

PRE-TASK: YOGA IN THE CLASSROOM

Linguistic focus	Listening to and giving instructions
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Thematic focus	Yoga
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Language level/target group	A2+
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Teacher instructions

Yoga is generally viewed as beneficial for one's mental health and there are different options on how to implement yoga in Teaching English as a Foreign Language. The teachers themselves could, for instance, show the students the exercises (<https://positivepsychology.com/yoga-in-education/>) or use YouTube videos (<https://www.youtube.com/watch?v=Td6zFtZPkJ4>). If teachers decide to integrate such a video, it is important to account for language barriers which may restrict students' understanding and would require additional scaffolding. Certain exercises might also need to be adjusted to the abilities of the students. Before implementing yoga into the classroom, you might want to discuss with your students what their expectations are about the benefits of yoga.

As a follow up activity, students can also be asked to create their own yoga sequences where they have to formulate instructions. Here, students can be supported by giving them pictures that show different yoga poses (see Happy 3.1) which they have to describe. You might also let them read the yoga instructions out loud with the other students following the instructions.

Additional material to be used

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| - Poster on yoga poses | [Happy 3.1] |
| - Worksheet on yoga instructions (with answer key) | [Happy 3.2] |
| - Additional support: Yoga instructions – vocabulary | [Happy 3.3] |

POSTER ON YOGA POSES

Yoga in the Classroom



Pose 1



Pose 9



Pose 2



Pose 8



Pose 3



Pose 7



Pose 4



Pose 6



Pose 5

[Happy 3.2]

Name:

Date:

YOGA INSTRUCTIONS

How to: instructions

Read carefully how Bearlief creates instructions.

Raise your arm!
Go to the left!
And now you, create your own instructions!



Yoga instructions

Choose three yoga poses from the poster. Write down the instructions for the pose. Let your neighbour proofread your instructions.

