

STRETCH Your Storytime!

Supporting Early Learning with Yoga and Movement

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Katie Scherrer, MLIS, RYT

www.katiescherreryoga.com



STORIES,
SONGS,
and **STRETCHES!**



Today's Goals:

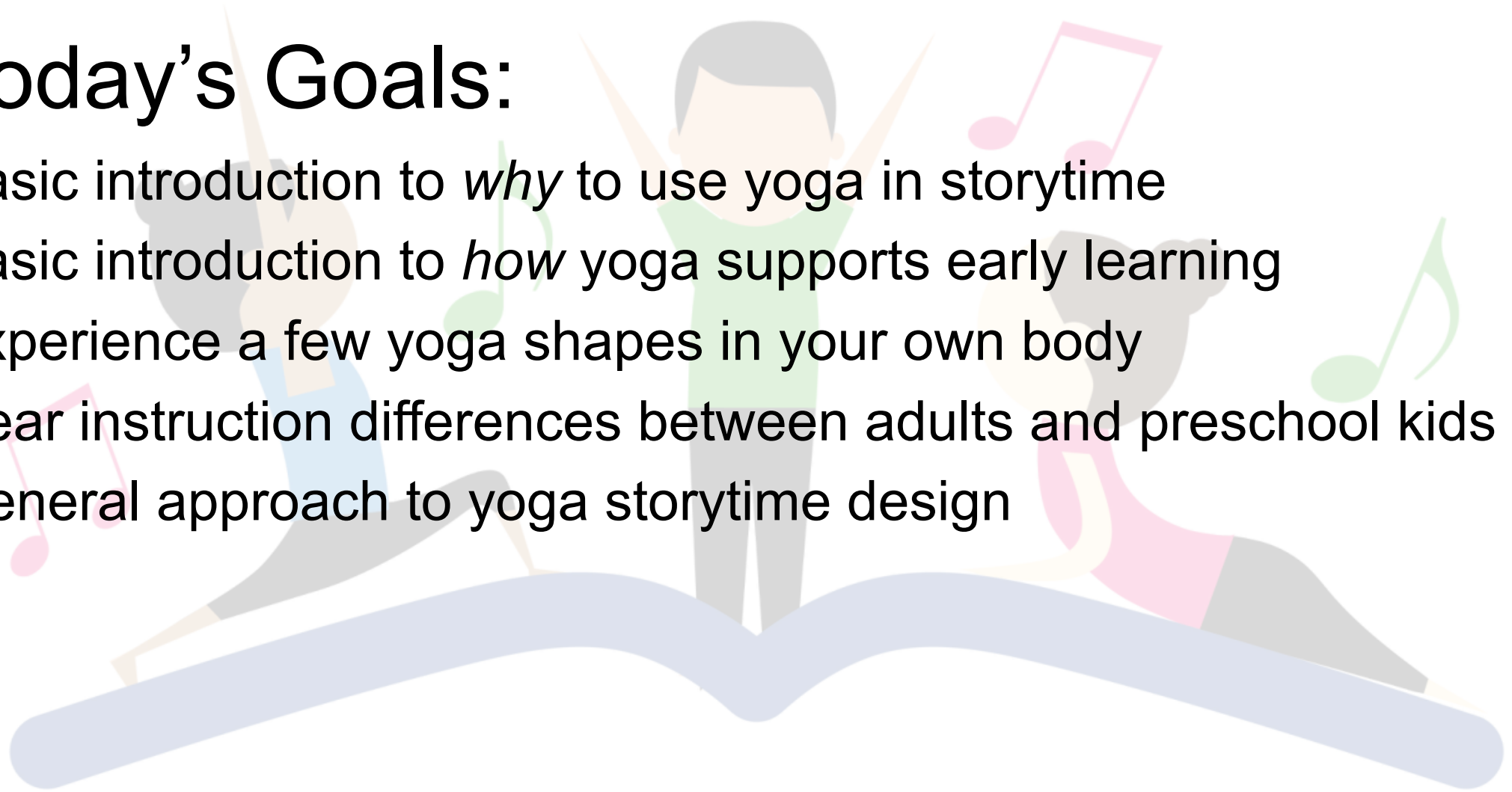
Basic introduction to *why* to use yoga in storytime

Basic introduction to *how* yoga supports early learning

Experience a few yoga shapes in your own body

Hear instruction differences between adults and preschool kids

General approach to yoga storytime design



Feel In Your Body!

Seated Upward Salute

Feet rest on floor, toes facing forward. Inhale and stretch arms up alongside the ears. Enjoy a few breaths here. Check that your shoulders are relaxed, away from your ears. On another inhale, if it feels OK for your neck, tilt your face up to look between the hands.

Think of lifting your chest up the sky rather than bending backward.

This is *spinal extension*!



Standing Pose

Extended Mountain or Upward Salute

Urdhva Hastasana

To teach to kids:

Let's stand tall like mountains. Feel how strong your body is! What do you notice that you feel standing here? Can you feel your breath? When your body is ready to breathe in, stretch your arms up toward the sky. How does this shape feel?

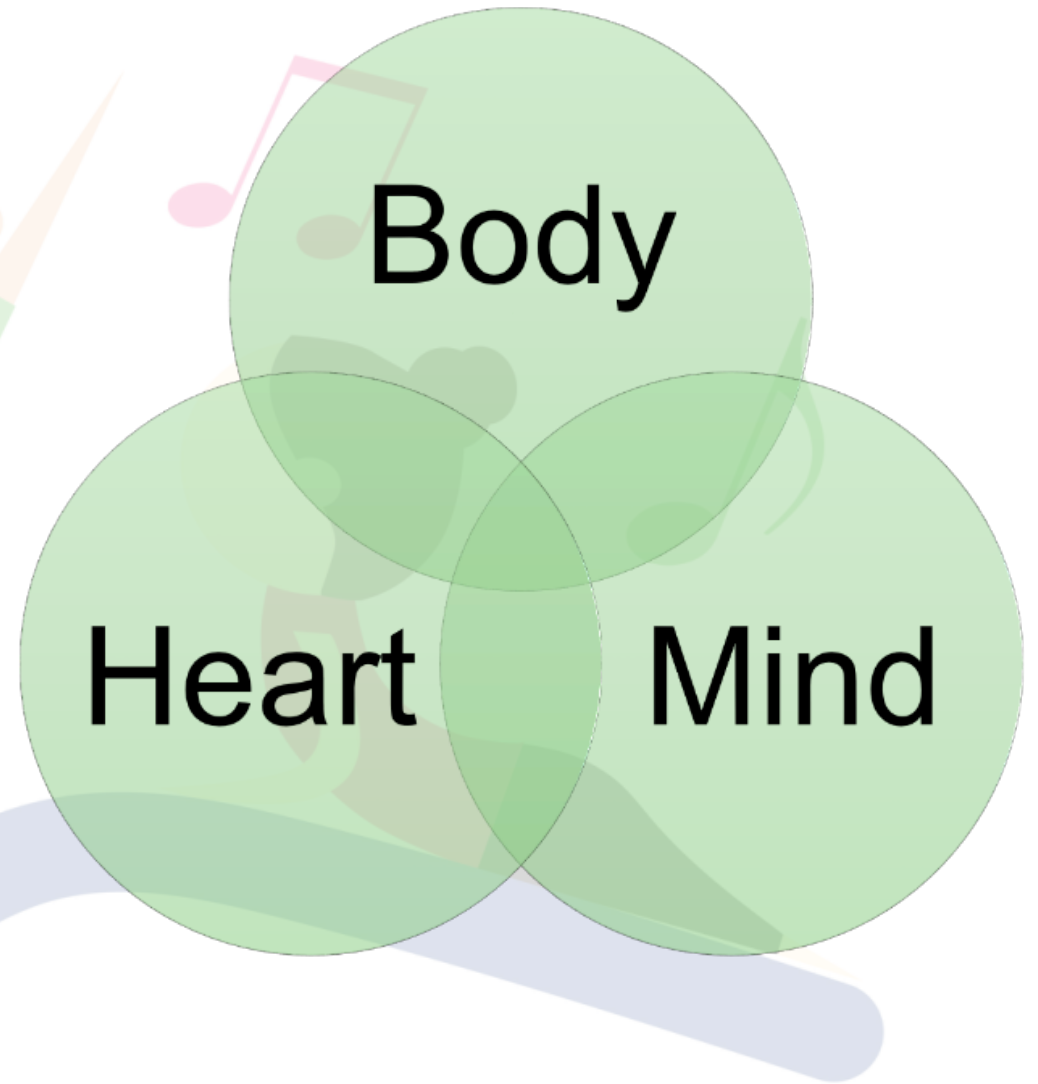
Names: *mountain, victory, stick, seaweed, palm tree, skyscraper*



What is Yoga?

“Yoga is a union of the body, heart, and mind; yoga is what we experience when these seemingly disparate parts of the self are brought together.”

