Impact and Change

Taking YogaBugs Home With You

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We achieve the right results by Stretching the imagination

The YogaBugs Impact and Change Programme has been designed to improve children’s emotional and physical literacy, which helps to make a significant impact on the school and its results. When designing the programme, attainment targets, aims and objectives were taken from the National Curriculum.

We spark the imagination and creativity in children while incorporating recognised Yoga postures. These assist with calming and clearing the mind, stretching and improving development in limbs and muscles, building confidence, improving concentration and making a big impact on children’s overall development and well-being.

We integrate Speaking and Listening, Physical, Social and Health Education (PSHE) and Physical Education (PE) to ensure that children are given the opportunity to meet their full potential.

YogaBugs has improved concentration during lessons and helped to build confidence. They love the story telling.  

Head Teacher at Ryecroft School

Ten Targeted Areas

The programme targets ten main areas based on social, emotional, physical and behavioural and PSHE skills.

1. Level at which the child interacts with other children  
2. Child’s level of confidence  
3. Child’s ability to concentrate and listen  
4. Child’s ability to express themselves positively  
5. Child’s range of motions of the joints  
6. Child’s level of coordination skills  
7. Child’s level of overall fitness  
8. Child’s ability to respond well to instructions  
9. Child’s ability to respect the needs of others  
10. Child’s level of overall health and well-being

Our goal is to improve the overall well-being of a child and this is achieved by utilising several approaches and techniques. The main ingredient of the programme are the adventures, which form the backbone of our classes. The stories provide stimulus for the imagination and the premises of our vision. We use well known key texts regularly used within schools and bespoke class plans written by our creative team. As well as being an excellent physical activity, the impact and Change programme develops children’s skills in all the targeted areas.

Yoga can boost mind and body as much as jogging
Something to try at home
Creating a Calming Bedtime Routine

Yoga is a great way to wind down from the day’s activities as there are so many calming postures you can do as part of the bedtime routine. It will help to settle your child before they climb into bed and prepare them for a good night’s sleep. So here are a few ideas you can incorporate into your evening routine.

Start by sitting on the floor with your child. They can be seated on your lap, beside you or face to face. Inhale a few deep breaths, filling your belly with lots of air. Then place your hand on your belly. Count to four as you inhale, hold for one count and then breathe out smoothly as you count to four again. Repeat this three to four times.

Now you can introduce some yoga poses, always starting in a quiet pose such as child’s pose. Then move into more active poses to help the muscles to unwind. End in a child’s pose to quiet the body and the mind. Finish the routine with a relaxation pose; a guided visualisation will make this time extra special.

Child’s Pose: Sit on your heels, with your arms at your side. Lean forward, head to floor. Cat Pose: Kneel on the floor on all fours. Arch your back like an angry cat!

Cow Pose: Kneel on the floor on all fours. Raise your head up and sink your back down into a deep curve.

Dog Pose: Hands and feet on the floor with buttocks in the air (the shape of an upside-down triangle).

Gentle Spinal Twist: Sitting with your legs out-stretched, twist to one side with your back straight. Place your hands on the floor and look behind you. Rest in the twist for a few moments; then repeat the twist on the other side.

Sleepy Star: Sitting upright, bring your legs into a diamond shape. Extend your arms out to the side. Sway gently over to one side and then to the other, singing Twinkle Twinkle Little Star as you do so.

Kiss Your Knee Pose: Sit opposite your child. Stretch one leg out in front and bring the other foot against your thigh. Inhale to stretch your spine. As you exhale, bend forward to kiss your knees! Repeat on the other side.

Relaxation Pose: Lie flat on your back, arms at sides, feet slightly apart. Close your eyes and rest. End with a guided visualisation:

Imagine that you are lying outside, looking up at the dark, velvet sky. The sky is so clear that you can see lots and lots of stars twinkling brightly. Each star has a special meaning. When you look at the Peace star, you feel calm and silent inside. When you look at the Love Star, you feel warm and loving. And when you look at the Happy Star, you feel bright and happy. Spend a few moments looking at your favourite star.

I AM A TWINKLY STAR!
Something to try at home
A Yoga Routine for Walking & Stretching

Yoga is a fantastic way to get the day started as it helps to stretch the muscles and get the circulation moving. This sequence includes several poses that help your child to bear weight in their hands. These help to boost the development of the fine motor skills your child needs to hold a crayon, button up clothes and use a zipper. So here are a few ideas you can incorporate into your morning routine.

Table Pose: Start on your hands and knees with your palms shoulder-distance apart and your knees and feet hip-distance apart. Keep your back flat like a table.

Crawling Table Pose: From table pose, place a soft toy on your child’s back, directly above the belly. Ask your child to crawl and keep the toy on his/her back. When it falls off, you take turns to crawl around with the soft toy on your back. (Crawling stimulates left-right brain activity).

Cat Pose: Kneel on the floor on all fours. Arch your back like a cat and make some meowing noises!

Cow Pose: Kneel on the floor on all fours. Raise your head up and sink your back down into a deep curve.

Dog Pose: Hands and feet on the floor with buttocks in the air (the shape of an upside-down triangle).

Lunge: From dog pose, step one foot forwards between your hands and stay there for a few moments. Go back into dog pose and then repeat on the other side.

