

## Focus on Play Time

### 1. Dance, Dance, Dance

#### How to play:

Put on one of your favorite songs and dance. Have fun and move around.

#### Benefits of this activity:

- To teach different ways the body can move

### 2. Yoga

#### How to Play:

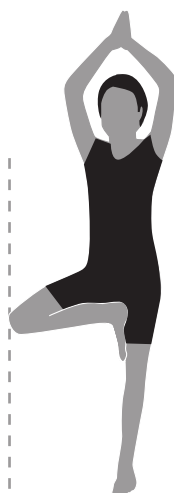
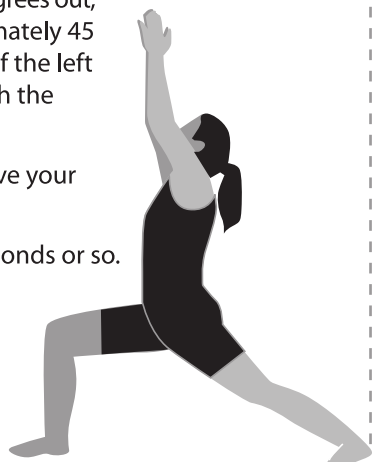
Yoga is a great way to engage a child's mind and body. It helps to build strength, flexibility and balance. Yoga helps him to learn how to concentrate and focus on one thing at one time. This will help with school and homework, but most of all it makes him feel good.

Yoga helps build strength, flexibility and confidence. It teaches self esteem and self-discipline. Yoga is great for concentration and attention

Here are some basic yoga poses:

### Warrior

1. Step your legs apart
2. Keep your back straight, tailbone down, pelvis lifted, but not tilted forward.
3. Turn your right foot 90 degrees out, and your left foot approximately 45 degrees inward. The arch of the left foot should be aligned with the heel of the right foot.
4. On an exhale, slowly move your torso over your right leg.
5. Hold this pose for 30-seconds or so.

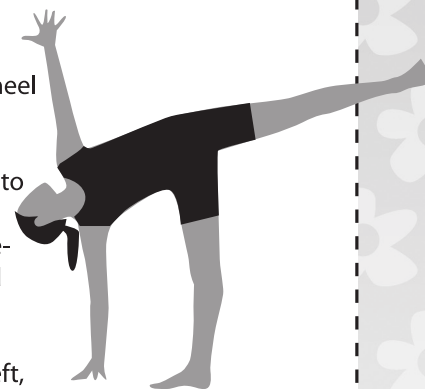


### Tree

1. Draw your right foot up and place the sole against the inner left thigh; if possible, press the right heel into the inner left groin, toes pointing toward the floor.
2. Lengthen your tailbone toward the floor. Firmly press the right foot sole against the inner thigh and resist with the outer left leg. Press your hands and raise up.
3. Stay for 30 seconds to 1 minute. Step back to a relax standing position with an exhalation and repeat with the legs reversed.

### Half Moon

1. Press your right hand and right heel firmly into the floor, and straighten your right leg, and lift the left leg parallel to the floor. Be careful not to lock (and so hyperextend) the standing knee: make sure the kneecap is aligned straight forward and isn't turned inward.
2. Rotate your upper torso to the left, but keep the left hip moving slightly forward. Most beginners should keep the left hand on the left hip and the head in a neutral position, gazing forward.
3. Hold for 30 seconds then change legs.



### Bridge

1. Lie on the floor, and if necessary, place a thickly folded blanket under your shoulders to protect your neck.
2. Exhale and, pressing your inner feet and arms actively into the floor, lift the buttocks off the floor. Keep your thighs and inner feet parallel.
3. Lift your buttocks until the thighs are about parallel to the floor. Keep your knees directly over the heels.
4. Stay in the pose from 30 seconds to 1 minute. Release with an exhalation, rolling the spine slowly down onto the floor.