Stories, Songs, and Stretches! Creating Playful Storytimes with Yoga and Movement
pg. 1





Yoga Is...

- a contemplative movement practice
- physical activity
- at least 2,000 years old

Yoga Is Not...

- a religion
- limited to those of a certain shape, size, fitness, or age
- a passing fad or trend



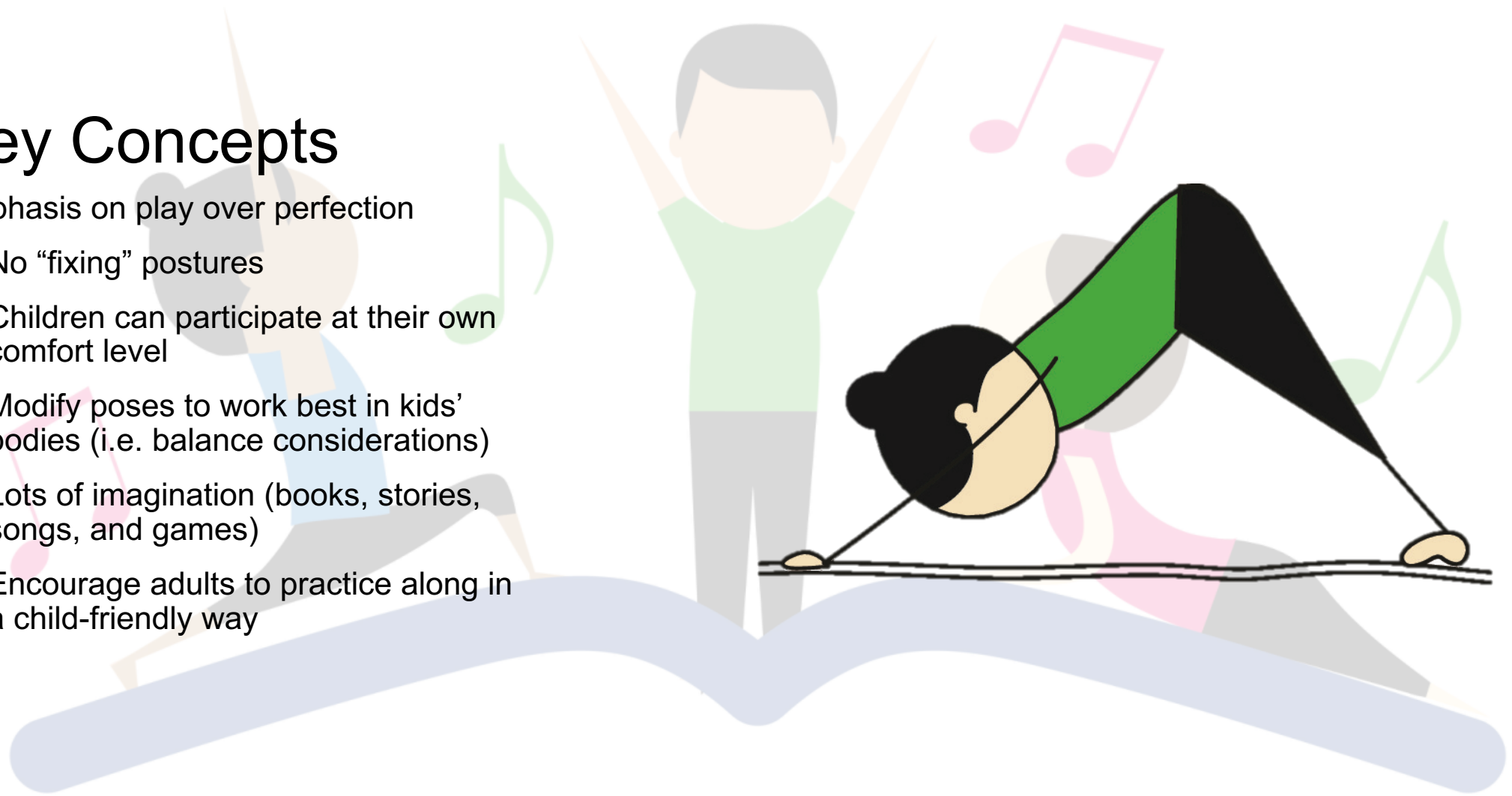
Yoga Benefits to Children

- Improved self-regulation
- Reduced stress response
- Improved attention and social skills
- Improved endurance, strength, motor planning, motor performance, static balance, bilateral coordination, and flexibility

Key Concepts

Emphasis on play over perfection

- No “fixing” postures
- Children can participate at their own comfort level
- Modify poses to work best in kids’ bodies (i.e. balance considerations)
- Lots of imagination (books, stories, songs, and games)
- Encourage adults to practice along in a child-friendly way



Feel In Your Body!

Seated Forward Fold

Feet on floor, toes facing forward. Inhale and stretch arms up alongside the ears. Exhale and tip forward from the hips. Check to be sure you aren't rounding your upper spine! Keep arms extended, or allow them to drop onto desk in front of you.

This is *spinal flexion*!



Seated Pose II

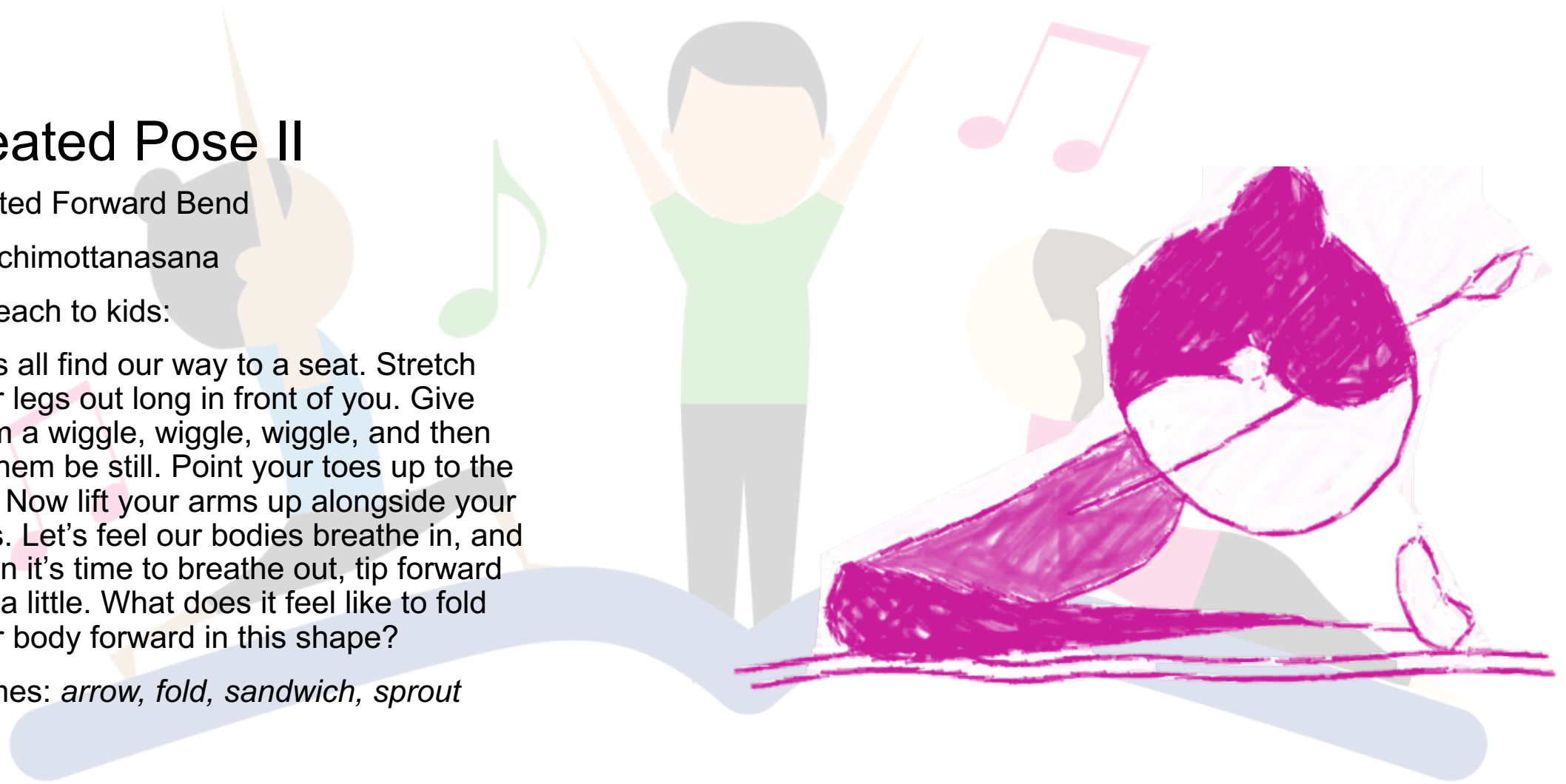
Seated Forward Bend

Paschimottanasana

To teach to kids:

Let's all find our way to a seat. Stretch your legs out long in front of you. Give them a wiggle, wiggle, wiggle, and then let them be still. Point your toes up to the sky. Now lift your arms up alongside your ears. Let's feel our bodies breathe in, and when it's time to breathe out, tip forward just a little. What does it feel like to fold your body forward in this shape?

