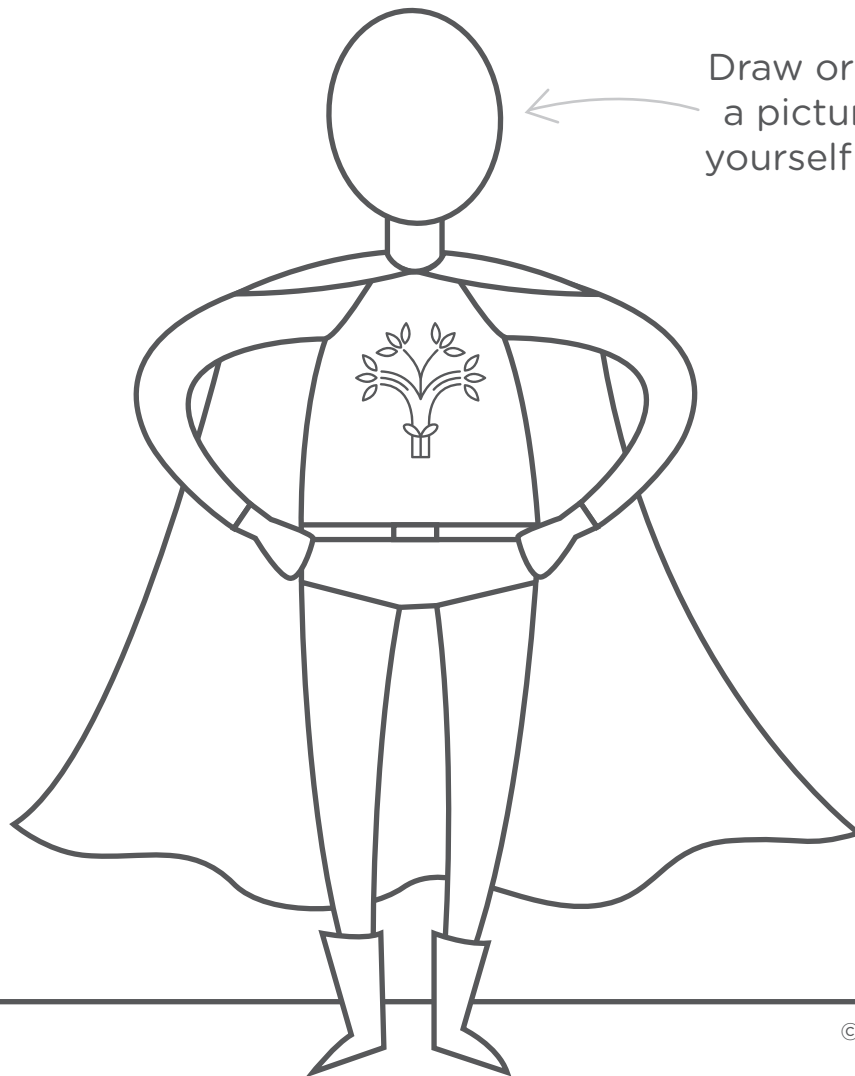




# Super Me!



Draw or stick  
a picture of  
yourself here!

Name: .....

# Thank you for downloading the free resource Super Me booklet

This booklet can be used by individual pupils or can be used as part of a group discussion:

## **1. Yoginis Yoga Promise**

Children can be encouraged to repeat the promise together embedding the message to be kind to others and self.

## **2. Rainbow of self-love**

Have other pupils in the group say things they like about the others until everyone's rainbow is filled in, encouraging kindness towards others, promoting acceptance and differences.

## **3. 5 breaths to calmness**

Take turns in the group at leading the 5 Breaths, encouraging the pupils to maintain their own practice and to use during times of stress and anxiety.

## **4. Let's do the twist**

Twist keep the spine healthy and the central nervous system which controls actions from walking, to eating, to breathing. Encourage the pupils to move the spine.

## **5. Heart of gratitude**

Talk about what gratitude means (look up definition). Gratitude has an incredible effect on our mental health, by reflecting and noticing things you experience you feel more positive emotions, feel more alive, sleep better, express more compassion and kindness, it releases the happy hormone to help lift your mood.

## **6. Monkey mandala**

Mandalas have been around in architecture for centuries; we can find them in places of worship and nature. Mandalas start with a central point and work outwards, the pupils can draw their own, you can use lolly sticks and pompoms to make one as a group activity.



Train today, teach tomorrow.

