



Homeroom Virtual Learning

7th Grade Homeroom

April 21, 2020



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Lesson: April 21, 2020

Objective/Learning Target:

- **Students can understand the benefits of yoga for their physical and mental health**
 - **Students can practice a series of yoga poses and breathing exercises**

Warm Up:

1. View this video.
2. Answer the following questions on a separate sheet of paper:
 - a. What does it mean to “Release your scream?”
 - b. What are some other ways to “release your scream” without actually screaming?



Lesson:

Yoga is one of the most popular health practices in the world. It includes breath control, simple meditation, the adoption of specific bodily postures, and is widely practiced for health and relaxation.

- Many schools are now offering movement and mindfulness programs to help reduce stress, improve mood, and promote physical fitness.
- Jai Sugrim, a New York yoga teacher, TV host, and athletic trainer, says, “We’re looking for kids to reduce their anxiety levels, have a tool in their back pocket, to adjust their physiology, their posture, their breathing, to access a relaxed and focused state for test-taking, anxiety, or problems at home.”

Lesson:

7 Benefits of Yoga

1. Improve fitness and physical health
2. Reduce stress and anxiety
3. Improve Optimism
4. Improve focus and school performance
5. Improve self esteem and body image
6. Encourages creativity
7. Develop discipline and self-regulation

Practice:

Follow along with
this video as
much as you can.



Additional Resources:

If you want to learn more about the benefits of yoga read these articles:

- [Seven Ways Yoga Benefits Kids and Teens](#)
- [Yoga for Anxiety and Depression](#)

If you would like more videos to practice to videos, try these

- [Yoga for the Classroom \(10 mins\)](#)
- [Yoga for Beginners and Teens \(15 mins\)](#)
- [Yoga for Teens \(20 mins\)](#)
- [Yoga for Teens \(30 mins\)](#)
- [Yoga for Beginners \(40 mins\)](#)