Names: *arrow, fold, sandwich, sprout*



An illustration of three children in yoga poses. A girl on the left is in a downward dog pose, a boy in the center is in a standing pose with arms raised, and a girl on the right is in a downward dog pose. There are musical notes floating around them. The background is a light blue gradient.

Yoga and Early Learning

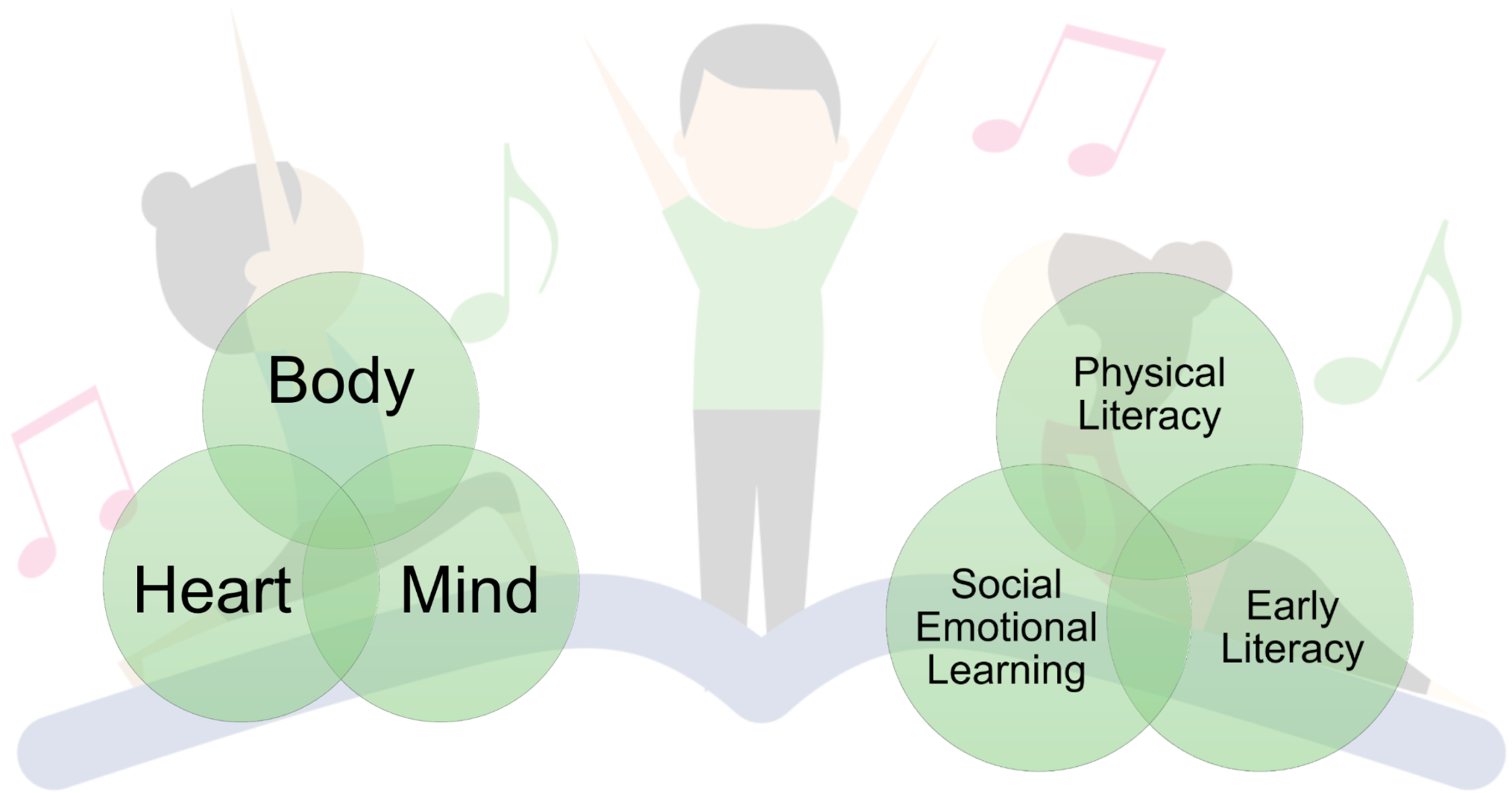
Physical Literacy, Early Literacy, and Social-Emotional Learning

Stories, Songs, and Stretches!

Uses yoga-inspired
movement and
embodied play
intentionally to
support young
children's physical
literacy, early literacy,
and social-emotional
development.



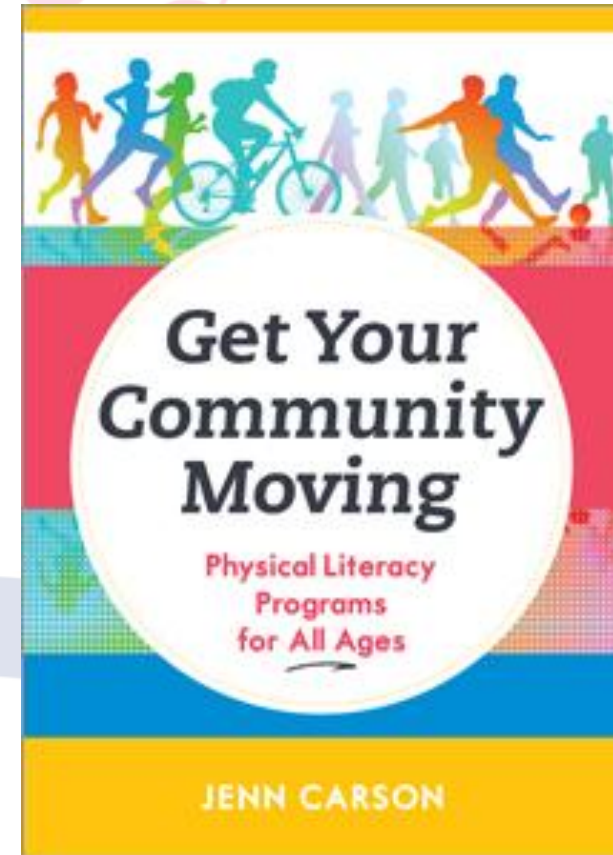
STORIES,
SONGS,
and STRETCHES!



Physical Literacy - Body

“...the ability to move with competence and confidence in a wide variety of physical activities in multiple environments that benefit the healthy development of the whole person.”

