



**BLOSSOM AND BERRY
ADVANCED TODDLER
YOGA WORKSHOP
For children from 18
months to 3 years of age**

OPTIONS FOR TEACHING

This additional content could be completed as:

A one-off workshop style class for children who have completed previous baby yoga classes and wish to move up to a toddler style yoga inspired class

OR as an introduction to toddler yoga inspired class

OR as a 1:1 session with parents and toddlers

OR added to existing lessons plans, adding one new yoga pose and/or play activity a week over a 4- 6week course for example

OR as a half term special for those in preschool/parents who work term time

SET UP (5 mins)

The yoga environment should be completely prepared and ready for the parents and children as they enter the room with mats and cushions laid out in a circle or horseshoe shape with yourself in a position that everyone has a clear view of you.

You may wish to put out any books related to yoga/parenting/science of love and/or our Blossom and Berry 'Love letters for new mothers' book for parents to flick through or take note of.

Anything you are using for the play element of the class either have already set up or in a place easily accessible for you to bring out when you reach that part of the class.

It is quite usual for the children of toddler age to wander off of the mat, therefore don't worry if they are not sitting down until everyone arrives.

WELCOME AND ICEBREAKER (5 mins)

Always present a welcoming impression to your clients, making sure you prepare yourself by taking time to relax before you teach.

Complete a brief risk assessment of the room prior to client arrival and remember to point out fire exits, toilets, baby change, first aid box to your clients.

Introduce yourself and what will be covered in the session. You can ask parents to introduce themselves and their baby's. Make sure that you communicate to the clients that:

This class is a toddler yoga inspired session with poses, movements and stretches to support development, as well as enhance parent and child bonding and relaxation.

It is important to go with the natural flexibility of the child and not to force or push their child's body into a pose – it should feel smooth and natural not forced.

It is very important for a child to experience movement and play to support their physical and sensory development now, but also building the foundations for their development in future years, all of which this class promotes.

This age range can be challenging to follow instructions, and maintain concentration, so keep instructions concise and simple, go with the flow of natural interests within the group and have parents model the poses/movements where they are able. It is likely that children this age will also need some help in positioning their bodies so that they can complete the poses/moves.

Don't forget that this class is also for FUN and we are not expecting "perfect" poses, more encouraging children to be aware of their bodies, experience movement, and over time begin to coordinate their movements more efficiently.

WARM UP (10mins)

ACTION SONG

Baby shark is a very catchy and well-known song amongst younger children that would be great for warming up, and which has also been adapted to be Baby Monkey / Baby T-rex etc. Parents to join in!

https://www.youtube.com/watch?v=rLYHL_VpTBc

ANIMAL YOGA INSPIRED STRETCHES

Equipment Required:

- 1. Yoga mats**
- 2. Cushions/Yoga blocks**
- 3. Background music if you wish**

Parents to support each child to lay on the mat on their tummy and be a **wiggly snake or worm**, moving and stretching their whole body

They can then come up onto all fours and be a **cat and cow** (doing the cat/cow pose)

To then stand up tall like a **giraffe**, stretching up their arms high into the sky.

The children can then be encouraged to be a **flying bird**, placing one leg outstretched whilst moving arms up and then down (like wings) to then support weight on arms and opposite leg, then switching legs. Bend the knees generously if required.

TODDLER YOGA INSPIRED POSES (20mins)

Encourage children and their parents to listen to their own bodies, and not to force any movement that does not feel good. Keep slight bend in the knees to avoid over

stretching and don't overextend the back beyond what feels comfortable. See the videos for these movements and poses in action.

<p>DOWN DOG AND DOWN DOG PARENT TUNNEL <i>GOOD FOR CORE STABILITY, SHOULDER STABILITY AND SPINAL DEVELOPMENT</i></p>	<p>CHILDREN COME INTO ALL FOURS, LIFTING HIPS TO CEILING, KEEPING KNEES BENT IF NEEDED. CHILDREN CAN KICK LEGS BACK OUT LIKE A TAIL IF ABLE/WANTED</p> <p>IF ABLE, PARENTS TO COMPLETE SAME POSE IN A LINE WITH OTHER PARENTS SO THAT CHILDREN CAN THEN CRAWL THROUGH THE TUNNEL ON ALL FOURS</p>
<p>UPSIDE DOWN CRAB <i>GOOD FOR CORE STABILITY AND TO DEVELOP NECK AND BACK MUSCLES, SUPPORTS SPINAL DEVELOPMENT AS WELL AS MASSAGES THE TUMMY</i></p>	<p>LAY ON FLOOR FACE DOWN (PRONE) BEND KNEES AND BRING FEET TO BOTTOM GRIP ANKLES WITH HANDS IF ABLE (YOUNGER ONES WILL LIKELY FIND THIS HARDER) LIFT CHEST AND HEAD AND SAME TIME LIFT THIGHS AND KNEES RELEASE LEGS AND LOWER ARMS TO SIDE AND BODY BACK TO LAYING POSITION, RELAX IN MOUSE POSE</p>
<p>BRIDGE/BRIDGE WITH LEG RAISE <i>STRENGTHENS BACK AND TUMMY MUSCLES, STRETCHES LEGS AND OPENS CHEST</i></p>	<p>LAY ON FLOOR ON BACK (SUPINE) BEND KNEES WITH FEET ON GROUND HIP WIDTH APART</p> <p>SLOWLY PEEL BACK OFF OF THE GROUND INTO THE BRIDGE (PARENT TO SUPPORT WITH HANDS FOR THE YOUNGER CHILDREN)</p> <p>LIFT ONE LEG WHILST HOLDING THE POSE AND THEN LOWER</p> <p>LIFT OTHER LEG WHILST HOLDING THE BRIDGE POSE THEN LOWER</p> <p>LOWER BACK TO GROUND AND HUG KNEES</p> <p><i>SONG IDEA: LONDON BRIDGE IS STANDING STRONG, STANDING STRONG, STANDING STRONG LONDON BRIDGE IS STANDING STRONG MY FAIR LADY</i></p> <p><i>OR THE ORIGINAL LONDON BRIDGE IS FALLING DOWN, ENCOURAGING CHILDREN TO LIFT AND LOWER THEIR HIPS LIKE THE BRIDGE IS FALLING DOWN</i></p>

