

YVETTE HARVEY: Really big. Hold it. Again, inhale.

And I introduce it with the gong, and the kids love that sound.

[GONG]

[LAUGHTER]

A standing pose or a sitting pose?

CHILD: A standing pose.

YVETTE HARVEY: Sit tall on your knees. Knees, feet. Sit down.

And when they hear that sound, they relate to yoga. So we only use the gong when we're going to do yoga. They're tied in together. And the yoga poses that we do, these are wonderful cards that were donated to me years ago. This is the one that we started off with today. We did the cat.

And because the children are really, really young, and even though some of them want to do the bottom one, I try and encourage them just to do the top. And then maybe, next semester, if we do these again, we'll introduce the bottom. And I break it down again. Hands down, legs, feet down, head down, arch their back. And then we count to ten. And this is a great opportunity to also throw in some diversity, different languages.

We're throwing in math. We're counting to 10. It's just a nice number. 1, 2, 3, 4-- your head-- 5, 6, 7, 8, 9, 10. Inhale really big. Hold it.

TEACHER: Hold it, Jasper.

YVETTE HARVEY: And then we do breathing. And breathing is really good for the children. We breathe in, inhale. And they use that language. We breathe out, exhale. And we do this three times. And we try and hold it. And you can see that they're trying. And the

yoga and the breathing come hand in hand also throughout the day when the children are feeling a little aggressive, a little angry, a little sad, or when we're trying to get them down for a nap.

It's a good relaxation time, a good relaxation technique to count to ten, to breathe, relax. Doing the one yoga pose that we did also today was the do nothing doll. It sounds really good for nap time, tying that back in.