



Virtual Games – Chair Yoga

Description

Description

Help your students practice the calming exercises of yoga. Students can stay right at their seats while they engage with you during this activity.

Supplies

- Chair
- For visual aid of yoga poses, see [Virtual SEL Activity Chair Yoga Poses](#)

How to Play

1. This activity works best on a virtual platform where students can see the adult and where the adult can see the students. Ex. Zoom.
2. The leader will explain that today's activity is all about practicing a calming technique.
3. The leader will remind students that everyone is unique and we might all have different ways that help us calm down, but today we're all going to practice chair yoga together.
4. It is important to ensure that the leader's camera is showing enough of their body so that students can see the poses that are modeled.
5. Select poses based on the timing and age of the students you are engaging with.
6. Example chair poses with directions:

Turtle Dove Pose

- Sit in a chair with back against the back of the chair and feet flat on the ground, bend the knee and bring ankle up and crossed over to opposite knee.

- Put the palm of the hand on the same side of bent knee and lightly push down, keep the other hand down on the side of the chair.

Snake Pose

- Sit at the edge of the chair with both feet planted on the ground, put arms straight out in front with palms down.
- Cross one leg over the other and try to tuck ankle behind the calf of the leg that is still touching the ground.
- Once legs are set, take arms that are outstretched and cross them at the elbows and bend them up to 90 degrees trying to also grasp fingers together so that your bottom hand is laced around the thumb of top hand.

Camel Pose

- Stand up and face the chair with feet shoulder-width apart.
- Bend over and put hands on the edge of the seat of the chair and keep back curved like a “C”.
- Let the head hang and relax.
- Adjust feet closer or further away from the chair as needed.

Lion Pose

- Sit on the chair with the back slightly away from the chair and feet flat on the ground.
- Place hands on tops of knees, push hands away on knees as head sinks down and back curves, allowing shoulders to separate.

Elephant Pose

- Sit on the chair with back against the back of the chair and feet flat on the ground.
- Bend over slowly allowing hands to drop to the floor and head to relax.
- Bend one elbow to grab on to the opposite elbow making a trunk with the hand dangling.
- Switch sides so each arm gets a chance to sway.

Activity Prompts for Reflection

- What is one way you limited your distractions and remained focused on this activity?
- What are some ways you like to calm down?
- What were some ways you reacted positively during this activity?

Other Ways to Play

- Play calming/relaxing music while students participate in different poses.
- Challenge students to create their own yoga pose and name and teach the group how to do it.

Additional Notes

- Let students know ahead of time that a chair is needed for the activity and make sure to have adaptations to poses available for students who may not have a chair.
- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

Downloads and Links

[Virtual SEL Activity Chair Yoga Poses](#)

Category

1. Activities
2. Self-Management

Sel-competency

1. Self-Management

Allotted-time

1. 20 minutes

Themes

1. Exercise