[www.yoginisyoga.uk](http://www.yoginisyoga.uk)

# Introducing Yoga

## But not as you know it!

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Yoginis Yoga Training Ltd are specialist in children's wellbeing and mental health training.

They combine the latest research in neuroscience and biomechanics to offer techniques which contribute to reducing the physical and mental health issues increasingly faced by our children today. We implement this by training those who work in early years, primary schools and with young people to deliver our unique and tested yoga programme, based on our four key principles K\*I\*N\*D.

Yoginis offer a licensed training programme over 4 levels approved by the CPD Certification Service with the choice of two specialist pathways:

1. Teaching Yoga to Early Years (ages 2-5)
2. Teaching Yoga to KS 1&2 (5-11)

Supportive by membership to The Hive a unique e-learning and resource platform providing continuous support and development to coaches. Study at a time and place to suit you online, training available in-house, subject to location, minimum numbers and availability.

To find out more about Yoginis and how to access their training and in creating happy, healthy, content children fill in an enquiry form on their website [www.yoginisyoga.uk](http://www.yoginisyoga.uk)

K I N D

**K** Keep it simple | **I** Individuality is important  
**N** Nurture | **D** Develop

### What others are saying about Yoginis Yoga Training

*"Our children benefit greatly from yoga sessions, physically it enhances their flexibility, strength, coordination and body awareness. Then in addition, their concentration and sense of calmness and relaxation improves. We use the breathing exercises to calm a child who has become upset. We always talk about our kind hearts - kind words - kind thoughts."*

Buttercup Corner Day Nursey, Oldham

*"I like how the training links to Statutory framework, British values and Cultural capital for early years."*

Starfish Day Nursery, Greater Manchester

# Raising the quality of education

An exciting and creative strategy for helping your school meet the challenges of:

✓ The NEW Ofsted Framework 2019

✓ The NEW National Curriculum

✓ Deep diving into teaching & learning

## **Improving mental health and wellbeing**

Developing body, breath and mind connection using skills to increase focus, concentration, self-awareness, grounding and stillness.

## **Improving behaviour and self-control**

Providing a safe and familiar environment, promoting kindness and self-regulation.

## **Promoting language and maths development**

Using movement to promote learning, following instruction, making predictions, learning new words and foreign language. Exploring shape, space and numbers through physical activity.

## **Promoting early years development**

Offering positive tools in the formative years for children to build life skills for mental and physical health and wellbeing. Fun, child-led physical activity, incorporating risky play in a safe, non-competitive environment to develop physical competency and support brain development.

## **Promoting personal, social and emotional development**

Exploring self-love and acceptance of others, creating resilience and becoming their personal best.

## **Promoting physical development, physical literacy and PE**

Developing body awareness by moving the body in new ways, through an all-inclusive, situation adaptive activity in a safe environment, building a positive attitude to exercise.



