



# 4-H Yoga



Yoga is a type of physical activity that combines physical movement with breathing and focused concentration. Youth in the 4-H Yoga Project learn breathing exercises, physical postures, and mindful practices that help strengthen the mind and body.

- Increase physical fitness.
- Learn strategies for stress management.
- Explore the benefits of concentrated focus and attention.
- Practice movements that improve flexibility and balance.

## 4-H THRIVE

Help youth:

### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find

### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to

### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you're having difficulties

### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their

#### Starting Out *Beginner*

- Practice one or two breathing techniques.
- Learn how to practice basic standing poses (eg. Mountain, Tree, Chair, etc.).
- Learn how to practice basic floor poses (ec. Table top, plank, cobra, etc.).
- Learn the 4-H yoga pledge along with the yoga movements.

#### Learning More *Intermediate*

- Talk about balancing poses.
- Try "partner poses."
- Increase intensity. Start by holding basic poses longer.
- Further extend a pose.
- Try a difficult pose.

#### Exploring Depth *Advanced*

- Share yoga practice benefits and discuss Yoga Safety Tips for self-practice.
- Learn about the benefits of each pose.
- Develop your own routine and present it to the project members.

The activities above are ideas to inspire further project development. This is not a complete list.



# Expand Your Experiences!

## Healthy Living

- Design and create a yoga sequence for a health fair or community event.
- Create a portfolio of you doing your favorite poses and their health benefits.
- Track your progress by documenting your poses.

## Science, Engineering, and Technology

- Research the benefits yoga has on brain functioning.
- Explore the physical benefits each pose has on human anatomy.
- Consider the use of yoga props and their use in improving one's yoga practice.

## Citizenship

- Design a yoga sequence for individuals with special needs.
- Host a yoga night for friends.

## Leadership

- Work with the 4-H Recreation Leader to start club meetings with yoga.
- Work with school administration to offer lunchtime yoga to students and staff.

## Resources

- University of Arkansas  
[www.uaex.edu/publications/PDF/FSFCS24.pdf](http://www.uaex.edu/publications/PDF/FSFCS24.pdf)
- [www.uaex.edu/4h-youth/activities-programs/healthy-living/curriculum.aspx](http://www.uaex.edu/4h-youth/activities-programs/healthy-living/curriculum.aspx)
- The Art of Yoga  
<http://theartofyogaproject.org>
- Greater Good  
<http://greatergood.berkeley.edu/>
- Yoga Alliance  
[www.yogaalliance.org](http://www.yogaalliance.org)
- Laughter Yoga International  
<http://beta.laughteryoga.org/>
- Kids Health  
<http://kidshealth.org/en/teens/yoga.html>
- Iyengar Yoga  
<https://iynaus.org/>

Connections & Events	Curriculum	4-H Record Book
<p><b>Presentation Days</b> – Share what you’ve learned through a presentation.</p> <p><b>Field Days</b> – During these events, 4-H members may participate in a variety of contests related to their 4-H Yoga project.</p> <p>Contact your county 4-H office to for additional opportunities.</p>	<ul style="list-style-type: none"> <li>• Yoga for Kids <a href="http://www.uaex.edu/4h-youth/activities-programs/healthy-living/curriculum.aspx">www.uaex.edu/4h-youth/activities-programs/healthy-living/curriculum.aspx</a></li> </ul>	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their personal experiences, learning and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p>

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## University of California Agriculture and Natural Resources

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