- SHAPE America



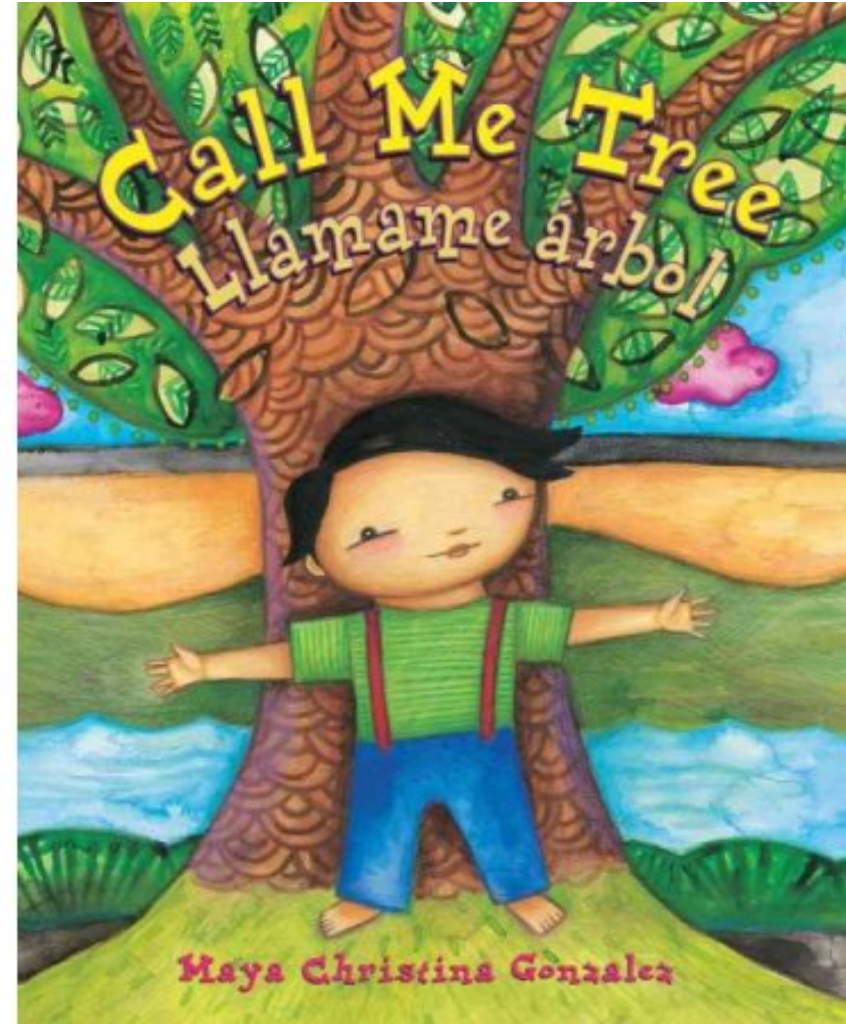
S1.E1: Locomotor and Stability

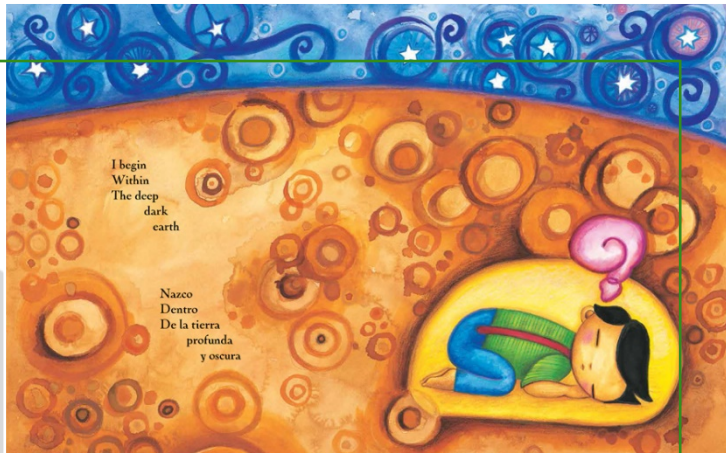
Performs locomotor skills (hopping, galloping, running, sliding, skipping) while maintaining balance. (S1.E1.K)

Performs jumping and landing actions with balance. (S1.E3.K)

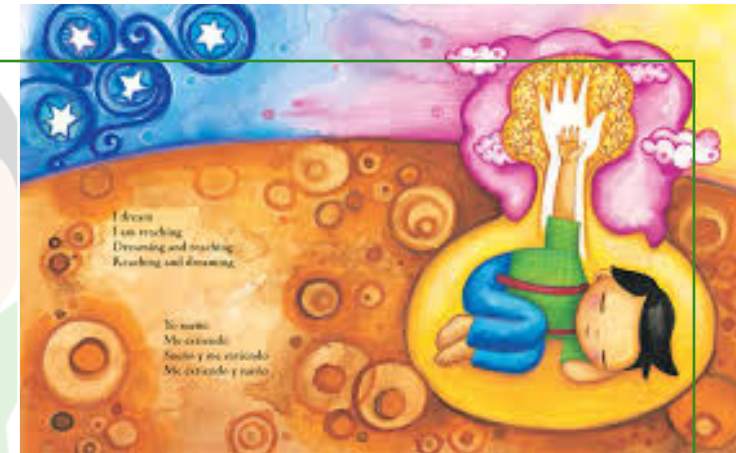
Maintains momentary stillness on different bases of support. (S1.E7.Ka)

Forms wide, narrow, curled and twisted body shapes. (S1.E7.Kb)

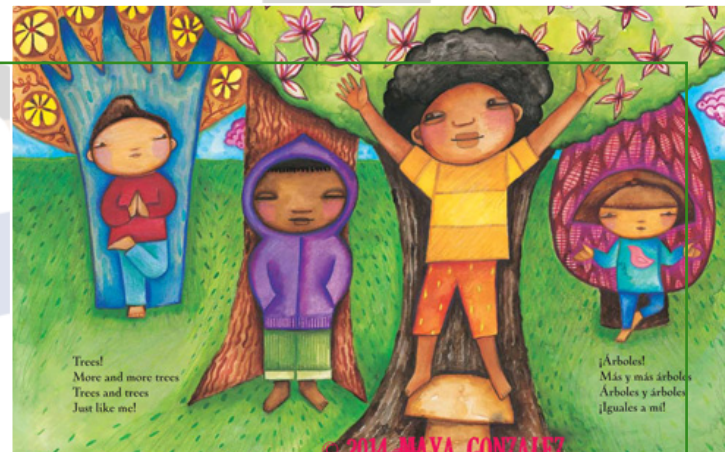




Curled Shape



Twisted Shape



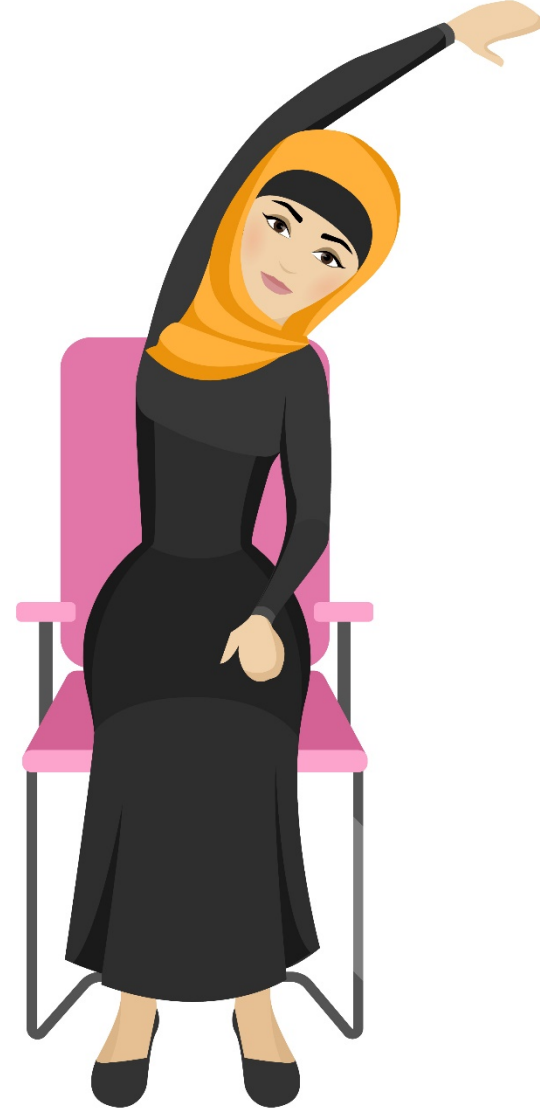
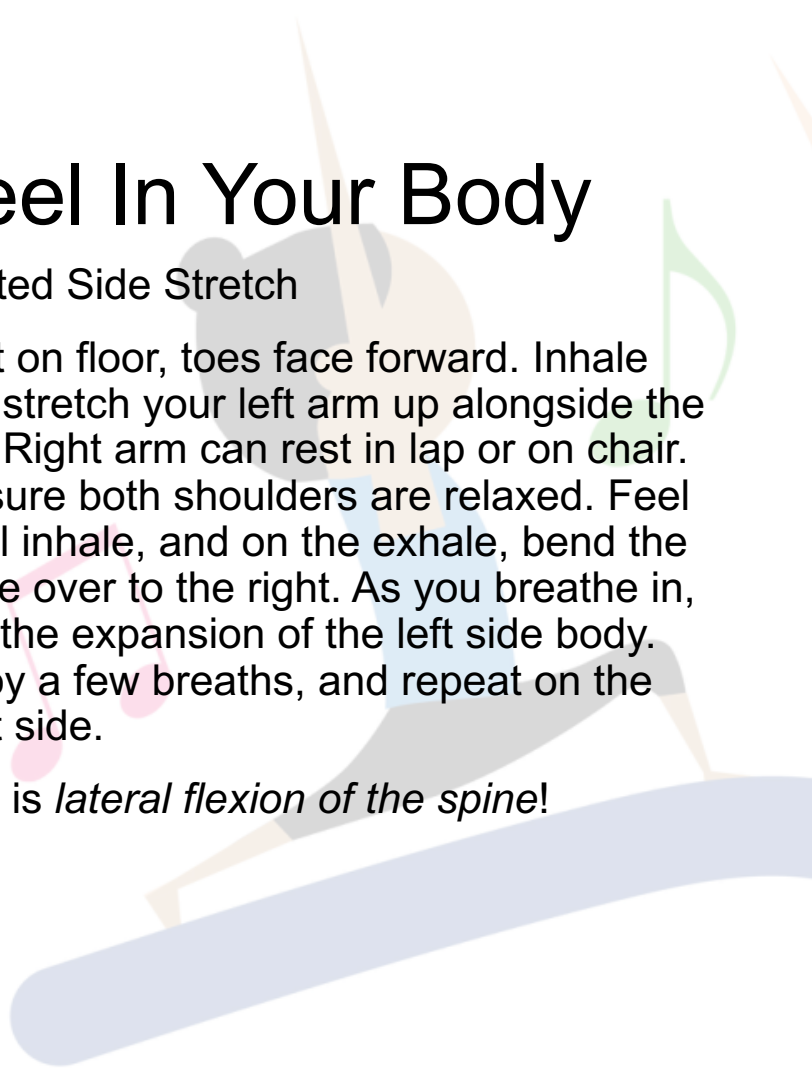
Temporary Stillness

Feel In Your Body

Seated Side Stretch

Feet on floor, toes face forward. Inhale and stretch your left arm up alongside the ear. Right arm can rest in lap or on chair. Be sure both shoulders are relaxed. Feel a full inhale, and on the exhale, bend the spine over to the right. As you breathe in, feel the expansion of the left side body. Enjoy a few breaths, and repeat on the right side.