Yoga Pose	Instructions

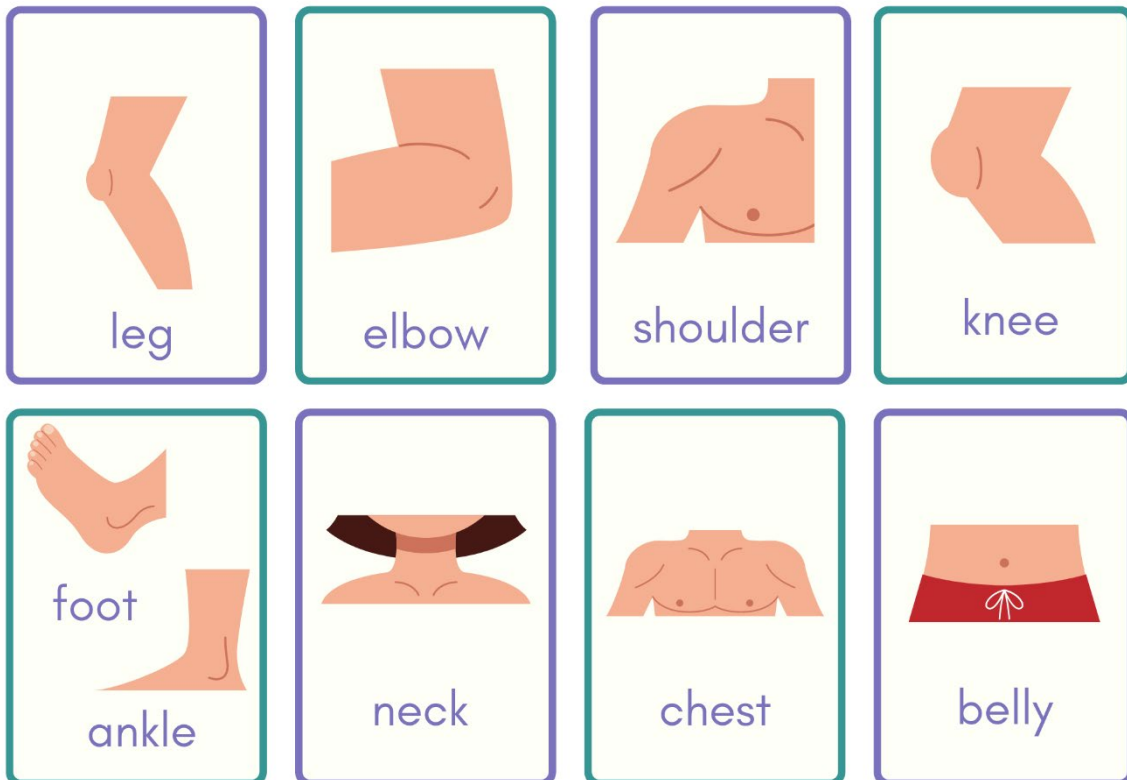
YOGA INSTRUCTIONS – ANSWER KEY

Possible instructions

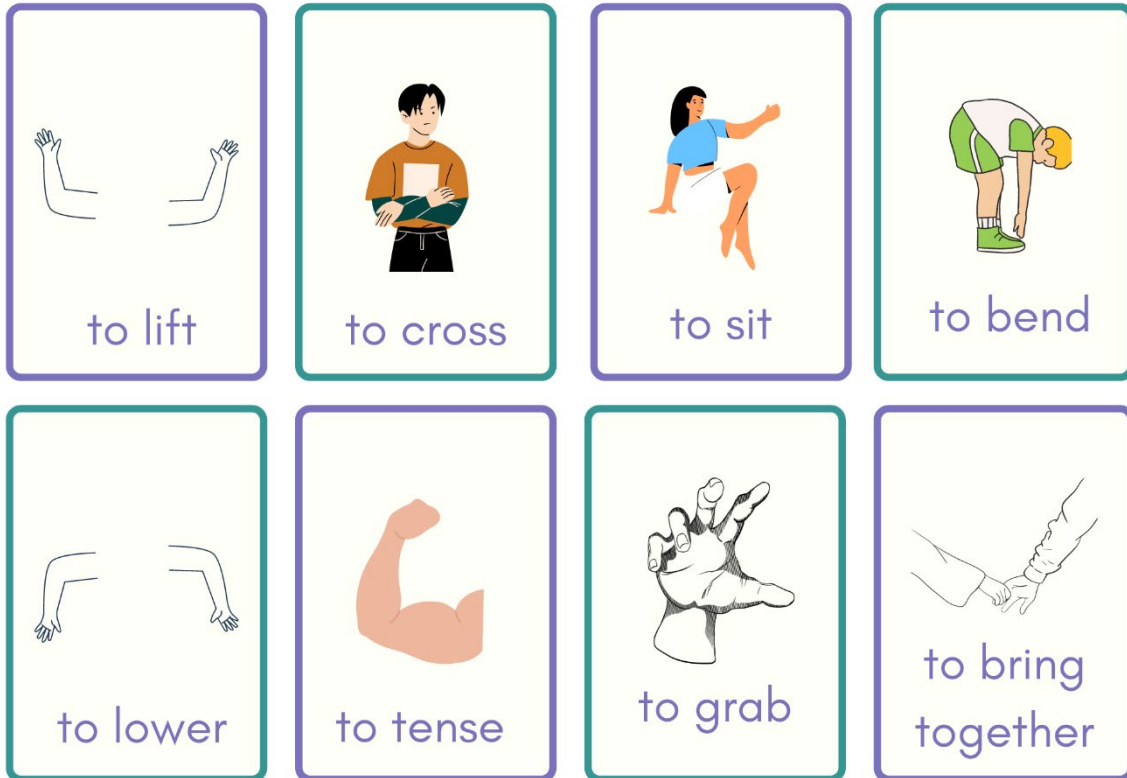
Yoga Pose	Instructions
Pose 1	Sit on your chair. Lift your hands above your head. Bring your hands together.
Pose 2	Sit on your chair. Lean forward and put your head on your knees.
Pose 3	Sit up straight on your chair. Bring your hands together in front of your belly.
Pose 4	Lean forward on your chair. Touch your foot with your right hand. Raise your left hand above your head. Look up at your left hand. Repeat on the other side.
Pose 5	Stand two steps behind your chair. Lean forward and touch the back of the chair. Raise one foot behind you and stretch. Do not bend your knee.
Pose 6	Stand in front of your chair. Bend down and touch the chair. Keep your back straight and do not bend your knees.
Pose 7	Stand on your left leg. Lift your right leg and put your foot against it. Bring your hands together in front of your chest.
Pose 8	Sit on your chair. Lift one hand and put it behind your head. Put your other hand behind your back. Bring your hands together behind your back.
Pose 9	Sit on your chair. Lift your right arm above your head. Lean to the left and stretch. Do the same on the other side.

ADDITIONAL SUPPORT: YOGA INSTRUCTIONS – VOCABULARY

Body parts



Body movements



Prepositions

