

A Barefoot Lesson Idea

Fun Shapes with *Yoga Pretzels*

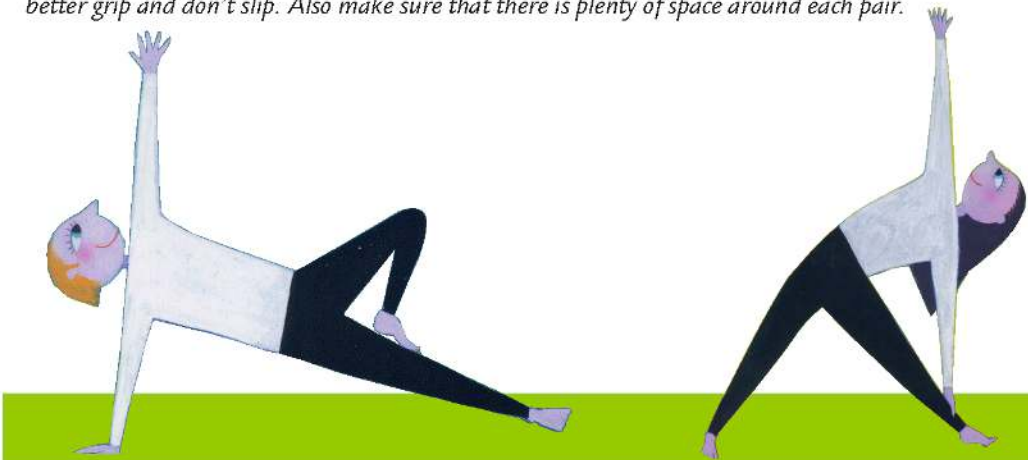
A BAREFOOT MATH LESSON FOR AGES 3 – 7

Use your body to look at and discover shapes. What do different shapes feel like? Which shapes are good for balancing and which are good for building? Which shapes are strong and which shapes move?

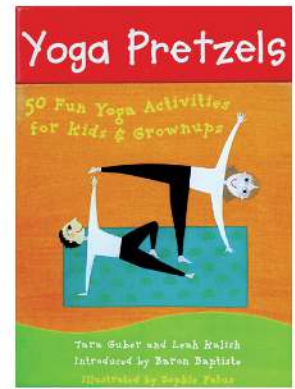
WHAT TO DO

1. Grab a deck of *Yoga Pretzels* and ask the children to pair up. Use the Triangle Card. Tell the children they are going to take turns to make the classic yoga position which is called *Triangle*.
2. One person goes into position slowly, step by step, so that the children can see there is more than one triangle in the position.
3. The other person watches and points to where the triangles are. Where is the first triangle? Where is the second triangle?
4. If you had a magic pencil that could draw lines in the air, could you draw some lines around the person who is in the triangle position to make some more triangles?
5. Where are the angles in the triangle? How many are there?
6. Look around the room: where can you see triangle shapes? What do those triangle shapes do in the room? Encourage the children to see that often triangles support and bear weight.
7. **Language work:** Why do you think this shape is called *Triangle*? What adjectives can you use to describe how you feel when you make this shape? Does this tell you anything about triangle shapes?
8. **Extension:** Use the Arrow Card. Where are the triangles now? Which shape do you make if you are balancing on one of your knees?

Make sure the children take their shoes and socks off before doing this activity so that they have a better grip and don't slip. Also make sure that there is plenty of space around each pair.



Illustrations © Sophie Fatus from *Yoga Pretzels*



Yoga Pretzels

Written by Tara Guber and Leah Kalish
Illustrated by Sophie Fatus

DECK
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A Barefoot Lesson Idea

Trust and Learn

A BAREFOOT SOCIAL SKILLS AND BEHAVIOR LESSON FOR ALL AGES

It is hard to move from one busy moment of the school day to another, to move from a lot of noise and activity to a place where you need to listen. These activities from Barefoot Books' *Yoga Pretzels* card deck will help children calm down and focus, as well as teaching them about trust and listening.

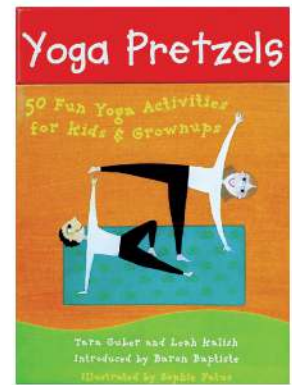
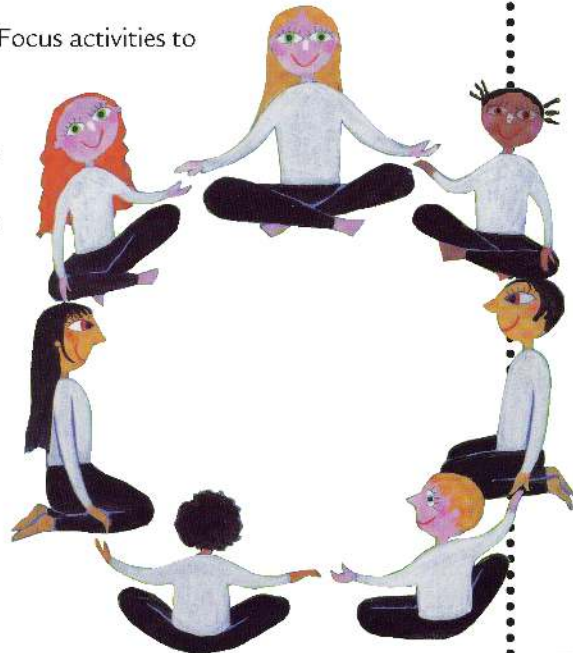
WHAT TO DO

1. Sometimes we all learn better from doing rather than listening, so run an active learning session on trust.
2. Use partner work. Put the children in pairs and choose one of the *Yoga Pretzels* Trust Partner cards. After the children have come out of their shape, ask them: how did it feel to be in that shape with your partner? What adjectives would you use to describe that feeling? How would you describe your partner? Move to another of the Partner activities. How did this second activity affect your relationship? How was it different? Who is leading/who is supporting? Where do each of you need support? Is it in the same place?
3. **Extension:** This activity could lead into a brainstorming session about support, different individuals' needs, and what is the best way to help. Ask the children: how does it feel to be helped? How does it feel to help? There are five Partner Cards in the *Yoga Pretzels* deck. Any of the partnered activities would work well in an active learning session on trust.
4. Using *Yoga Pretzels* cards, try these Trust and Focus activities to open and close discussion sessions:

Community Circle Card: Start or finish a discussion group with this activity. Encourage the children to be honest about how they are feeling. Some of them may be feeling anxious, tired, or quiet. Talk about trusting the group before you open the session or as you end it.

Bunny Breath Card: Start a discussion group with this activity. Encourage the children to relax and feel ready for the session you are about to lead.

Animal Friend Card: Start or finish a discussion group with this activity. Encourage the children to feel safe and to trust the group they're in.



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