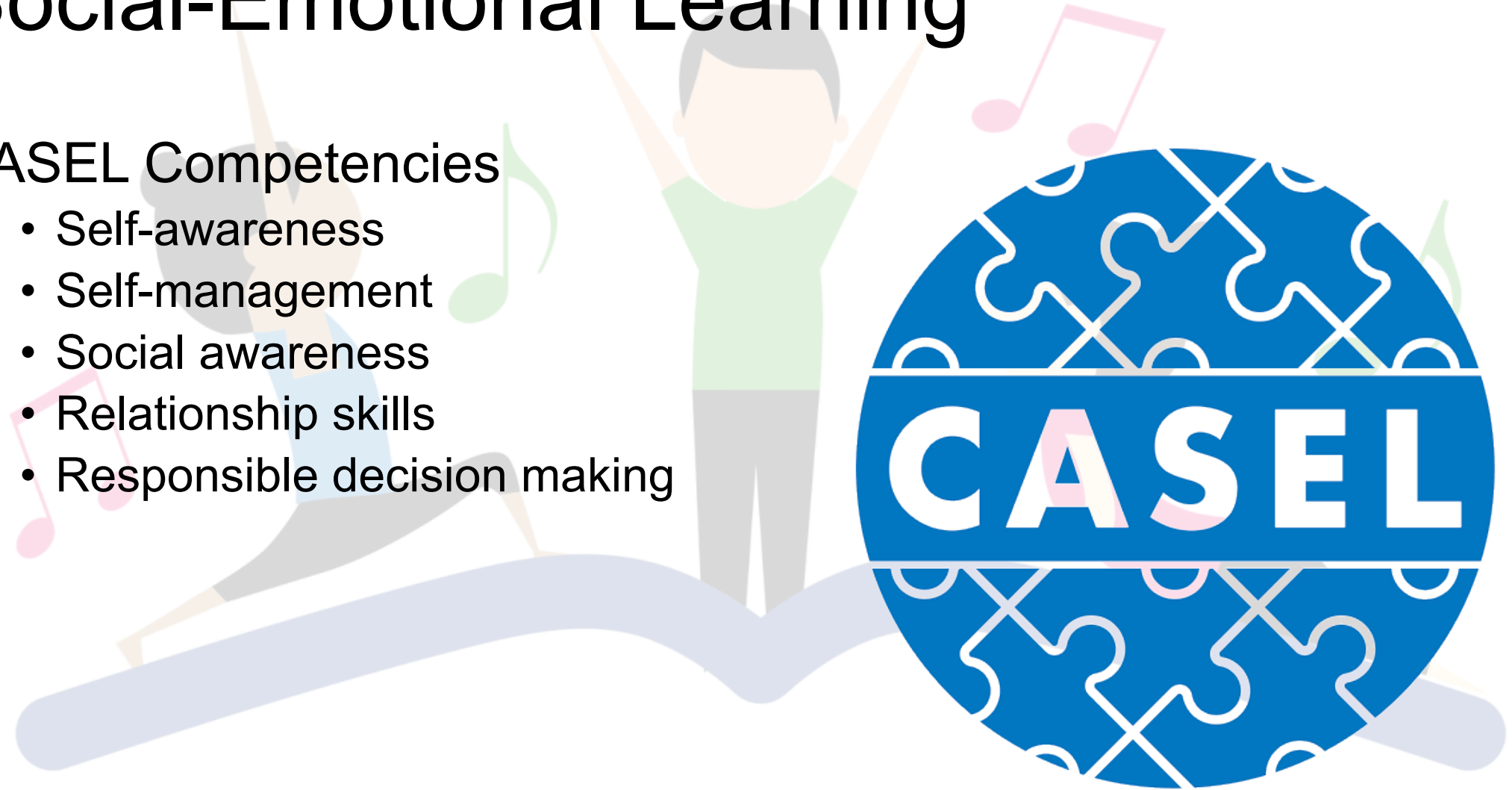
This is *lateral flexion of the spine*!



Social-Emotional Learning

CASEL Competencies

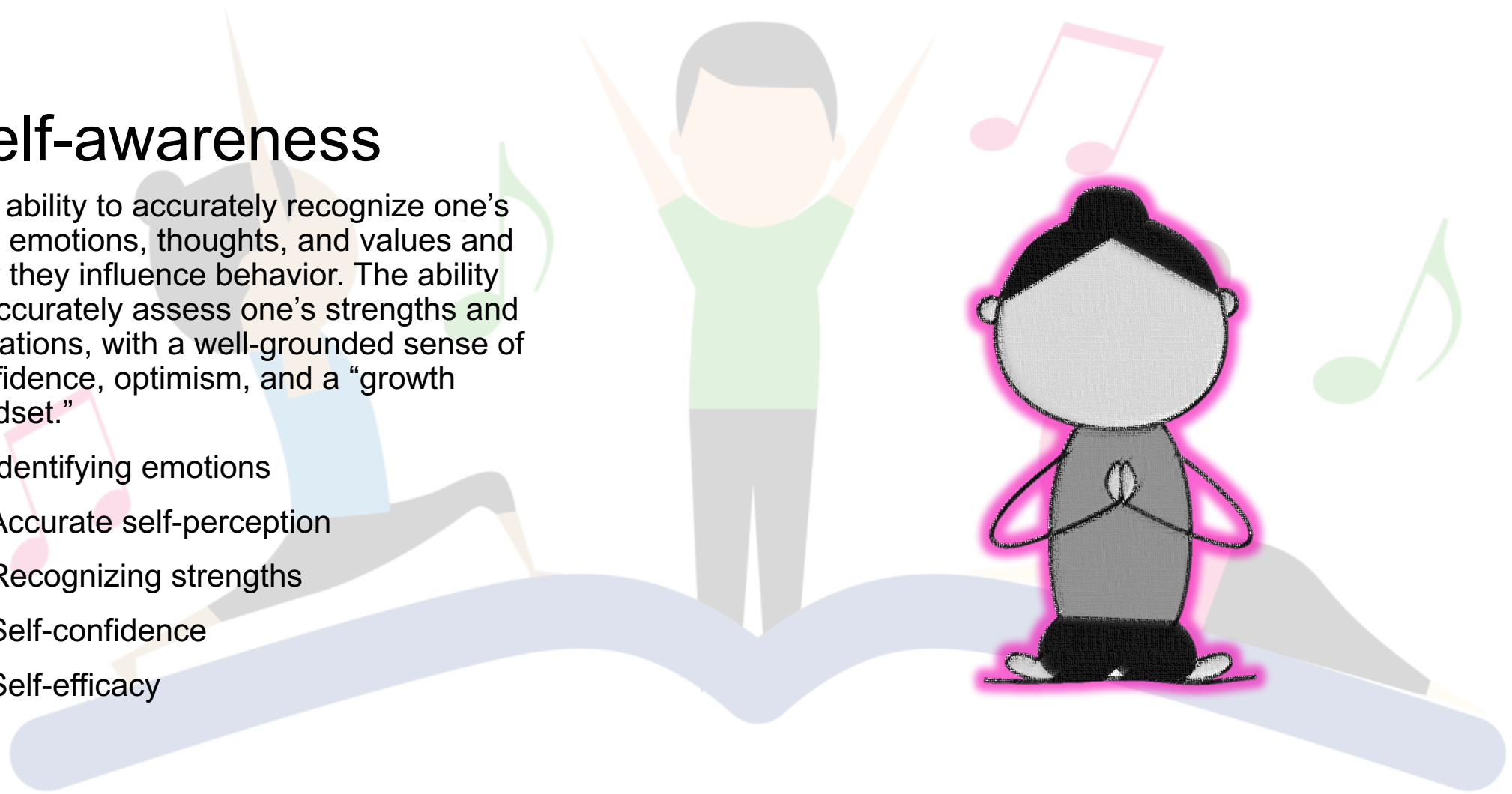
- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision making



Self-awareness

The ability to accurately recognize one's own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one's strengths and limitations, with a well-grounded sense of confidence, optimism, and a "growth mindset."

- Identifying emotions
- Accurate self-perception
- Recognizing strengths
- Self-confidence
- Self-efficacy



Self-Awareness

An illustration in the background shows three stylized figures. On the left, a person in a blue top is in a dynamic pose with one leg raised. In the center, a person in a green shirt stands with arms raised. On the right, a person in a pink top is in a similar dynamic pose. Several musical notes in pink and green are floating around them. A light blue wavy shape is at the bottom.