Kind hearts, kind words,  
kind thoughts

The secret to happiness:  
spread kindness every day

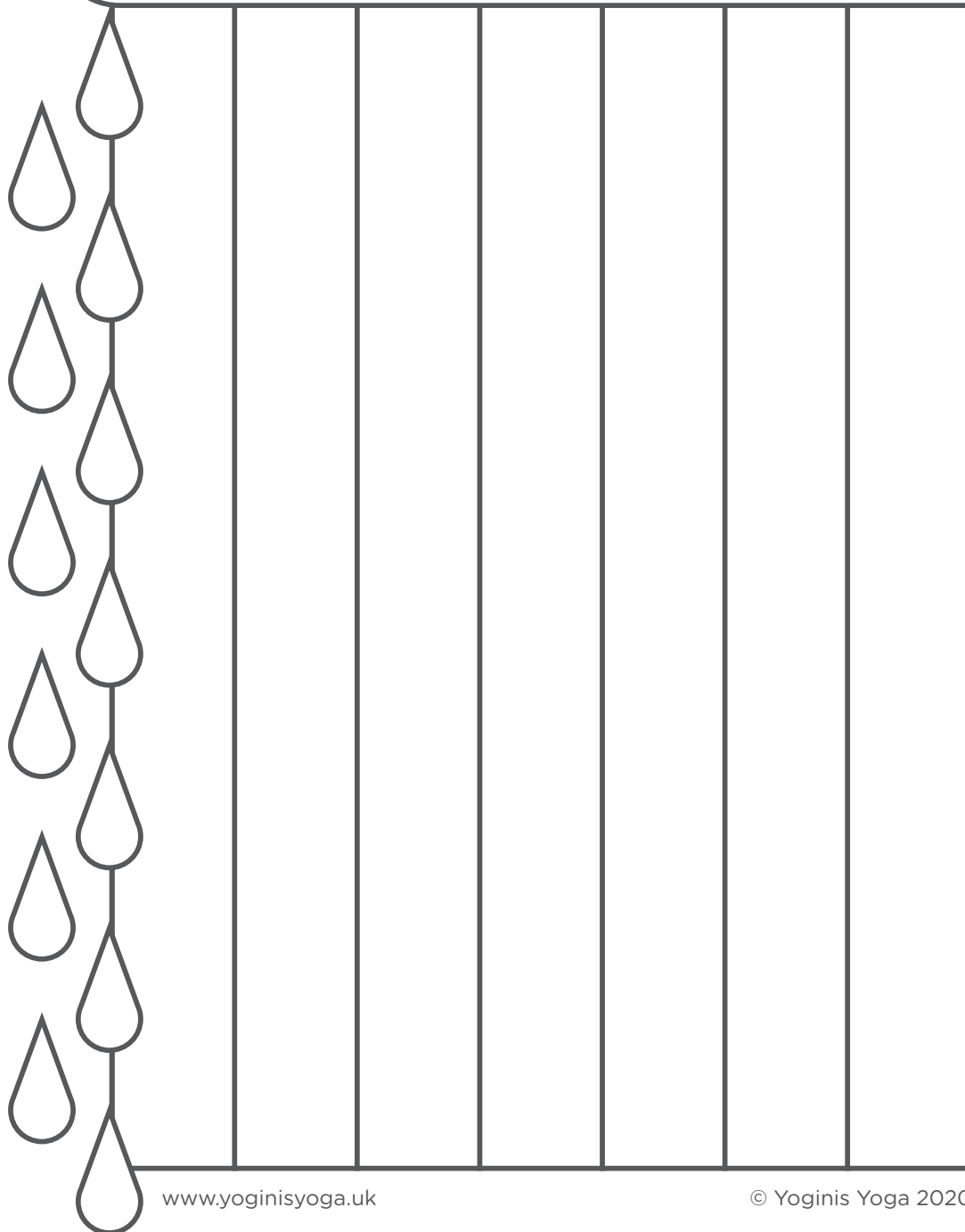


Make the Yoginis Yoga  
promise every day



