



Helping teachers work with children when they first return to education following major traumatic or life-changing events



Ku Kulu Pilina (Building Connections)

Topic	Pilina (connection) through yoga to build trust with self and others.
Designed for Ages	5 - 10 years
Adaptable for Ages	3 - 4 years old
Time	25-30 minutes (Can be 20 minutes for 3-4 year olds)
Lesson Overview	Students have the opportunity to connect with self and also a partner to cultivate a relationship with emotions of self and also trust with another person.
Connections to <u>Nā Hopena A'o (HĀ)</u>	Belonging together, Responsibility of self, Excellence, Aloha to self and others, Total Well-being, Hawaii (strong) through language
<u>Te Whare o Oro (Māori framework for understanding the brain):</u>	Limbic System - Emotional Regulation and belonging Central Nervous System - Integration of Mind/Body/Spirit
Materials Needed for the Students/Class <ul style="list-style-type: none"> <input type="checkbox"/> Flat rocks enough for one per child. <input type="checkbox"/> Pieces of paper enough for one per child. <input type="checkbox"/> Pen <input type="checkbox"/> Optional: yoga mats <input type="checkbox"/> Optional: book to read or soft music to play during savasana. 	
Prepare Ahead <ol style="list-style-type: none"> 1. Write the name of each child on the pieces of paper. This is for you to draw names for partners. 2. Optional: you can write the names of each child on the rock to save time. Or you can choose to have the children do this during the activity. The students will hold these rocks in their hands to choose their partners. 	
Message for Teacher <ul style="list-style-type: none"> ● Be clear in instructions at the beginning of practice to have students ask permission before touch during partner time. Explain that they can communicate together with how far to go in each pose 	



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(forward and back movement, etc). Option to do each pose individually rather than with a partner.

- Group size best if 12-15 students (8-10 students for younger children ages 3-4 year-olds). Can be done with 15-20 students ages 7-10 year-olds

Numbered Lesson Procedures:

1. Draw names to assign partners. Ask the children to stand with their partner.
2. Give instructions about safety:
 - a. Partners will communicate with one another, check-in and ask questions of each other like: "Would you like to go forward or back first?"
 - b. Partners ask each other before beginning: "Do I have permission to touch your hands?"
 - c. Tell the children to use these questions throughout the partner yoga as they go forward with touch, connection, movement and flow.
 - d. Note: Partners will hold forearms not wrists or hands during movement and elevator poses or interlock arms when back to back. You can inform children of this before starting and/or during the practice
3. Children will start by sitting/standing next to one another. Have them take the rock of their partner's and give their rock to their partner.
4. The rocks can be placed at the top of the children's own individual mat or space where they will sit.
5. Start with children all sitting in a large circle. Make sure they are sitting next to their partner.
6. Individual check-in begins. Invite each child to:
 - a. Place one hand on their heart and one hand on their stomach.
 - b. Breathe in and breathe out.
 - c. Fold forward in a "rainbow spine" and breathe in and breath out.
 - d. Sit up, breathe in.
 - e. Round to "rainbow spine" breathe out.
 - f. Repeat 2-3 times.
7. For an emotions check-in, ask the children to:
 - a. Imagine what it feels like to be surprised in their body and sit up with the expression of surprise on their face.
 - b. Feel what they feel in their own body and sit up to express on their face and through their body how they are feeling in this moment.
 - c. Let the children know: "All feelings are welcome in this space."



