Mental Health Lesson Plan for Students in Kindergarten to Grade 3
MindMasters 2- Animal Yoga

Learning Outcome: Children learn how to move their bodies, practice muscle relaxation and focus through fun and simple yoga poses.

Skills Taught: Relaxation and Stress Control; Mindfulness

Estimated Time: 5 to 30 Minutes

<table>
<thead>
<tr>
<th>Teaching Strategies</th>
<th>Resources</th>
<th>Special Considerations for COVID-19</th>
</tr>
</thead>
</table>
| Play the yoga video. An alternative to playing the video is to print out the yoga pictures and put them up around the classroom. | Animal Yoga Video
Print pages 41 to 50 of the MindMasters 2 guidebook if you decide to post the pictures around the room. | Teaching in Person, with Public Health Measures in Place:
Ensure all students have enough space to practise yoga poses and try to maintain a 2-metre distance. Teaching Online:
This activity can be given to students as an independent activity. Students attending school virtually can be encouraged to participate in the activity at home. Students can practise yoga on their own, using the Animal Yoga video. The wrap up questions can be completed individually as an assignment or as a part of a group discussion during your next online classroom meeting. |

Have the students follow along.

Have the students answer and reflect on the wrap up questions. This can be done as a group or individually.
Refer to pages 18 and 19 of MindMasters 2 for more ideas and suggestions.

MindMasters 2 (pages 18 and 19)