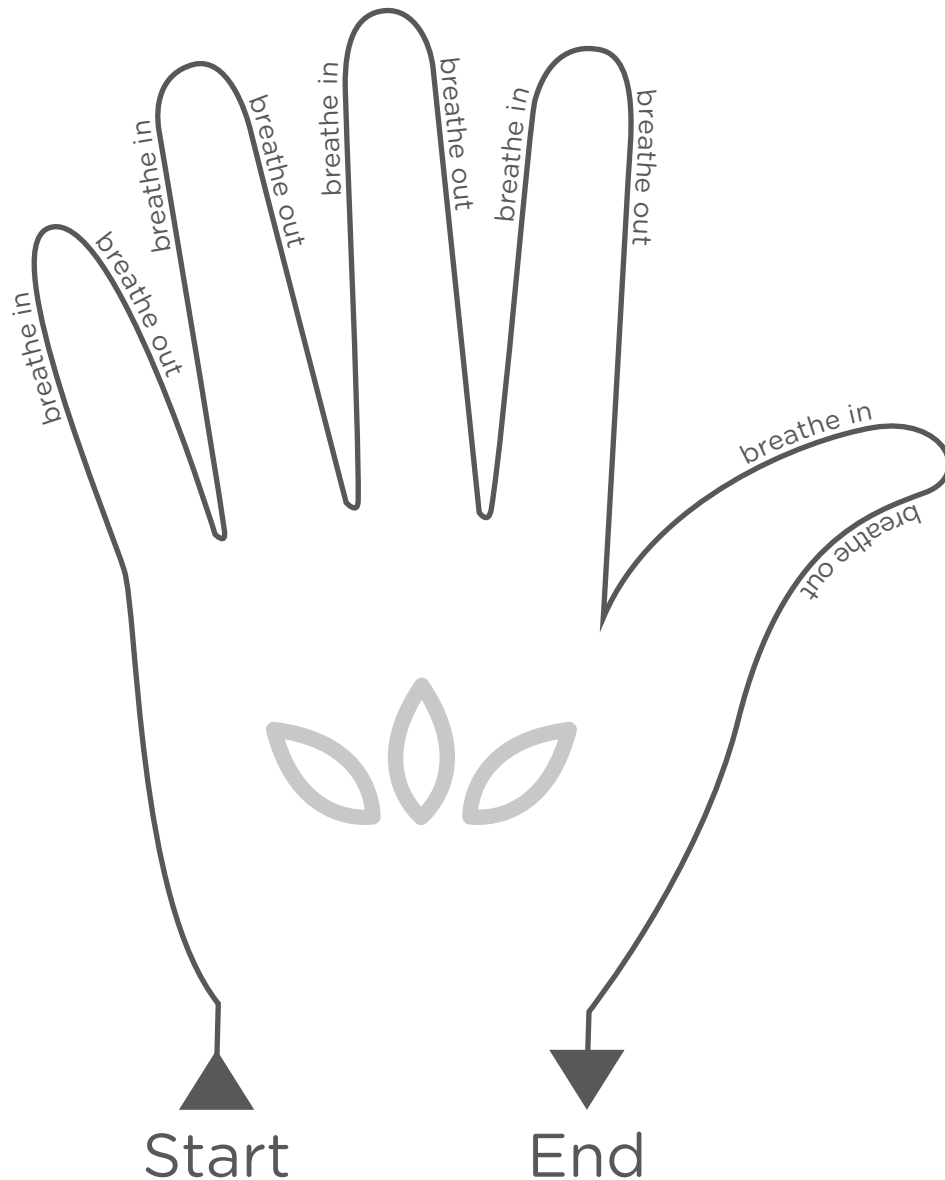


Create  
your own  
rainbow everyday



# 5 breaths to calmness

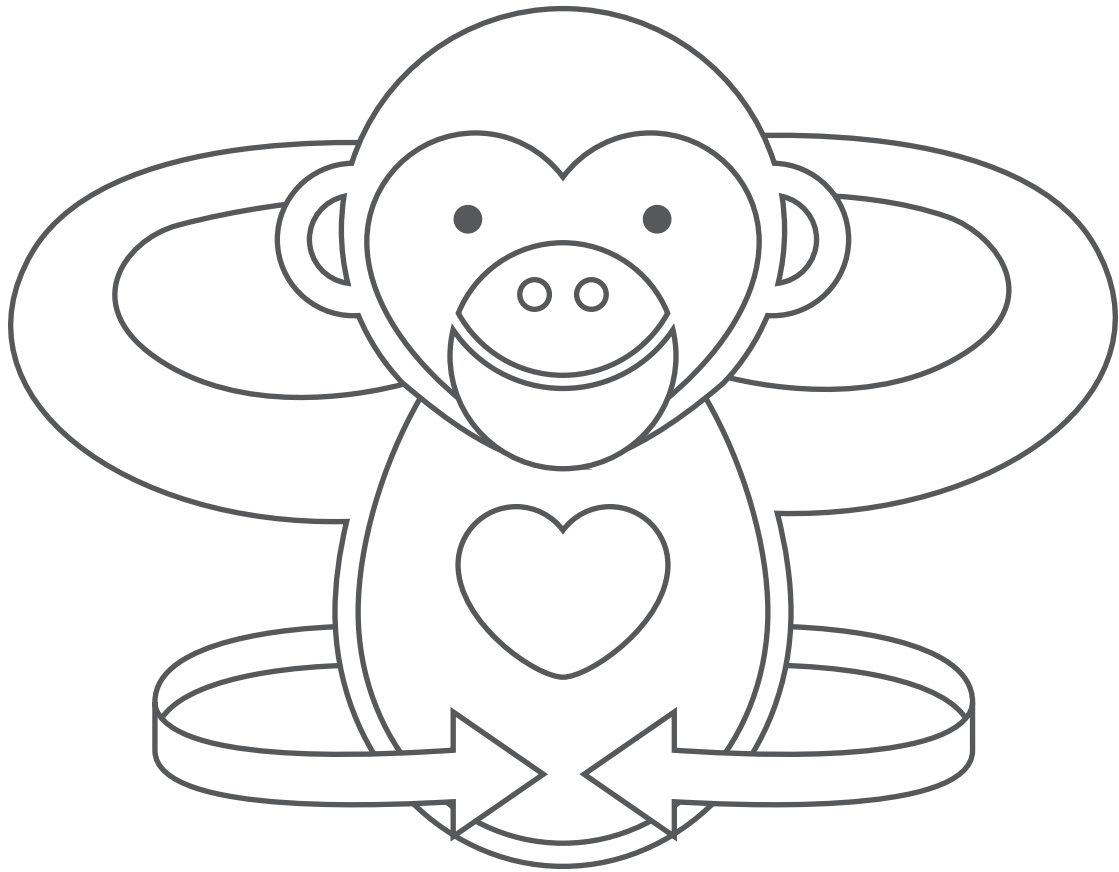
Trace around the hand with your finger



How I feel now...