<p>CAMEL <i>OPENS CHEST/LUNGS, ENCOURAGES MUSCLES TO EXTEND AND SUPPORT POSTURE</i></p>	<p>START IN LOW KNEELING ON THE FLOOR</p> <p>LIFT BOTTOM UP INTO HIGH KNEELING AND HANDS ON HIPS</p> <p>TUCK TOES UNDER</p> <p>YOUNGER TODDLERS – JUST HOLD THIS POSE</p> <p>OLDER TODDLERS- RAISE ONE ARM LOOKING AT FINGERTIPS AND THEN CIRCLE ARM ROUND TO EITHER SUPPORT THE BACK. DO THE SAME WITH THE OTHER ARM SO THAT BOTH HANDS ARE RESTING ON THE LOWER BACK</p> <p>RELEASE THE POSE COMING BACK TO HIGH KNEELING AND THEN INTO MOUSE POSE TO REST</p> <p>OR IF USING THE SONG IDEA COMPLETE A HORSE POSE ON ALL FOURS EXTENDING ALTERNATE LEGS OUT BEHIND</p> <p><i>SONG IDEA: ALICE THE CAMEL, ONCE REACHED NO HUMPS, DO HORSE POSE</i></p>
<p>DINGLE DANGLE SCARECROW/ RAGDOLL <i>GOOD BACK STRETCH, BRINGS BLOOD AND OXYGEN TO THE BRAIN, MASSAGES INTERNAL ORGANS</i></p>	<p>STAND WITH FEET HIP WIDTH APART BEND KNEES AND LOWER TORSO TO REACH HANDS TOWARDS THE TOES</p> <p>YOUNGER TODDLERS CAN KEEP HANDS ON THE FLOOR, OLDER TODDLERS CAN HUG ELBOWS AND LET HEAD AND ARMS DANGLE LIKE A DINGLE DANGLE SCARECROW</p> <p>ROLL BODY BACK UP LIKE A RAGDOLL, STACKING THE BLOCKS OF THE BODY (HIPS ON TOP OF THIGHS, SPINE ON TOP OF HIPS, HEAD ON TOP OF NECK)</p> <p><i>SONG IDEA: DINGLE DANGLE SCARECROW – BEGIN LAYING ON THE FLOOR THEN MOVE UP INTO STANDING FOR THE POSE OR USE IN STANDING AS IN VIDEO</i></p>
<p>CACTUS TWIST <i>GOOD FOR POSTURAL ALLIGNMENT IN SGANING, CROSSING MIDLINE AND LYMPHATIC DRAINAGE/INTERNAL MASSAGE</i></p>	<p>IN STANDING, CHILDREN TO HOLD BOTH ARMS UP AT 90 DGREE ANGEL TO STAND LIKE A CACTUS, THEN ENCOURAGE THEM WITH ALTERNATE HANDS TO TAP THE OPPOSITE HIP.</p> <p>YOUNGER CHILDREN LIKELY TO NEED SOME HAND OVER HAND GUIDANCE TO “FEEL’ THE MOVEMENT. BE MOINDFUL NOT TO TWIST FROM THE KNEES.</p>