Building Self-Awareness through Mind-Body Connection

How do I feel?

How does my body feel today?

How does this shape feel in my body?

How does this emotion feel in my body?

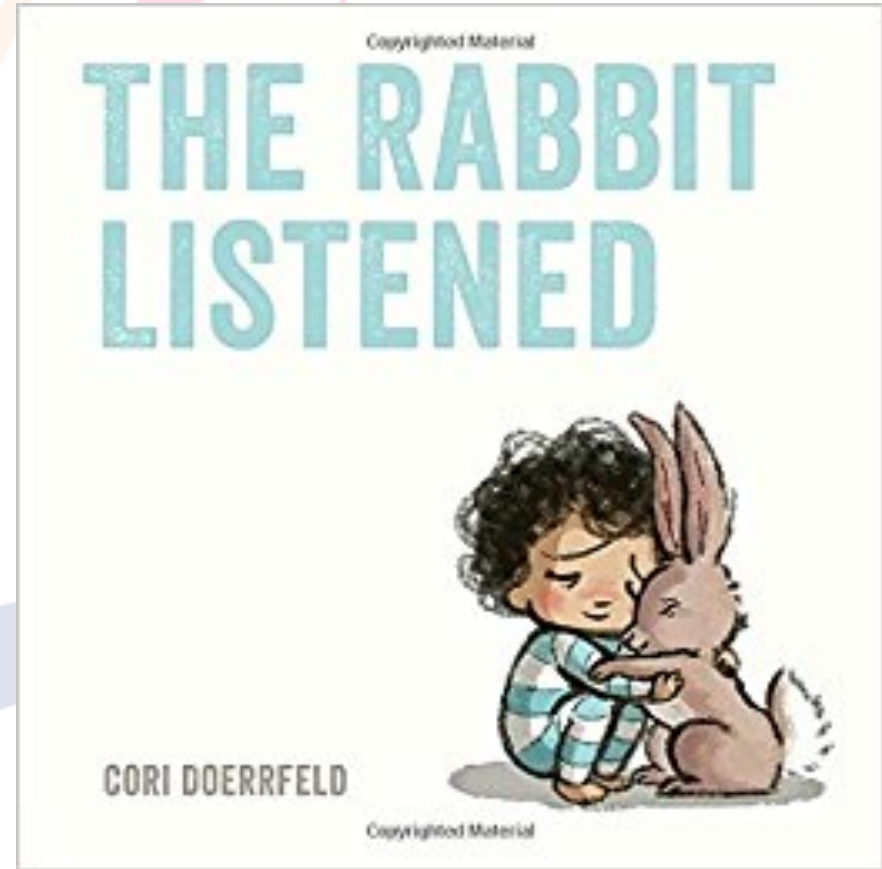
What do I like?

What movements do I enjoy?

Do different movements feel more enjoyable when I'm experiencing different feelings?

Self-Awareness and Relationship Skills

- Book selection
- Building emotional vocabulary
- Dialogic reading
- Empathy



Feel In Your Body

Seated Spinal Twist

Feet on the floor, toes facing forward. On an inhale, feel your spine grow tall. As you exhale, keep your hips planted on the seat and allow your spine to twist to the right. Follow the twist with your gaze to whatever degree is comfortable. Hands can rest on lap. To deepen the twist a bit, right hand can come behind the right hip on the seat, chair back, or arm rest, and left hand can reach across to right knee. Enjoy a few breaths here and repeat on the other side.

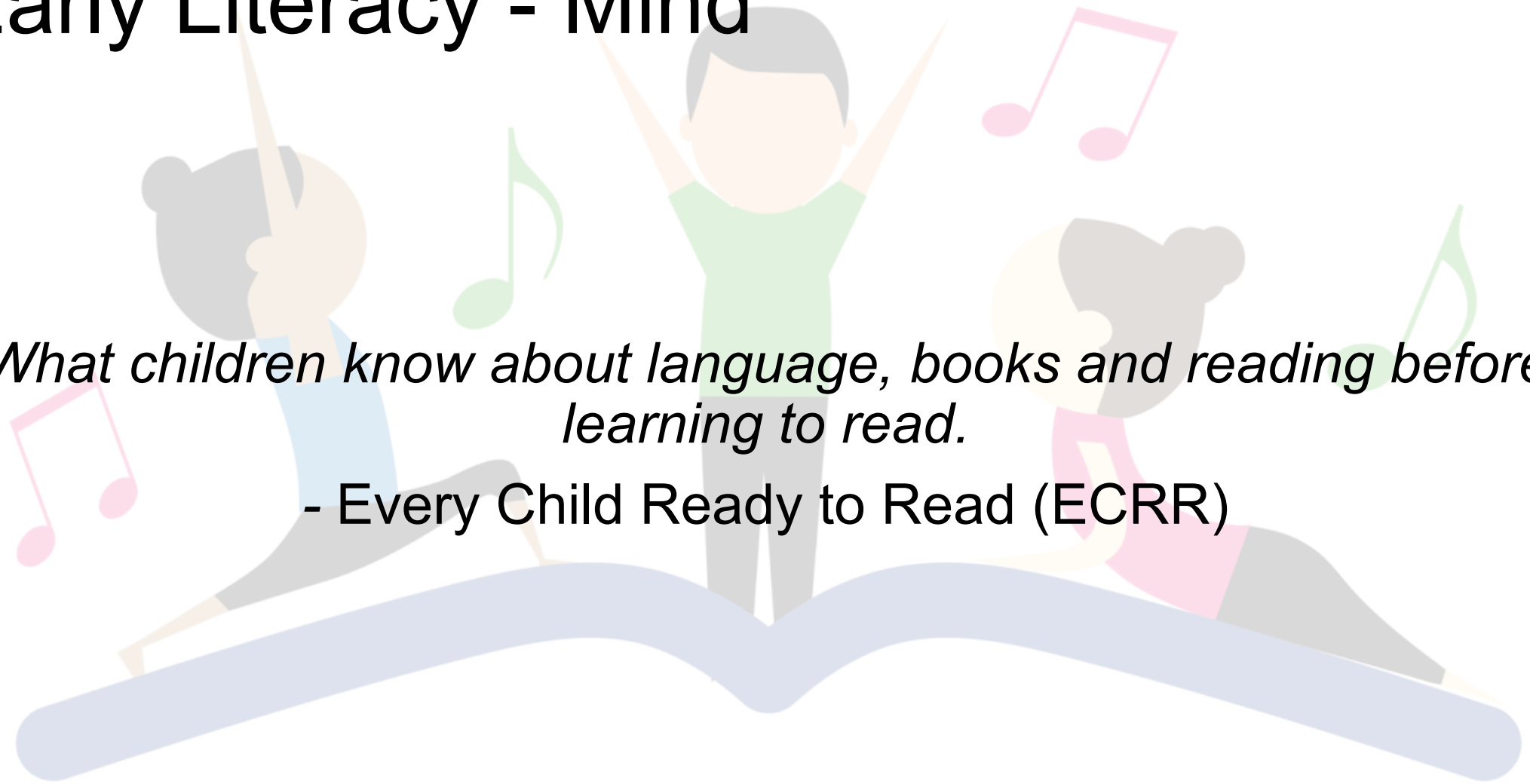
This is *spinal rotation*!



Early Literacy - Mind

What children know about language, books and reading before learning to read.

- Every Child Ready to Read (ECRR)





Every **CHILD**
Ready to **★ READ**
@ your library*

 **Talking** |  **Singing** |  **Reading** |  **Writing** |  **Playing**

2015 Study on PreK Early Literacy and Movement

Deborah Callcott, Lorraine Hammond,
and Susan Hill. "The Synergistic Effect of
Teaching a Combined Explicit Movement
and Phonological Awareness Program to
Pre-school Aged Students." *Early
Childhood Education Journal* 43, no. 3
(2015): 201-2111.

