

# INCREASING PLAY THROUGH YOGA

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A photograph of three children in a classroom practicing yoga. The child on the left is a girl with braided hair, wearing a blue long-sleeved shirt and blue pants, in a side plank position. The child in the middle is a boy wearing a dark blue hoodie and dark pants with "BRUINS" written on the leg, smiling and holding his hands in front of him. The child on the right is a girl with long dark hair, wearing a pink hoodie and dark shorts, with her arms raised in a yoga pose. The background shows bookshelves filled with books and a colorful polka-dot pattern on the wall. The entire image has a blue tint.

# MEET YOGA FOSTER

FOSTER PLAY

FOSTER YOGA

FOSTER YOUTH

FOSTER CREATIVITY

TRAININGS

CURRICULUM

MATERIALS



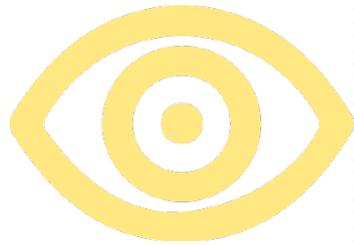
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NYC-DC-PITTSBURGH

WHY PLAY



**HEALTH**



**FOCUS**



**SOCIAL**





**CONFIDENCE**



**CREATIVITY**

WHY YOGA

**TRIED**

**TESTED**

**TRUE**

**SPACE**

**COST**

**FLEXABLE**

HOW TO

# HOW TO TOOLS

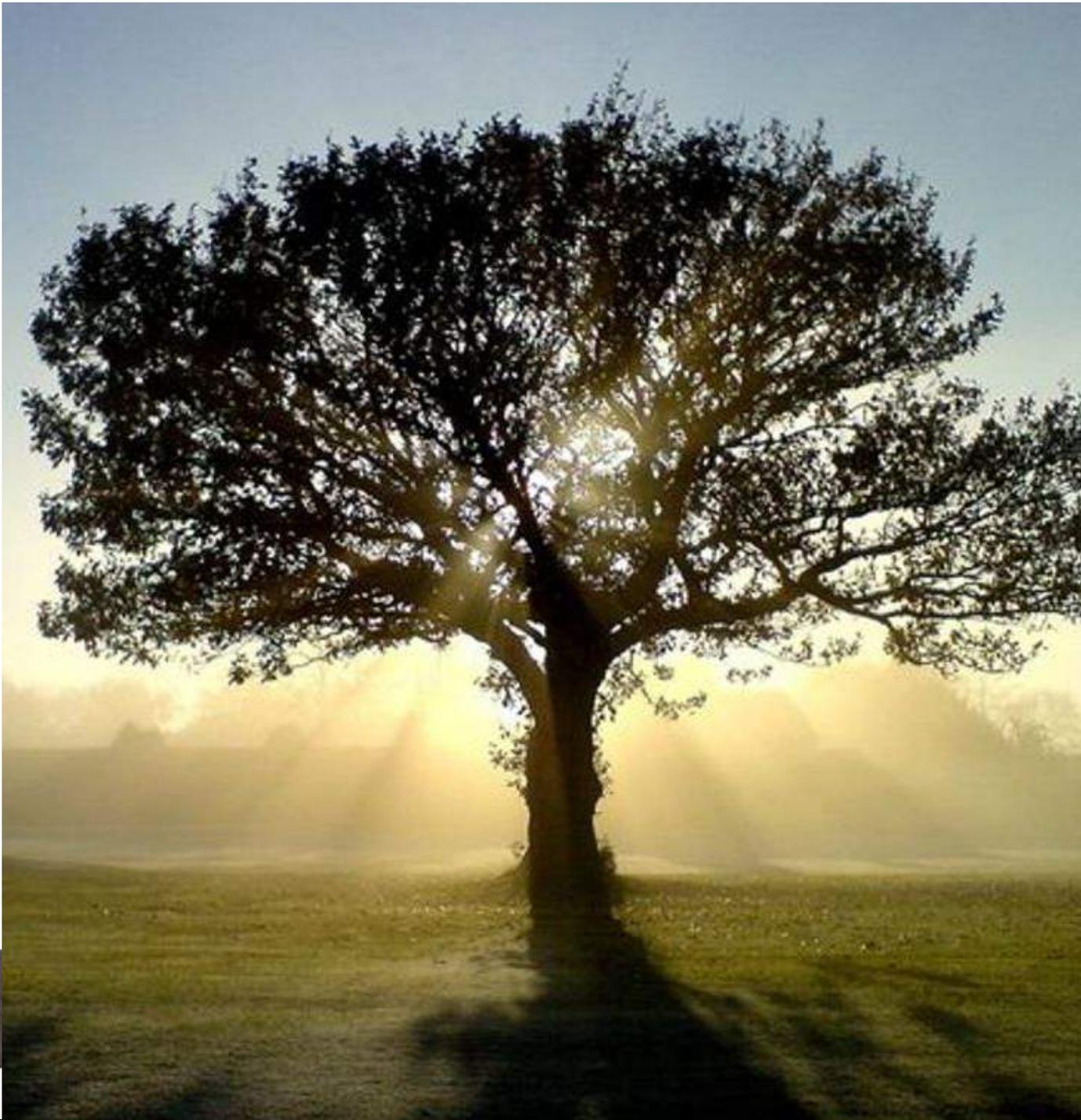
**MORE THAN  
MIMICRY**

**FROM POSTURE  
TO MINDSET**











# HOW TO STORY



MAKE ME CARE



MAKE ME CARE



PROMISE ME IT'S GOING  
SOMEWHERE GOOD



HOW TO  
MAKE SPACE





# INSTILL CONFIDENCE

- GIVE EVERYONE A CHANCE TO LEAD
- ENCOURAGE SHARING
- NO SUCH THING AS MISTAKES

# FOSTER COLLABORATION

- GROUP-BASED ACTIVITIES
- EMPATHY AND COMPASSION

# ENCOURAGE CLARITY

- REFLECTION DURING / POST-PLAY

HOW TO  
**FACILITATE**

REMEMBER

FARTS

# F

# BE FUN

- SHOW THAT YOU BELIEVE
- MAKE MISTAKES
- ENCOURAGE PLAYFULNESS AND EXPLORATION

FA

BE ALERT

- ENCOURAGE ENGAGEMENT BY ALL
- WATCH FOR COMPETITIVE,  
INCONSIDERATE ACTIONS

# FAR

# BE RESPONSIVE

- ADJUST CLASS CONTENT, LEVEL OF ACTIVITY FOR KIDS' NEEDS
- ALLOW FOR UNSTRUCTURED PLAY TO HAPPEN AND PASS

# FART

# BE TRUSTWORTHY

- DON'T USE REWARDS-BASED INCENTIVES AS DISCIPLINE
- BE OPEN FOR DISCUSSIONS

# FARTS

# BE STRONG

- MAINTAIN POSITION AS A FACILITATOR,  
NOT A COLLABORATOR
- STAND FOR EACH CHILD'S RIGHT TO  
PLAY

# SEPTEMBER LESSON PLANS

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# QUESTIONS!

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