



Grade 7 Lesson Plan: Mindfulness Yoga

Objectives/Goals

- Analyze the benefits of stress management and stress-reduction techniques.
- Explain the benefits of emotional flexibility, stress management, and stress-reduction techniques for emotional health.

Material

Procedure

Step 1- Review Mindfulness using exercise and Yoga

- What is Yoga?
- When to use Yoga?
- Exercises
- Yoga poses

Step 2- Summative Assessment Content

- Benefits (emotional) of managing stress in a healthy way
 - pay attention better
 - be less distracted
 - learn more
 - stay calm under stress
 - avoid getting upset too easily
 - slow down instead of rush
 - listen better to others
 - be more patient
 - get along better
 - gain self-control
 - get tasks finished
 - feel happier and enjoy things more
- Breathing exercise (choice)
 - Breathing in and out

<https://teenshealth.org/en/teens/mindfulness.html>

- Star breathing
- Rainbow breathing
- Benefits of Benefits of practice

- makes it easier to be mindful every day.
- helps you feel calmer when stressed.
- helps you focus when you have to do something difficult.
- Improves attention
- (<https://teenshealth.org/en/teens/mindfulness.html>)
- BEEMS stress management strategies
 - B-Balance school-work with activities you enjoy
 - E-Eat healthy foods
 - E- Exercise 60 minutes each day
 - M-Manage responsibilities by keeping a calendar or planning app to keep track of chores, practice, school-work
 - S- Sleep 10 hours of sleep each night.
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- When to use Yoga
 - Before a test (neck and shoulder rolls, squeeze and relax fingers and hands)
 - While studying (neck and shoulder rolls and tree pose)
 - Before going to bed (Yoga stand, Forward fold)
 - (<https://teenshealth.org/en/teens/yoga-stress.html?WT.ac=t-ra>)
- Exercise (See handouts)
 - Head and Neck Rolls
 - Neck stretch
 - Seated Forward Folds
- Poses (See handouts) (<https://kidshealth.org/en/teens/yoga.html>)
 - Standing pose
 - Tree pose
 - Warrior pose
 - Easy pose
- Summative prompts
 - Alaina and Jeremy are in the band. Alaina plays flute and Jeremy plays percussion. They both want to audition for the high school band. The competition is strong. Jeremy practices every day but Alaina has to go home to babysit her younger brother. She is stressed because she doesn't have any time to herself and is thinking of quitting.

Your project must include:

1. Completed BEEMS graphic organizer to analyze how to help Alaina respond to her stress in a healthy way. (7.1l)
2. Using the information on the BEEMS graphic, role play explaining the benefits of coping with the stress in a healthy way, using mindfulness. (7.2p)
3. Demonstrate either two breathing exercises or two Yoga poses that might help her be more mindful and more relaxed. (7.1l), (7.2p)

- Jaden was diagnosed with epilepsy a few years ago. He is coping well but is very anxious about sleeping over a friend or relative’s house. He only feels safe at home. He takes his medication every day but worries that he might have a seizure at school or when playing soccer and people won’t know what to do and will be afraid to be with him.

Your project must include:

1. Completed BEEMS graphic organizer to analyze how to help Jaden respond to his stress in a healthy way. (7.1l)
 2. Using the information on the BEEMS graphic, role play explaining the benefits of coping with the stress in a healthy way, using mindfulness. (7.2p)
 3. Demonstrate either two breathing exercises or two Yoga poses that might help him be more mindful and more relaxed. (7.1l), (7.2p)
- Irene’s parents are divorced, and her mother is starting to date Maris who has two children. When he visits, the children come with him and go into her room and use her things without asking. She doesn’t like Maris or his children and ends up arguing with her mother after they leave. She has threatened to leave when they come to the house. She dreads the thought of them getting married and having to live with a stranger and half-siblings she doesn’t like.

Irene’s grades are going down and she has little patience with her friends who have the “perfect family.” Her teachers and friends are worried about her.