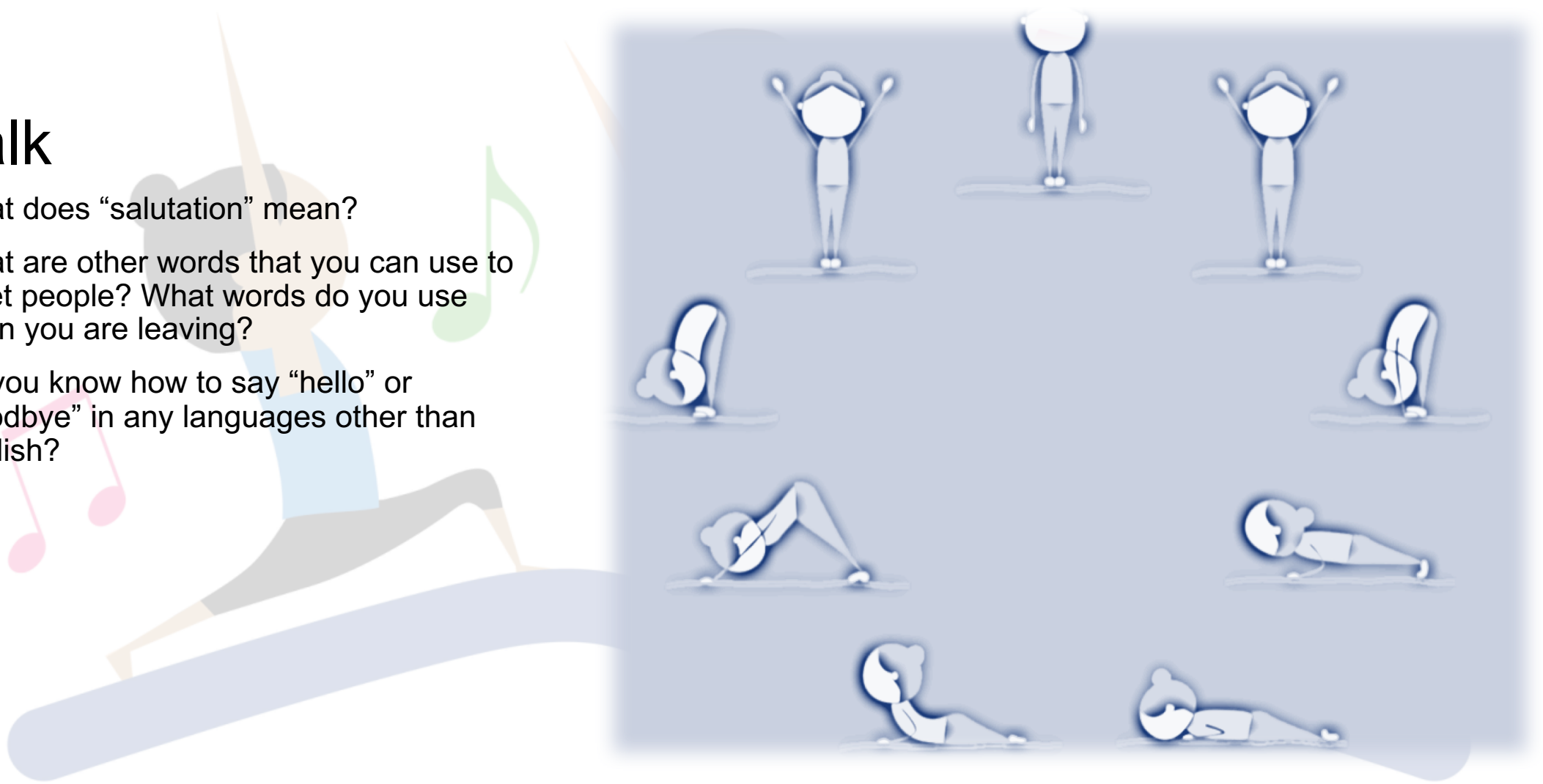
- 400+ preK children received either:
 - Early literacy instruction (Let's Decode)
 - Movement intervention (Moving On with Literacy)
 - Both
- Children who received both types of instruction performed better than controls on literacy assessments

Talk

What does “salutation” mean?

What are other words that you can use to greet people? What words do you use when you are leaving?

Do you know how to say “hello” or “goodbye” in any languages other than English?

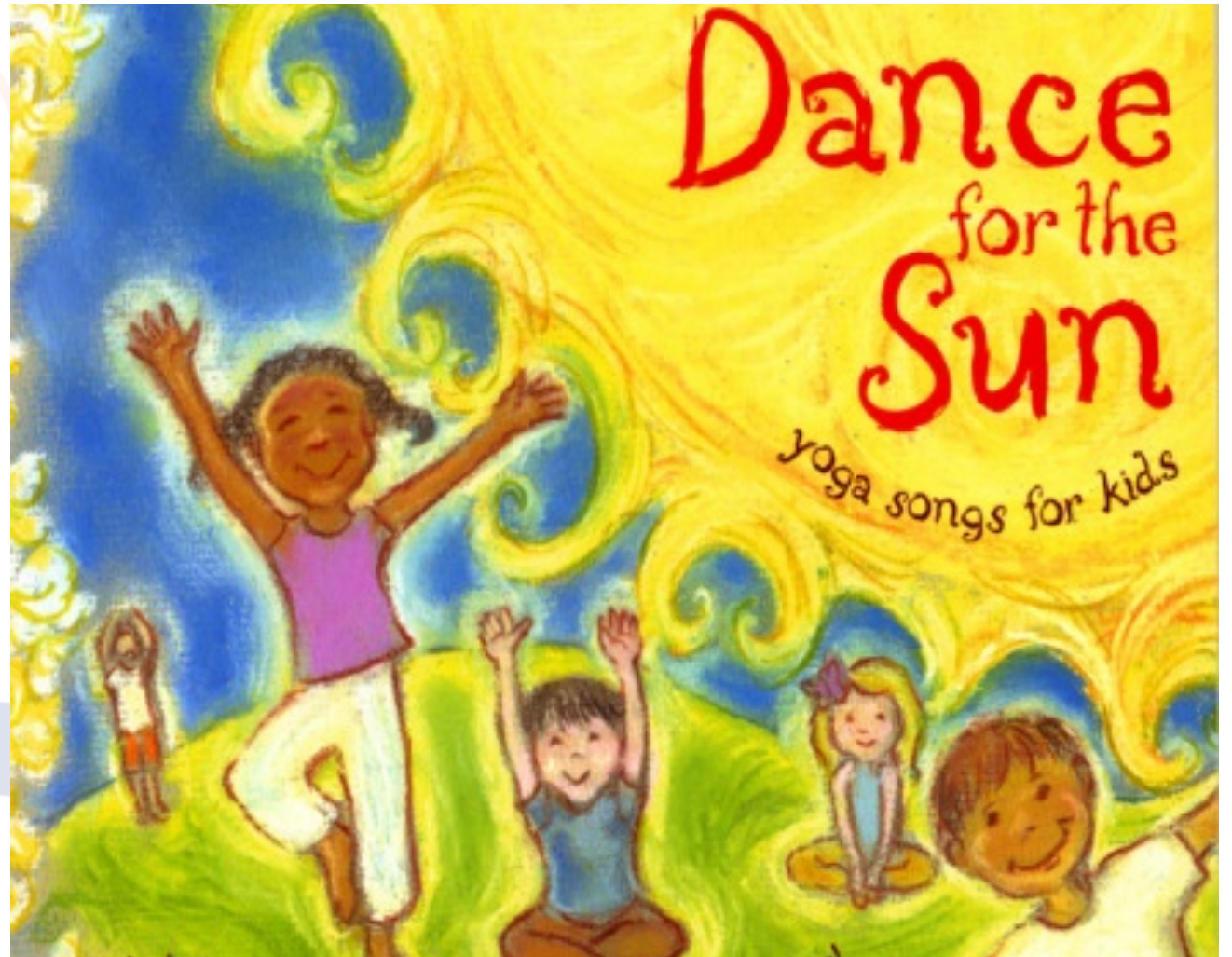


Sing

“Dance for the Sun” from *Dance for the Sun* by Kira Willey

“Sun Dance” by Bari Koral

“Sun Dance” from *Musical Yoga Adventures* by Linda Lara



Read

Say Hello by Rachel Isadora



Happy Spines

Movement Sequence

Did you know our spines can move six ways? We can fold them forward, bend them back, stretch them from side to side, and twist them!

Move your spine all six ways every day to help keep your body happy and healthy!



HAPPY SPINE

HAPPY LIFE

An illustration of three children in yoga poses. On the left, a girl in a blue shirt is in a downward dog pose. In the center, a boy in a green shirt is standing with arms raised. On the right, a girl in a pink shirt is in a downward dog pose. There are four musical notes floating around them: two pink and two green. The background is a light blue gradient.

Breathing Break

Questions?

Yoga-inspired movement and embodied play support young children's early learning in BODY, HEART, AND MIND when we intentionally choose books and movements that encourage the development of physical literacy, social-emotional learning, and early literacy skills.

An illustration featuring three stylized children and several musical notes. In the center, a boy with grey hair and a green shirt stands with his arms raised. To his left, a girl with grey hair in a bun and a blue shirt is shown in a dynamic pose, with one arm pointing upwards. To his right, another girl with grey hair in a bun and a pink shirt is also in a dynamic pose, leaning forward. The background is white, and there are several musical notes in pink and green floating around the children. At the bottom, there is a large, light blue, wavy shape that resembles a stylized book or a path.

Stories, Songs, and Stretches! Program Design

Program Template

30-45 minutes; Ages 3-6 and adult caregiver(s)

Opening Song

Warm Up Movement

Book with Movement

Song with Movement

Breathing Break

Book, Story, or Game

Mindful Moment

Listening Story

Rest

An illustration featuring two stylized children. On the left, a child in a blue shirt and grey pants is in a dynamic pose, leaning back with one arm raised. In the center, a child in a green shirt and grey pants stands with arms raised. On the right, a child in a pink shirt and grey pants is lying down. Several musical notes in pink and green are floating around them. A large, light blue, wavy shape is at the bottom.

