University of California Agriculture and Natural Resources

CALIFORNIA 4-H PROJECT SHEET SERIES
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# 4-H Yoga Project

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.

| Starting Out *Beginner* | Learning More *Intermediate* | Exploring Depth *Advanced* |
|---|---|---|
| • Practice one or two breathing techniques.<br>• Learn how to practice basic standing poses (e.g., Mountain, Tree, Chair).<br>• Learn how to practice basic floor poses (e.g., table top, plank, cobra).<br>• Learn the 4-H yoga pledge along with the yoga movements. | • Talk about balancing poses.<br>• Try "partner poses."<br>• Increase intensity. Start by holding basic poses longer.<br>• Further extend a pose.<br>• Try a difficult pose.<br>• Learn the history of yoga.<br>• Explore best clothing options for yoga. | • Share yoga practice benefits and discuss Yoga Safety Tips for self-practice.<br>• Learn about the benefits of each pose.<br>• 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.

## 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 how breadmaking excites them.

### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

### Reach Their Goals

Help youth use the GPS system to achieve their goals.

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

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

**S**hift Gears: Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

### 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 character or establish connections.

# 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.
- Explore how various cultures use yoga.

## 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

- Healthy Living: Yoga for Kids www.uaex.edu/publications/PDF/FSFCS24.pdf
- University of Arkansas Yoga 4-H 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
- Laughter Yoga International http://beta.laughteryoga.org/
- Kids Health http://kidshealth.org/en/teens/yoga.html
- Iyengar Yoga https://iynaus.org/

## Connections & Events

**Presentation Days** – Share what you've learned through a presentation.

**Field Days** – During these events, 4-H members may participate in a variety of contests related to their 4-H Yoga project.

Contact your UC Cooperative Extension office to determine additional opportunities available, such as a field day.

## Curriculum

- Yoga for Kids www.uaex.edu/4h-youth/activities-programs/healthy-living/curriculum.aspx

## 4-H Record Book

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.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit www.ca4h.org/4hbook.

The UC 4-H Youth Development Program does not endorse, warrant, or otherwise take responsibility for the contents of unofficial sites.

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