You can do this with your own hand

# LET'S DO

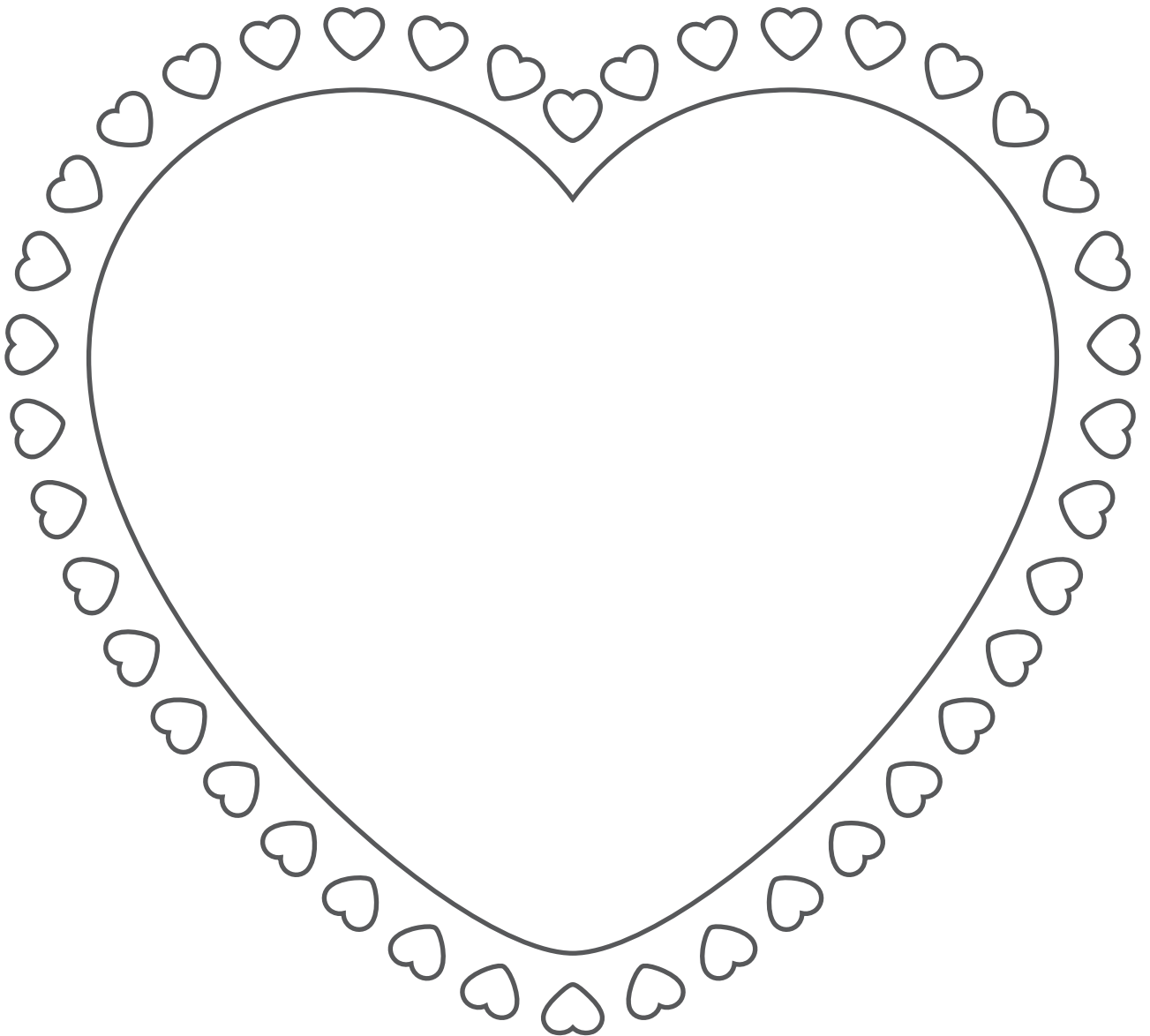


# THE TWIST

Place your hands behind your head,  
keep your lower body still and twist  
from side to side.



I am grateful for:



# Monkey mandala

Colour in using colours you like



[www.yoginisyoga.uk](http://www.yoginisyoga.uk)

@yoginisyoga

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