STORIES,
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Rest

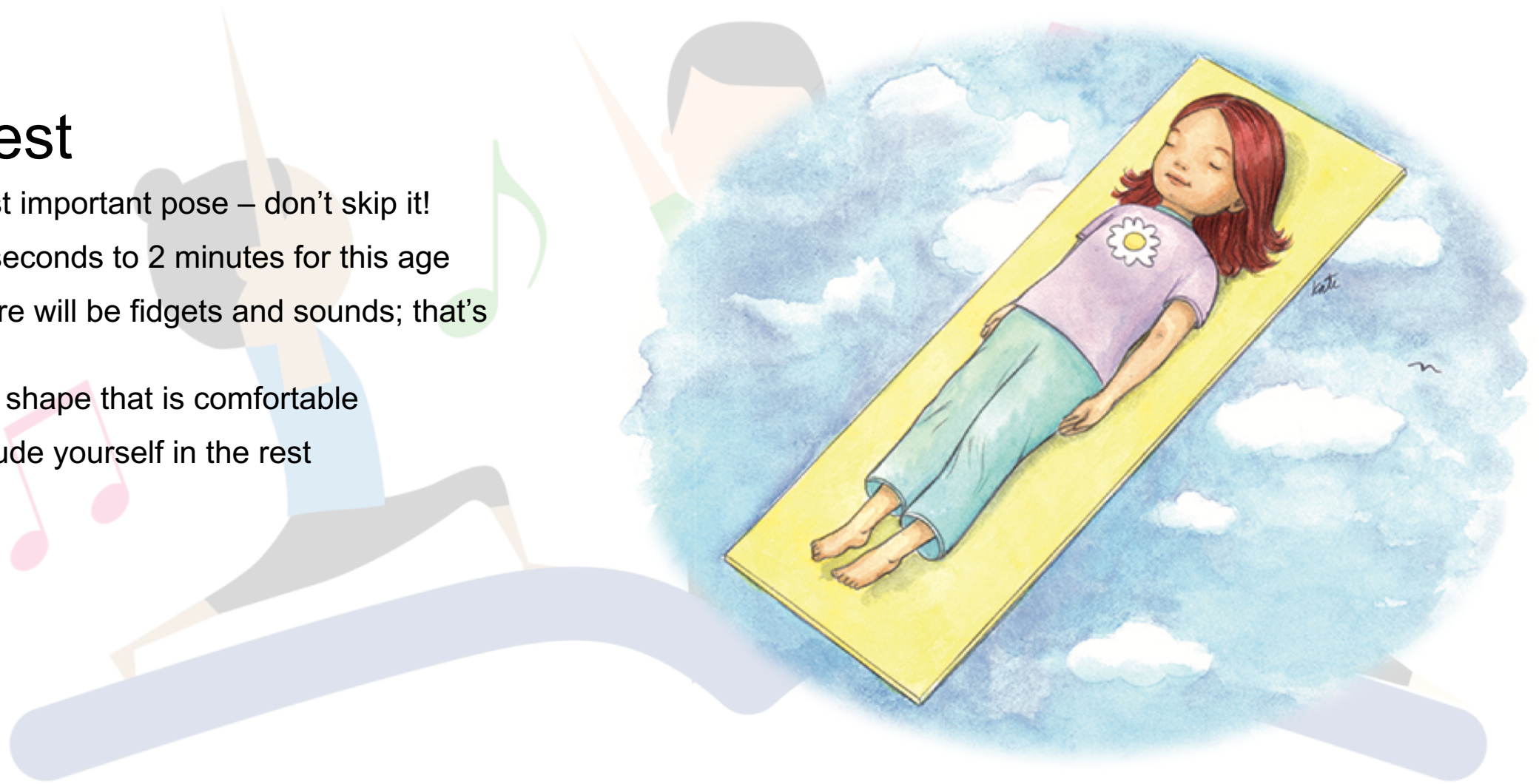
Most important pose – don't skip it!

30 seconds to 2 minutes for this age

There will be fidgets and sounds; that's fine!

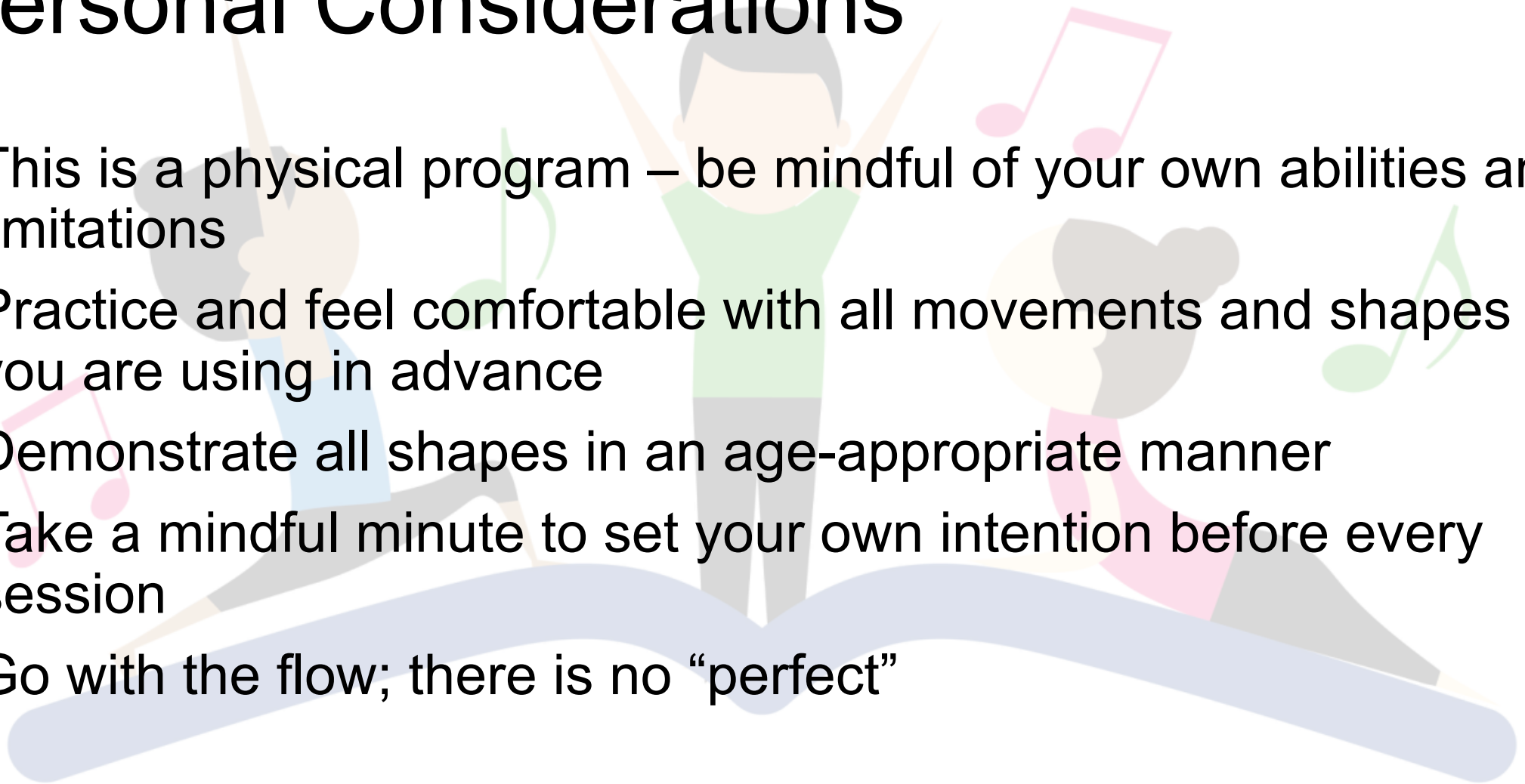
Any shape that is comfortable

Include yourself in the rest



Personal Considerations

- This is a physical program – be mindful of your own abilities and limitations
- Practice and feel comfortable with all movements and shapes you are using in advance
- Demonstrate all shapes in an age-appropriate manner
- Take a mindful minute to set your own intention before every session
- Go with the flow; there is no “perfect”



More From Katie Scherrer

www.katiescherreryoga.com

- Stories, Songs, and Stretches! certification:
Public workshops at yoga studios / Private group workshops for schools, libraries, etc. / Online workshops launching spring 2019
- Newsletter
- Yoga Storytime presentation with Jenn Carson at ALA Annual, Sunday 6/24, 9 AM
- Mindfulness in Libraries: 4 week online course, September 2018
- Movin' and Groovin' in the Library presentation with Noah Lenstra and Barbara Scott, ALSC Institute, September 2018
- Frequent training on library outreach to Latino immigrant communities and bilingual storytime development