



Open-Sky
School

Category

MINDFULNESS



Activity

Outdoor Yoga

MATERIALS
NONE

DURATION
15 MINUTES

Activity Summary

This activity invites students to focus their attention on their bodies and breathing through yoga. You can do this activity during all seasons.

Make sure the ground is not wet.

If you plan to carry out this activity in winter, students should wear snow suits.

Preparation

- Practice the yoga poses before carrying out this activity so that you can demonstrate each pose to your students.
- Choose a space in nature where each student will have enough space to do yoga.
- Tell students to think about the questions you will ask them, and to answer them quietly to themselves.



Steps

Say:

- A.**
1. Sit cross-legged on the floor.
 2. Take a deep few breaths.
 3. Pay attention to your lungs inflating as you inhale and deflating as you exhale.
- B.**
1. Stand up.
 2. Feel your feet rooted in the ground.
 3. Raise your arms to the sky.
 4. Stretch your arms as if you're trying to touch the trees above your head.
 5. Swing your arms gently to the right and then to the left, like a tree swaying its branches in the wind.
 6. Drop your arms toward the ground, keeping your legs as straight as possible.
 7. Stay in this position for a moment.
 8. Slowly unroll your back from bottom to top.
 9. Raise your arms to the sky.
 10. Bring your arms back down, tilt your head, and roll your back, letting your arms hang down to the ground.
- C.**
1. Bend your knees, and put your hands on the ground.
 2. Get on all fours, like a cat.
 3. When you inhale, arch your back and look up to the sky.
 4. When you exhale, round your back and look at the ground.
 5. Do this exercise a second time.
- D.**
1. Get back on all fours.
 2. Extend your right arm in front of you while keeping your balance.
 3. Put your hand back on the ground.
 4. Extend your left arm in front of you while keeping your balance.
 5. Put your hand back on the ground.
 6. Extend your right leg parallel to the floor.
 7. Put your knee back on the ground.
 8. Extend your left leg parallel to the floor.
 9. Put your knee back on the ground.
 10. Now extend your left arm forward at the same time as you extend your right leg backward, parallel to the floor.
 11. Get back on all fours.
 12. Do the opposite: right arm and left leg.
 13. Get back on all fours with your hands and knees on the ground.
- E.**
1. Sit on your feet, stretching your arms on the floor and keeping your head down. This position is called child's pose.
 2. Hold this position for a moment.
 3. Inhale.
 4. Roll your toes and push onto your feet while putting your hands on the ground. Make an inverted V with your body. This is the downward facing dog pose.
 5. Walk on the spot by bending your knees alternating left, then right.
- F.**
1. Move your feet towards your hands, taking small steps back to the bent-over position.
 2. Bend your knees to squat.
 3. Sit on the floor.
 4. Roll into a little ball with your legs tucked in your hands.
 5. Roll gently on your back, so as not to hurt yourself.
 6. Gently roll back and forth a few times.
 7. Try to use your momentum to get back on your feet.
 8. Stretch your arms above your head and bring your palms together.
 9. Balance on one leg, starting by raising your left leg and resting it against your calf. Bring your left foot back on the ground and do the same with the right leg.

RETURN
TO GROUP

1. What did you like about these exercises?
2. Did some movements seem difficult to you?
3. What was your favorite pose?

REINVESTMENT:

Repeat the exercises at school.

Ask students what other yoga poses they are familiar with.