Your project must include:

1. Completed BEEMS graphic organizer to analyze how to help Irene respond to her stress in a healthy way. (7.1l)
2. Using the information on the BEEMS graphic, role play explaining the benefits of coping with the stress in a healthy way, using mindfulness. (7.2p)
3. Demonstrate either two breathing exercises or two Yoga poses that might help her be more mindful and more relaxed. (7.1l), (7.2p)

Step 4-Rubric

Criteria	4	3	2	1	0
Analyze the benefits of stress management and stress-reduction techniques. (7.1l)	The analysis (BEEMS) of the benefits of responding to stress in healthy way is accurate.	The analysis (BEEMS) of the benefits of responding to stress in healthy way is mostly accurate.	The analysis (BEEMS) of the benefits of responding to stress in healthy way has a few inaccuracies.	The analysis (BEEMS) of the benefits of responding to stress in healthy way is inaccurate.	Not enough evidence to score.

Explain the benefits of emotional flexibility, stress management, and stress-reduction techniques for emotional health. (7.2p)	The explanation of the benefits of stress management in the role ply is accurate.	The explanation of the benefits of stress management in the role ply is accurate.	The explanation of the benefits of stress management in the role ply is accurate.	The explanation of the benefits of stress management in the role ply is accurate.	Not enough evidence to score.
Mindfulness demonstration (7.1l), (7.2p)	The demonstration of two breathing exercises that might help the students be more mindful and more relaxed is accurate.	The demonstration of two breathing exercises that might help the students be more mindful and more relaxed is mostly accurate.	The demonstration of two breathing exercises that might help the students be more mindful and more relaxed has some inaccuracies.	The demonstration of two breathing exercises that might help the students be more mindful and more relaxed is inaccurate.	Not enough evidence to score
Mindfulness demonstration (7.1l), (7.2p)	The demonstration of two Yoga poses that might help the students be more mindful and more relaxed is accurate.	The demonstration of two Yoga poses that might help the students be more mindful and more relaxed is mostly accurate.	The demonstration of two Yoga poses that might help the students be more mindful and more relaxed has some inaccuracies.	The demonstration of two Yoga poses that might help the students be more mindful and more relaxed is inaccurate.	Not enough evidence to score

Step 5- End of class assessment

- Exit ticket-Write down one way this unit has helped you cope with stress in a healthyway.

Assessment Idea

- Summative: Prompts and BEEM graphic organizer
- Summative: Role Play
- Summative: Demonstration of exercises and Yoga poses

References

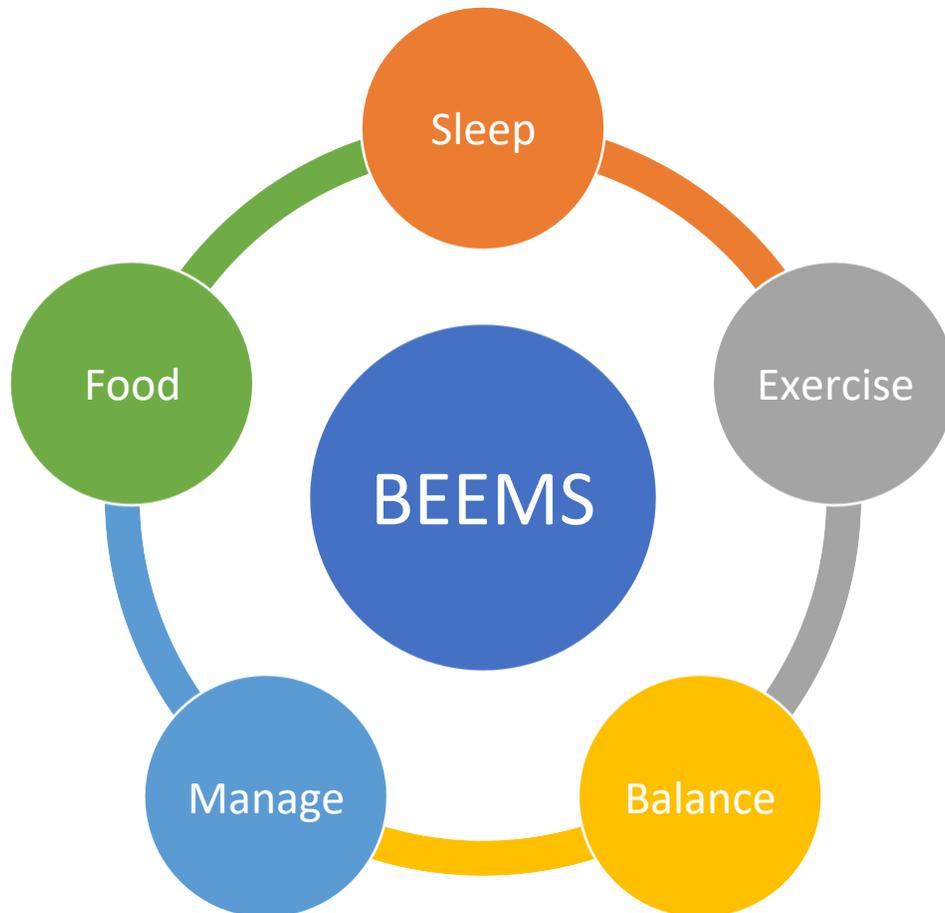
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- <https://classroom.kidshealth.org/index.jsp?Grade=912&Section=problems>
- https://classroom.kidshealth.org/classroom/6to8/problems/emotions/stress_handout2.pdf?ref=search
- <https://kidshealth.org/en/teens/yoga.html>
- <https://teenshealth.org/en/teens/yoga-stress.html?WT.ac=t-ra>