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8. Invite children to turn towards their partner to begin the partner yoga (option to complete all poses individually).
9. Lead the children through the following sequence for partner yoga (optional individual). You may want to have the children stay in each pose for a couple breaths:
 - a. Sit criss cross in front of partner (assign/decide partner 1 and partner 2)
 - b. Start **mirror time** (1 minute each partner)
 - i. One partner leads the movement of the other with their hands touching (option to close eyes). The other partner follows the movement lead of the leading partner. Partners switch roles after 1 minute.
 - ii. If individual, they can free movement with arms while sitting
 - c. Then move to the opposite **twist**: arms up overhead, turn to the left, hand on partner's leg, arms up overhead, head to the right, hand on partner's leg and other hand behind self.
 - d. **Forward fold**: Legs out in front, partners hold each others' forearms and fold forward and back in a seesaw motion.
 - e. **Elevator**: Bend knees, partners hold each others' forearms and stand up with one another (talk about trusting partner).
 - f. **High Bridge**: Partners face each other and put their hands together. Each partner takes a step back and together they move their arms overhead (hands still touching). Then still with hands together, partners fold forward (holding each other up).
 - g. **Low Bridge**: transition to partners holding each others' forearms with their legs straight, pulling back (trust in partner to hold each other and not falling back).
 - i. Individual can forward fold and touch the earth with legs straight or knees bent.
 - h. **Squat Bridge**: continuing to hold each others' forearms, partners bend their knees and squat while holding each other up. Invite the children to keep their heart open and chest lifts.
 - i. Individual can do a squat "frog pose."
 - i. **Elevator**: partners hold each other's forearms to stand back up.
 - j. **Heart opening**: Partners put their arms open to a "T" position.
 - i. Standing side-by-side, children can touch hand on shoulder, hand on bicep or hand on chest (with permission)
 - ii. Partner turn from right side to left side
 - iii. Individual can take arms to "T" arms and then hug self (open and close while breathing in and out).



- k. **Back-to-Back:** invite the partners to stand back-to-back and interlace their arms. Partners can seesaw back and forth with one folding forward and the other opening heart on their back.
 - i. Breathe as they move back and forth, option to pause one way and then the other.
 - ii. Individual can go forward and back.
- l. **Mahina Back-to-Back:** Partners touch palm to palm. With their palms touching, partners draw their arms overhead and open down to the side.
 - i. Individual can reach their arms up and down.
- m. **Elevator back-to-back:** Partners stand back-to-back and interlace their arms. Then they sit down still with their backs touching.
 - i. Individual slowly sits down to criss-cross legs
- n. **Butterfly Seesaw back-to-back:** Partners are sitting down back to back. Each partner folds/bends their legs so the bottoms of their feet touch together in “butterfly pose.”
 - i. Individual can do this on their own.
- o. **Straight Leg Seesaw Back-to-Back:** Partners are still sitting on the ground back-to-back. Their arms are free and move their backs back and forth, pausing one way or the other.
 - i. Individual can do this on own.
- p. **Back-to-Back Breathing:** Partners are sitting back to back and take deep breaths in and out.
- q. **Side-by-side savasana** (resting pose): Children move to lay side-by-side with their partner but with their head at their partner’s feet. Children lay like this for 5 minutes.
 - i. During this time, option to read a story, play soft music, or talk about breathing in and out to calm the body for total stillness.
- r. **Sitting on own**
 - i. Invite children to come back to sitting on their own and return to “Rainbow spine” breathing and emotions check-in.
 - ii. Repeat just like the beginning for a “check out” practice to check in with their own emotions
 - iii. Let the children know their gaze can be soft, focused on their rock or with their eyes closed.
 - iv. Children can also hold their own rock during this time at their chest to connect with earth.

Evaluation and Assessment (How will we know if this lesson is successful? Please list 3 ways you will measure your lesson success.)



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Feeling supported, love (aloha) for self and others
Reconnection and reclamation
Relationship to place and people

Reminders for Best Practice Yoga Teaching:

Professional Appearance

- Wear solid, bright colors
- Instructors-blue or black jeans or modest solid dark leggings
 - Shirts tucked in, or undershirt worn
 - Long hair pulled back

Pacing and Physical Activity level

- Memorize your script (if you'd like to make a script, please share it with Education@Mauiarts.org)
- Remember to welcome students & introduce yourself
- Offer Clear and concise directions
- Move into exercise right away

Emotional Engagement level

- Inviting/welcoming-smiling, bright expression
- Connecting to the children—eye contact
- Expressing joy, fun, humor, energy
- Theme/story clearly communicated in the Intro/Explanation

Pre-planning Checklist:

- Script/ Detailed Notes
 - Welcome
 - Intro/Explanation
 - Content
 - Props?
 - Music
 - Closure
 - Use of camera frame/angle/perspective/proximity - engaging
- Time limit from top to bottom (including intro and close)