



4-H YOGA PROJECT



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.

Goal Selection: Choose one meaningful, realistic and demanding goal.

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

Shift 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.

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*

- Practice one or two breathing techniques.
- Learn how to practice basic standing poses (e.g., Mountain, Tree, Chair).
- Learn how to practice basic floor poses (e.g., table top, plank, cobra).
- Learn the 4-H yoga pledge along with the yoga movements.

Learning More *Intermediate*

- Talk about balancing poses.
- Try "partner poses."
- Increase intensity. Start by holding basic poses longer.
- Further extend a pose.
- Try a difficult pose.
- Learn the history of yoga.
- Explore best clothing options for yoga.

Exploring Depth *Advanced*

- Share yoga practice benefits and discuss Yoga Safety Tips for self-practice.
- Learn about the benefits of each pose.
- 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.



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.

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