Handout

- Prompt-Alaina
- Prompt-Jaden
- Prompt-Irene
- Neck Roll
- Neck Stretch
- Seated Forward Fold
- Standing pose
- Tree pose
- Warrior pose
- Easy pose

Alaina and Jeremy are in the band. Alaina plays flute and Jeremy plays percussion. They are both want to audition for the high school band. The competition is strong. Jeremy practices every day but Alaina has to go home to babysit her younger brother. She is stressed because she doesn't have any time to herself and is thinking of quitting.

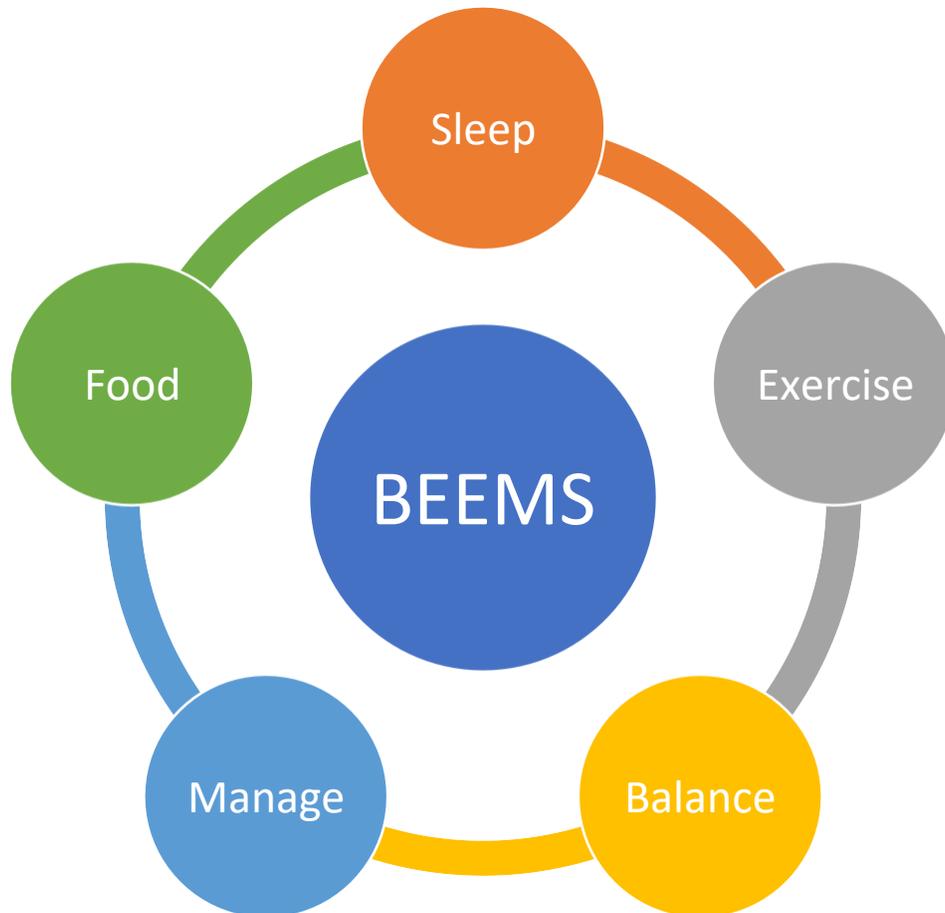


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3. Demonstrate either two breathing exercises or two Yoga poses that might help him be more mindful and more relaxed. (7.1l), (7.2p)

Exercise	Poses
Head and Neck Rolls	Standing
Neck stretch	Tree
Seated Forward Folds	Warrior
	Easy

Jaden was diagnosed with epilepsy a few years ago. He is coping well but is very anxious about sleeping over a friend or relative’s house. He only feels safe at home. He takes his medication every day but worries that he might have a seizure at school or when playing soccer and people won’t know what to do and will be afraid to be with him.