Cobra Pose: Lie on your stomach, feet together, palms on the floor. Raise your head and shoulders and look up. We like to hiss! Repeat this sequence of moves two to three times.

Child’s Pose: Sit on your heels, with your arms at your side. Lean forward, head to floor.

Now you could sing “If You’re Happy and You Know It Clap Your Hands” or another song that your child loves to get the day off to a great start.

Come up to sitting in a simple crossed legged position with your hands on your knees and your eyes closed. Imagine that you are lying in the garden. The sun is shining and butterflies are dancing on the beautiful, brightly coloured flowers. You look up and see a Magician standing in front of you. You start to smile. The Magician casts a magic spell and tells you what a lovely, happy day you have ahead.

I AM HAPPY!
A wonderful story by YogaBugs
An intergalactic Adventure

This story takes us into outer space where we meet dinosaurs, cyber men and surf down mountains on the moon! Our mission is to retrieve Jurij, a Russian Astronaut, who has been left on the moon. He has missed his ride home in the moon buggy and he’s frightened of heights. YogaBugs to the rescue! We bring him back down to planet Earth. Read through the story so you’ve got an overview of the structure and familiarise yourself with the postures. (See our “Popular YogaBugs Postures” booklet for descriptions). Then you’re ready for blast off!

The Breathing Exercise

Concertina Breath is an energizing breathing exercise that warms you up, gets oxygen to the brain and helps you feel more active. It’s a bit like playing a squeezebox. With the fingers interlaced under the chin, raise your elbows up and take your head back whilst you breathe through your nose. Breathe out through your mouth and lower the elbows down, resting the chin back on your interlaced fingers.

The Story

Before we set off on our mission, we need to practice CONCERTINA BREATH for special mission energy. We are going to be very cramped in our space shuttle and we don’t want our shoulders to get stiff, so let’s do some SHOULDERROLLS. When we sit down for a long time, our hips can get sore too so LET’S LEAN STRETCH UP AND LEAN FORWARD INTO A SITTING CROSSED LEGGED POSITION. Now let’s bring it all together with a special round of moon SUN SALUTIONS. (Hello Sun, Hello Earth, etc)

We need to make sure that we say goodbye to everyone at home HUGS. As we do so we see our space ship out of the corner of our eye and look at wing span NECK TURNS. We need to climb aboard SQUAT AND SIT LEGS OUT STRAIGHT. Remember we must CLOSE CAPSULE and put on ear piece EAR MASSAGE and microphone JAW MASSAGE.

It is very important that we check control panel SEATED FORWARD BEND and joy stick. Oh, there goes the PHONE (ring, ring) Answer PHONE, but we get cut off, and it rings again so we answer LIFT OTHER LEG TO EAR. It’s YogaBugs Mission Control - we have to go on an intergalactic mission to save Jurij the astronaut who missed the moon buggy back to earth. He’s scared of heights and wants to come home.

Are we ready for lift off? CRAB 5,4,3,2,1..... Blast off!

When we come in to land ROLL BACK INTO CANDLE and look out of the port hole. Roll onto stomach, SNAKE, to peer out of capsule.

Let’s lift up the capsule. Stand up for SUN SALUTIONS (Hello Space, Hello Earth). Let’s take a SPACE WALK from the capsule.

 Quickly hide..... we can hear terrible clumping sounds, be like a MOON ROCK. It’s a space age DINOSAUR and he’s coming this way! Let’s just pretend that we are moon mountains DOG and maybe he’ll miss us. Keep very still!
The Story continued....

Luckily he didn’t see us and we are never going to find our astronaut unless we can see a little more of where we are. What’s going on over there? It’s the Cybermen, let’s do what they are doing! ARCH BACK AND BEND FORWARDS.

“Excuse me very important people, could you tell us where we might find our friend Jurij, it’s just that he really wants to go home now”. The Cybermen suggest that we climb that Moon TREE and now go a little bit higher (other leg) for a better view. From there we will see where we need to snow board SURFER down to a CAVE and that’s where they last saw Jurij.

Be careful everyone, there’s a supersonic BUTTERFLY approaching. What enormous wings you have, and can you tell us if you have seen our friend Jurij? The beautiful butterfly tells us that Jurij is chopping wood in the back of the cave to make a basket for his hot air balloon back to earth. Let’s go and help him. Make a cave tunnel TENT and let the children crawl through.

Jurij is very pleased to see us but also very hungry and asks if we could make him some porridge. Let’s get STIRRING (from crossed legged pose). Now that he has polished off all the porridge, he would like us to start to BLOW UP the balloon. Let’s see if we can do it too.

The balloon is getting so big that it has lifted the roof off the cave and we can float out. Wow! “Let’s get in and see if we can float down to everyone back at home – they will be pleased to see us and glad that Jurij is back”.

Come in to land DIAMOND and decide to STRETCH OUT in the warm sun. Jurij does not want to be too tired when he sees everyone so we’ll just have a little rest before we go home. Let’s spend a little time thinking about our exciting adventure in space.

Relaxation

Lie flat on your back, arms at sides, feet slightly apart. Close your eyes and rest. End with a guided visualisation:
Imagine that you are lying outside, looking up at the dark, velvet sky. The sky is so clear that you can see lots and lots of stars twinkling brightly. The stars make you feel bright and happy. Spend a few moments looking up at the stars.

I AM A BEAUTIFUL, TWINKLY STAR!