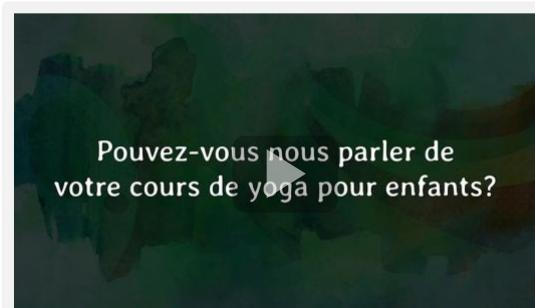


SUGGESTED EXERCISES

Observing calming and yoga activity



Videos: [Calming activity](#) and [Please tell us about your yoga classes for children](#)

OBJECTIVES

- Promoting a healthy lifestyle for children.
- Promoting children's holistic development.
- Observing the development and behaviour of children.
- Building a positive relationship with children.
- Promoting positive behaviour among children, individually or as a group.
- Facilitating active learning-based educational interventions.
- Assessing educational quality.

ACTIVITY DETAILS

Approximate duration: 3 hrs



COLLEGIAL CENTRE FOR EDUCATIONAL
MATERIALS DEVELOPMENT

<https://cpe-pn.ccdmd.qc.ca>

STEP 1

1.1 Watch the video clip as a group or individually.

STEP 2

2.1 In the table below, note the educational intentions that led to this calming yoga activity.

In your opinion, what are the educational intentions of planning and organizing a yoga activity for the children?

STEP 3

3.1 Share your answers to build a common list that will help understand the importance of educational intentions.

Source: Ministère de la Famille (2019). *Accueillir la petite enfance: Programme éducatif pour les services de garde éducatifs à l'enfance*. Gouvernement du Québec.

STEP 4

4.1 As a group or individually, watch the video clip of the interview with Chantal Niquay, “[Please tell us about your yoga classes for children.](#)”



STEP 5

5.1 As a group, answer the following question:

- Does the educational intention behind the “Calming activity” clip correspond with the reasons raised by the educator, Chantal Niquay, in her interview on the topic? Why, and how so?

STEP 6

6.1 Continue the discussion by asking the following questions:

- What do you do with the children to help them move from an intense activity to a quieter time?
- Does the word “calm” mean anything to children? Why?
- How can you support children in understanding the concept of finding their inner calm?
- In your opinion, is yoga a lifestyle habit to be incorporated into an educational childcare centre? Why?