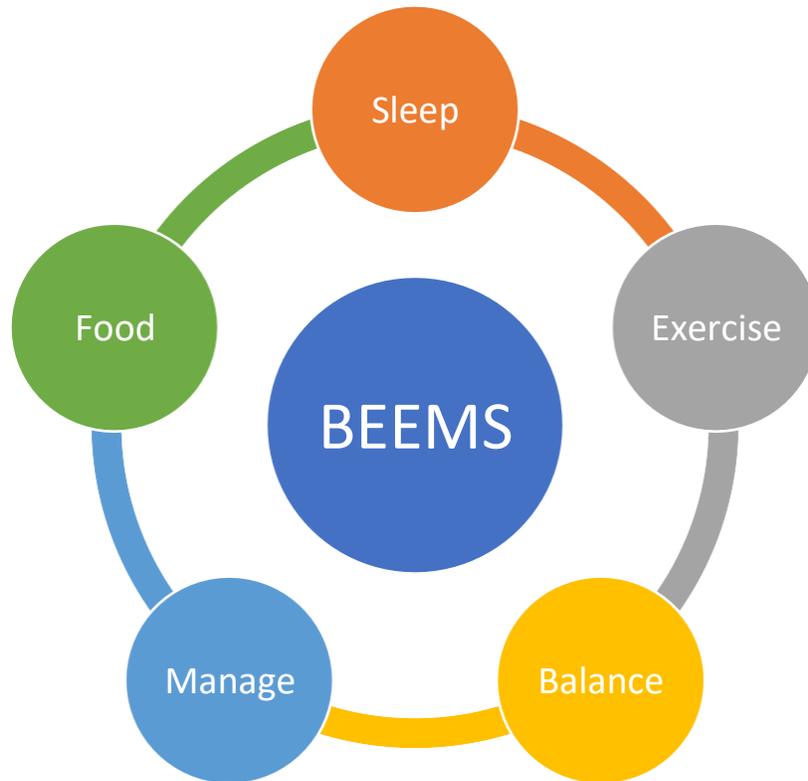
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Exercise	Poses
Head and Neck Rolls	Standing
Neck stretch	Tree
Seated Forward Folds	Warrior
	Easy

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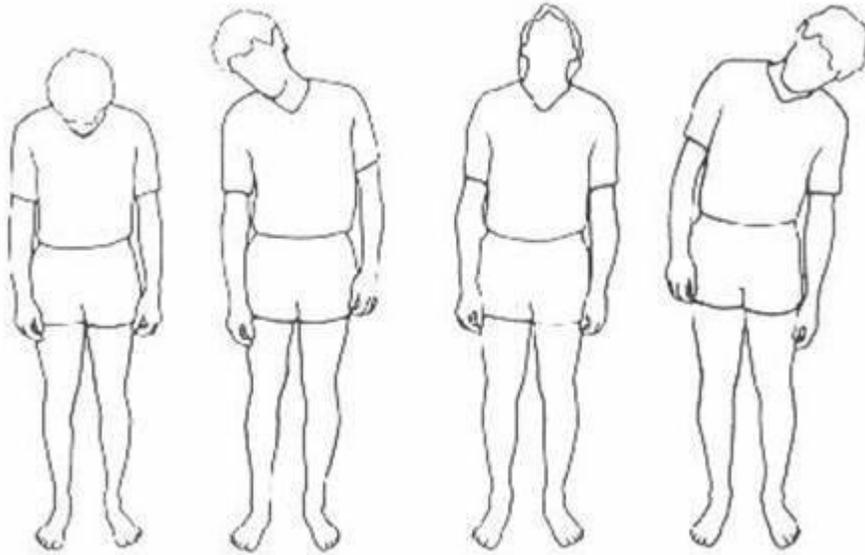


