Yoga is a type of physical activity that combines physical movement with breathing and focused concentration. Youth in the 4-H Yoga Project learn breathing exercises, physical postures, and mindful practices that help strengthen the mind and body.

- Increase physical fitness.
- Learn strategies for stress management.
- Explore the benefits of concentrated focus and attention.
- Practice movements that improve flexibility and balance.

### Starting Out
**Beginner**
- Practice one or two breathing techniques.
- Learn how to practice basic standing poses (e.g., Mountain, Tree, Chair).
- Learn how to practice basic floor poses (e.g., table top, plank, cobra).
- Learn the 4-H yoga pledge along with the yoga movements.

### Learning More
**Intermediate**
- Talk about balancing poses.
- Try “partner poses.”
- Increase intensity. Start by holding basic poses longer.
- Further extend a pose.
- Try a difficult pose.
- Learn the history of yoga.
- Explore best clothing options for yoga.

### Exploring Depth
**Advanced**
- Share yoga practice benefits and discuss Yoga Safety Tips for self-practice.
- Learn about the benefits of each pose.
- Develop your own routine and present it to the project members.

The activities above are ideas to inspire further project development. This is not a complete list.

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**4-H THRIVE**

**Help youth:**

**Light Their Spark**
A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how breadmaking excites them.

**Flex Their Brain**
The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

**Reach Their Goals**

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you’re having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

**Reflect**
Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.
Expand Your Experiences!

**Healthy Living**
- Design and create a yoga sequence for a health fair or community event.
- Create a portfolio of you doing your favorite poses and their health benefits.
- Track your progress by documenting your poses.

**Science, Engineering, and Technology**
- Research the benefits yoga has on brain functioning.
- Explore the physical benefits each pose has on human anatomy.
- Consider the use of yoga props and their use in improving one's yoga practice.

**Citizenship**
- Design a yoga sequence for individuals with special needs.
- Host a yoga night for friends.
- Explore how various cultures use yoga.

**Leadership**
- Work with the 4-H Recreation Leader to start club meetings with yoga.
- Work with school administration to offer lunchtime yoga to students and staff.

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**Connections & Events**
- **Presentation Days** – Share what you’ve learned through a presentation.
- **Field Days** – During these events, 4-H members may participate in a variety of contests related to their 4-H Yoga project.
- Contact your UC Cooperative Extension office to determine additional opportunities available, such as a field day.

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**Curriculum**
- **Yoga for Kids**
  [www.uaex.edu/4h-youth/activities-programs/healthy-living/curriculum.aspx](http://www.uaex.edu/4h-youth/activities-programs/healthy-living/curriculum.aspx)

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**4-H Record Book**
- 4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their personal experiences, learning and development.
- 4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.
- To access the 4-H Record Book online, visit [www.ca4h.org/4hbook](http://www.ca4h.org/4hbook).

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**Resources**
- Healthy Living: Yoga for Kids
- University of Arkansas Yoga 4-H
  [www.uaex.edu/4h-youth/activities-programs/healthy-living/curriculum.aspx](http://www.uaex.edu/4h-youth/activities-programs/healthy-living/curriculum.aspx)
- The Art of Yoga
  [http://theartofyogaproject.org](http://theartofyogaproject.org)
- Greater Good
  [http://greatergood.berkeley.edu/](http://greatergood.berkeley.edu/)
- Yoga Alliance
  [www.yogaalliance.org](http://www.yogaalliance.org)
- Laughter Yoga International
  [http://beta.laughteryoga.org](http://beta.laughteryoga.org/)
- Kids Health
- Iyengar Yoga
  [https://iynaus.org](https://iynaus.org/)

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