

Family Yoga Party

Jenn Carson is a physical literacy expert, yoga instructor, librarian, and the author of *Get Your Community Moving: Physical Literacy Programs for All Ages*.

This intergenerational program is designed for all ages and abilities to have fun together increasing their physical literacy skills through yoga, storytelling, mindful games, and healthy nutrition. The sequence involves lots of transitions to keep busy bodies moving and engaged!



1. Bean Bag Balance (a) From lying down, balance a bean bag on one foot, then pass to the other foot, then pass from foot to hand and then hand to hand. (b) Balance the beanbag on the head and then come into standing. (c) Take turns passing beanbags onto the heads of people who have dropped their beanbag. Notice how height differences can add to the challenge!



2. Head to Knee Pose From seated position, place right foot along left thigh, twist heart over left knee, and reach toward left foot with the hands. Hold for 5 breaths. For an added challenge, place the right foot across the left thigh and reach behind the back with the right hand, grasping the left big toe. Fold towards left knee. Repeat on left side.



3. Sun Salutation (a) Reach arms overhead. Fold over toward toes and then lift halfway. (b) Plant hands on the ground and step feet back into a Plank (push-up) Pose. (c) Lower to the ground, lift chest, and look up. (d) Lower head and push back into Down Dog (inverted V shape). Look forward and step feet between hands, reach hands overhead and lower hands to heart. Repeat whole sequence 3-5 times.



4. Tree Pose Turn right foot to a 90° angle. Lift right foot to calf or inner thigh. Bring hands in Prayer Pose to the center of chest. Option to raise arms overhead. Take 5 breaths. Lower the foot and repeat on the other side.



5. Cat/Cow Pose (a) From a kneeling position, place both hands on the floor, shoulder-width apart. Inhale and look toward the ceiling. (b) Exhale and arch the back upward, tucking the chin. Repeat both poses 9 more times.



6. Dancer Pose (a) From a standing position, externally rotate the right shoulder and grasp the inside of the right foot. Reach the left hand in the air. (b) Leaning forward, push the right foot into the hand, arching the back slightly and balance. Hold for 5 breaths and switch sides.



7. Yoga Card Deck Grab a deck of yoga cards and have each student pick one. Take turns and one by one have a student demonstrate the pose they chose and then lead the class in following along. If someone doesn't want to play "teacher", that's OK.



8. Yoga Hug After the game, everyone can give themselves a hug for being brave and teaching class. They can also give their family members and friends hugs if they'd like.



9. Storytime Read a story about yoga or meditation and follow along with the poses or exercises in the book. *The Happiest Tree: A Yoga Story* or *My Daddy is a Pretzel: Yoga for Parents and Kids* are good choices.

10. Physical Literacy Game Play a game of fitness bingo, roll fitness dice, or play games from a mindfulness or yoga card deck.



Or play tag, hide and seek, or other classic schoolyard games.



11. Healthy Nutrition Break Make fresh juice, if you have access to a juicer. Or smoothies, if you have a blender. Or simply enjoy some pre-cut fruit and vegetables.

12. Free Play Put out some fitness related props (balls, blocks, pogo sticks, stilts, jump ropes, Frisbees, mini-bowling sets, binoculars, empty cardboard boxes, hula hoops, balloons, etc...) and let kids and adults play.



13. Prizes Send everyone home with some cool party swag. Many physical literacy non-profits like Active for Life will supply prizes like these t-shirts. Or buy some bouncy balls or glow sticks at a dollar store. Or give out yoga-pose coloring sheets.