Your project must include:

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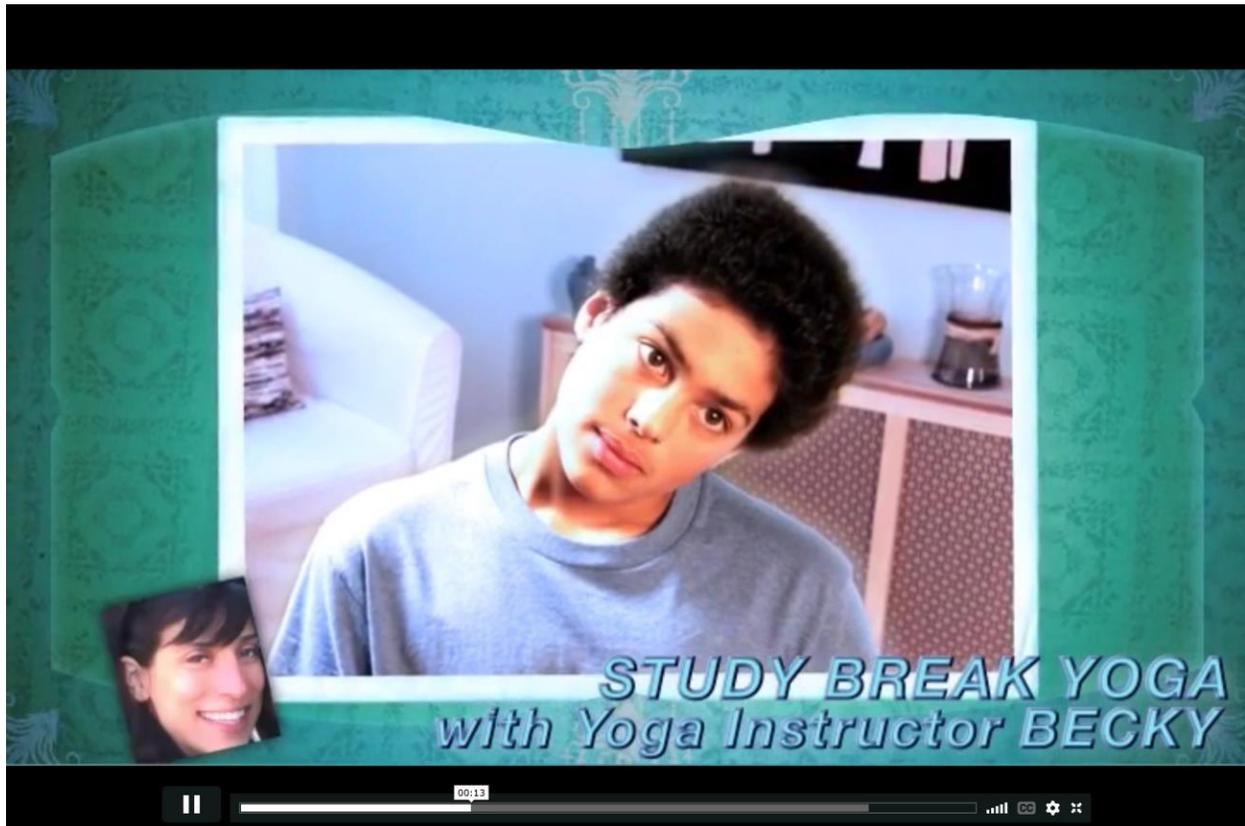
Exercise	Poses
Head and Neck Rolls	Standing
Neck stretch	Tree
Seated Forward Folds	Warrior
	Easy

Neck Rolls



Neck Stretch

<https://teenshealth.org/en/teens/yoga-stress.html?WT.ac=t-ra>



Seated Forward Fold

<https://teenshealth.org/en/teens/yoga-stress.html?WT.ac=t-ra>



Yoga Standing Pose

Tadasana Means



It is the primary standing pose of yoga, teaching us how to stand tall, balanced, and composed.

Yoga Tree Pose

Tree Pose



Tree pose is a balancing pose.

Yoga Warrior Pose

Warrior 2



Warrior 2 is a great pose for feeling strong and grounded.

Yoga Easy Pose

Easy Pose



Finish your practice in easy pose and thank your body for its hard work.