



Národní agentura udělila organizaci Základní škola a mateřská škola Ostrava Hrabůvka, Krestova 36A, příspěvková organizace, Krestova 1387/36A, 700 30 Ostrava-Hrabůvka grant z finančních prostředků rozpočtu Evropské unie na projekt s názvem „Škola pro život“ v rámci programu Erasmus+, KA 1: Vzdělávací mobilita jednotlivců. Na základě inspirace z mobility „Yoga and Meditation for Educators: Be a Great Teacher, be your Best Self“, která byla uskutečněna na základě tohoto projektu, byla vytvořena příprava pro výuku nejazykových předmětů v anglickém jazyce.

## Yoga and Meditation Techniques Through Art

**Written by:** Mgr. Lenka Vařáková, CLIL in Art

**Age:** 6 - 11 years

**Duration:** 70 minutes

**Materials Needed:**

- Flashcards of yoga poses
- Calm meditation music
- Whiteboard and markers
- Paper, crayons, and watercolour paints
- Yoga mat or carpet

**Objective:**

- Introduce students to basic yoga poses and meditation techniques through creative expression.
- Enhance mindfulness, relaxation, and body awareness using art.
- Encourage creativity by allowing students to illustrate their yoga experience.

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### Warm-Up Activity (15 minutes) – “Yoga Freeze Dance”

- Play soft instrumental or nature sounds.  
<https://www.youtube.com/watch?v=eK0kiYEtHFQ>
- Greet everyone and sit in a circle
- Short talk: “What is yoga?” “Why do we meditate?”
- Pass around a “talking object” (like a soft ball) and ask each child
- Introduce 4-5 simple yoga poses (e.g., Mountain Pose, Sun Salutation, Tree Pose, Cobra Pose, Lotus Pose).
- Show students flashcards with yoga poses.



- Have students move freely in the space while playing the songs “*Let’s Get Together*”, “*Yoga colours*”  
[https://www.youtube.com/watch?v=uxWkMpC7KVY&list=RDuxWkMpC7KVY&start\\_radio=1](https://www.youtube.com/watch?v=uxWkMpC7KVY&list=RDuxWkMpC7KVY&start_radio=1)
  - [https://www.youtube.com/watch?v=Ksx2m7RpD\\_Q&list=RDuxWkMpC7KVY&index=2](https://www.youtube.com/watch?v=Ksx2m7RpD_Q&list=RDuxWkMpC7KVY&index=2)
  - Call out yoga poses (e.g., *Mountain Pose*, *Sun Salutation*, *Tree Pose*, *Cobra Pose*, *Lotus Pose*), and they must freeze in that pose.
  - Encourage gentle stretching and mindful breathing as they hold the poses.
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### Yoga & Meditation Exploration (20 minutes) – “Poses and Colours”

- Practice 4-5 simple yoga poses on the yoga mat while playing relaxing music (e.g., *Mountain Pose*, *Sun Salutation*, *Tree Pose*, *Cobra Pose*, *Lotus Pose*).  
<https://www.youtube.com/watch?v=eK0kiYEtHFQ>
  - Guide students to connect each pose with an emotion or a colour:
    - **Mountain Pose = Strength (Brown)**
    - **Sun Salutation = Joy (Yellow)**
    - **Tree Pose = Balance (Green)**
    - **Cobra Pose = Anger (Red)**
    - **Lotus Pose = Peace (Blue)**
  - Let students practice deep breathing while holding poses for a few seconds.
  - Ask each child: “*How are you today?*”, “*How do you feel?* – *Brown, Yellow, Green, Red or Blue...*”
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### Creative Art Activity (25 minutes) – “My Yoga Mood Art”

- Provide paper, crayons or watercolour paints.
  - Encourage them to create a “*Yoga Mood Mandala*” by drawing shapes and patterns inspired by their feelings using colours
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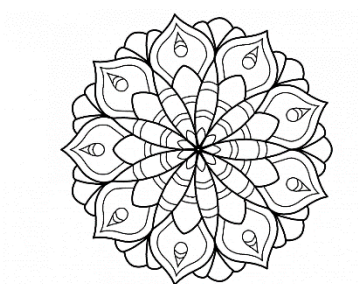
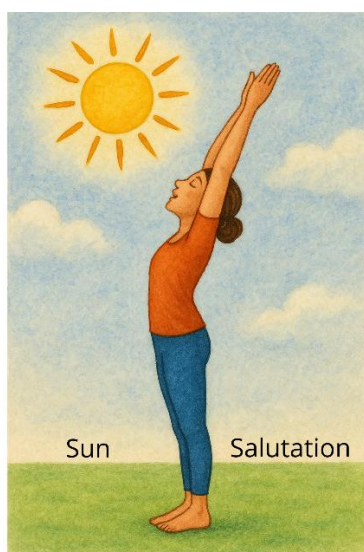
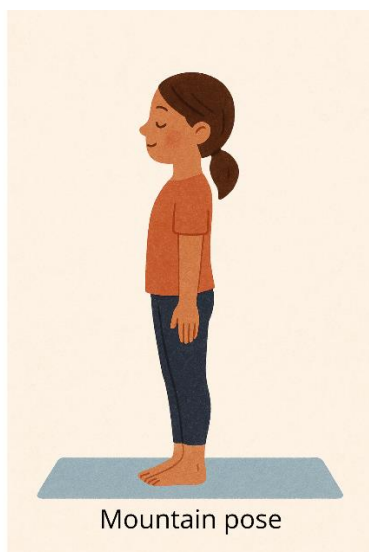
### Closing Meditation (5 minutes) – “Story Relaxation”

- Have students lie down comfortably with eyes closed.
  - Guide them through a short visualization story (e.g., “*Imagine you are a butterfly resting on a leaf, breathing gently with the wind...*”).
  - Slowly bring them back to awareness and have them share their feelings.
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### Assessment & Reflection (5 minutes)

- Ask students: *How do you feel now? What was your favourite part of the lesson?*
  - Review key vocabulary and phrases. Ask them: *Do you remember any yoga pose?*
  - Display their artwork in a “Yoga and Mindfulness” gallery.
  - Encourage them to practice one yoga pose at home with their family.
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### Flashcards



Mandala



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### Photos



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