<p>ELEPHANT WALK <i>GOOD FOR MIDLINE CROSSING, AND COORDINATION</i></p>	<p>BEND AT THE PELVIS AND EXTEND ONE ARM FORWARDS LIKE A TRUNK AND TRY TO MAKE FIGURE OF 8 MOVEMENTS WHILST WALKING</p> <p>OLDER TODDLERS – IN A LINE OF CHILDREN, THEY CAN PLACE THEIR OTHER ARM EXTENDED OUT ONTO THE HIP OF THE CHILD IN FRONT</p> <p><i>SONG IDEA: THIS IS THE ELEPHANT WAVING ITS TRUNK, WAVING ITS TRUNK, WAVING ITS TRUNK, THIS IS THE ELEPHANT WAVING ITS TRUNK, TRUMP TRUMPETY TRUMP</i></p>
<p>ROW YOUR BOAT <i>GOOD FOR POSTURAL CONTROL IN SITTING, LOWER LIMB STRETCH, ENCOURAGES EXTENSION AND FLEXION OF THE LEGS</i></p>	<p>PARENT AND CHILD SIT OPPOSITE ONE ANOTHER WITH LEGS OUTSTRETCHED (BENDING KNEES IF REQUIRED) REACHING FORWARD TO TOUCH HANDS AND ROW FORWARDS AND BACKWARDS</p> <p>PARENT AND CHILD CAN ALSO DO THIS MOEMEBT WITH BENT KNEES, PLACING TOGETHER OR WITH PARENTS FEET GENTLY ON TOP OF CHILDS</p> <p><i>SONG IDEA: ROW ROW ROW YOUR BOAT, GENTLY DOWN THE STREAM, MERRILY, MERRILY, MERRILY, MERRILY, LIFE IS BUT A DREAM</i></p>
<p>LOTUS MUDRA <i>ENCOURAGES CROSSING MIDLINE WITH LEGS, AND COORIDNATING BREATH TO MOVEMENT AND RELAXATION</i></p>	<p>SITTING CROSSED LEGGED WITH FEET RESTING ON THE THIGHS (LOTUS POSITION)</p> <p>PLACE TO HANDS TOGETHER AT HEART IN PRAYER POSE BUT THEN OPEN THE HANDS OUT LIKE A BLOSSOMING FLOWER, BREATHING IN AS IT OPENS AND OUT CLOSES</p> <p>IMAGINE A COLOUR OF THE FLOWER WHICH YOU BREATHE IN AND OUT</p>

FINE MOTOR/SENSORY ACTIVITIES (15mins)

Equipment required:

1. Tissue box for each child plus coloured/textured materials to insert inside each box
2. Post box, either bought or made out of a box with a cut-out slot, large lids or coins to slot (be mindful of choking hazards)
3. Building blocks (soft material ones are also available)
4. Large roll of paper (back of an old roll of wallpaper would do), crayons in multiple colours

<ul style="list-style-type: none"> TISSUE BOX GAME: ENCOURAGING Pincer GRIP, HAND EYE COORDINATION, SENSE OF ANTICIPATION 	PULLING COLOURED HANKIECHIEFS OUT OF A TISSUE BOX, OR SWATCHES OF VARIOUS TEXTURED MATERIALS
<ul style="list-style-type: none"> POSTING GAME – ENCOURAGES EARLY POSTING SKILLS, DIFFERENT FORMS OF GRIP, HAND EYE COORDINATION 	ENCOURAGE CHILDREN TO POST LARGE JAR LIDS INTO A POST BOX (CAN BE HAND MADE SUCH AS A CARDBOARD BOX WITH A SLOT CUT OUT)
<ul style="list-style-type: none"> BABY TOWER – ENCOURAGES EARLY FINE MOTOR SKILLS, CAUSE AND EFFECT, WORKING TOGETHER 	USE SOFT BUILDING BLOCKS AND HAVE PARENT AND CHILD BUILD A TOWER TOGETHER AND THEN ENCOURAGE CHILDREN TO KNOCK DOWN AGAIN
<ul style="list-style-type: none"> RAINBOW COLOURING IN PRONE – ENCOURAGES TUMMY TIME, SHOULDER STABILITY, FINE MOTOR SKILLS, EYE- HAND COORDINATION 	LARGE PIECE OF PAPER LAID OUT ON FLOOR EACH CHILD LAYING ON THEIR TUMMY (PROMOTING TUMMY PLAY WHICH IS STILL IMPORTANT IN OLDER BABIES/TODDLERS) TO DRAW WITH DIFFERENT RAINBOW COLOURS – IT DOESN'T MATTER WHAT THEY DRAW, ANY MARK MAKING IS BENEFICIAL AT THIS STAGE

RELAXATION SONG (5mins)

Sitting cross legged or laying on back, sing the song “I can sing a rainbow” and encourage children to visualise the colours using different colours scarves/pashminas

<https://www.youtube.com/watch?v=xn0xcn17RWk>

GOODBYE SONG AND CLOSE (5mins)

GOODBYE YOGIS

GOODBYE YOGIS

GOODBYE YOGIS

WE'LL SEE YOU AGAIN SOME TIME

For smaller groups replace the word YOGI for each child's name, singing the verse again for each child for example

Goodbye Oscar,

Goodbye Oscar,

Goodbye Oscar,

We'll see you again next time

Goodbye Faye,

Goodbye Faye,

Goodbye Faye,
We'll see you next time.

Repeating until each child has been sung too.