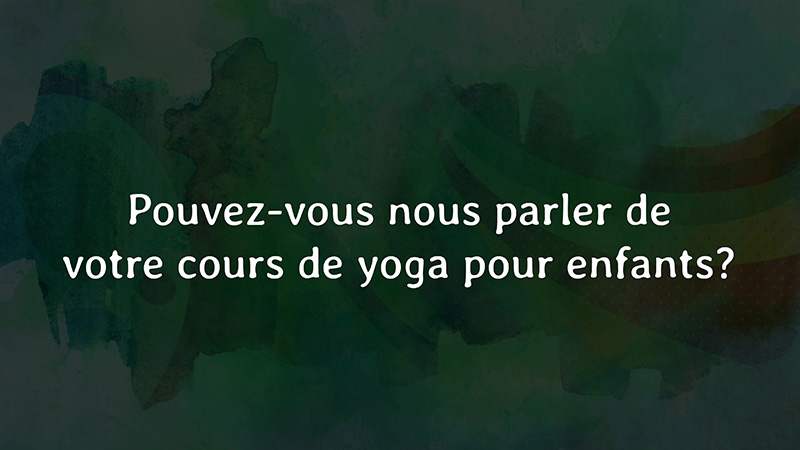
SUGGESTED EXERCISES

# Observing calming and yoga activity

[](http://cpe-pn.ccdmd.qc.ca/fiche/moment-pour-se-calmer) [](http://cpe-pn.ccdmd.qc.ca/fiche/pouvez-vous-nous-parler-de-votre-cours-de-yoga-pour-enfants)

**Videos:** [Calming activity](http://cpe-pn.ccdmd.qc.ca/fiche/moment-pour-se-calmer) and [Please tell us about your yoga classes for children](http://cpe-pn.ccdmd.qc.ca/fiche/pouvez-vous-nous-parler-de-votre-cours-de-yoga-pour-enfants)

## 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

STEP 1

1. Watch the video clip as a group or individually.

STEP 2

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

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

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](http://cpe-pn.ccdmd.qc.ca/fiche/pouvez-vous-nous-parler-de-votre-cours-de-yoga-pour-enfants).”

STEP 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

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?