creating a
Mindful
Environment**



**Engaging
children
through
group-play**



**Reinforcing
Benefits**



**Weaving
Mindfulness
into
Routines**



Creating a Mindful Environment

Consider soft mats, natural light, or auditory simulations like wind chimes.





**Engaging
children
through
group-play**

Use games such as
“Mindful Simon
Says”, etc.





Reinforcing Benefits

Ask children to share
their experiences
about the activities.





Weaving Mindfulness into Routines

Think of 'mindful
tasting' session
during meals.





**Creating a
Mindful
Environment**



**Engaging
children
through
group-play**



**Reinforcing
Benefits**



**Weaving
Mindfulness
into
Routines**



For more guidelines, click here.



Slide 9: Pause and Reflect



Take a moment.



Slide 10: Key Takeaways

Play soothing, rhythmic music and guide the children to move gently to the beat.

Mindful Music Moments

Yoga poses are linked to mindfulness and breathing techniques.

Yoga Storytelling

Mindful Storytelling
Incorporate mindfulness into storytelling by asking children to act out the story



Nature's Palette

Activity not only fosters mindfulness but also deepens their connection with the natural world.

Nature Imitation
Use natural elements like leaves or flowers for children to observe

For a complete handbook of all the techniques, [click here](#).