

## 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





## 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?

