

# PSHE learning springboards

Pappus

## Yoga and Pilates

### Mindful exercise outdoors to manage complex feelings

**Aim:** Find calm and self-care through yoga or Pilates

**Resources:**

Yoga mats or a soft surface for seated poses; no resources required for standing poses.

Carry out research into introducing outdoor Yoga and Pilates sessions as part of PE and PSHE provision. 'Standing' yoga or Pilates poses also work well as 'settling' activities at the end of a play break or the 'daily mile' run that many schools take part in.

Age appropriate poses can be practised outside on mats, or simple sheets of plastic /old tarp cut to size. Alternatively, work through a series of standing poses as children line up at the end of breaktime.

If you chose a quiet place in a natural area, children can be encouraged to become aware of their own breathing, the planting, microclimate and ambient sounds around them, in silent contemplation.



Yoga for children



**More springboards:**

- PSHE Learning Springboard: Find time for Mindfulness

**Key vocabulary:**

Resilience, stress, stretch, anatomical terms

**Success criteria:**

- ✓ I know and can hold a few standing yoga poses.
- ✓ I can use yoga as a time to calm down and prepare myself for learning.

## Nature table

### Nature displays for inspiration, art and spirituality

**Aim:** Incorporate opportunities to explore the variety and wonder of plants into everyday life in the classroom.

**Resources:**

- Natural materials curated by pupils.
- Card to make labels for the objects.

**Activity:**

- Challenge children to find something interesting from the natural world to bring to school every week to keep in jam jars in the classroom.
- Set up a nature table for pupils to contribute to. Objects might be from their walk to school, somewhere they visited at the weekend or on holiday, or it could be collected from your school grounds.
- Caring for live specimens on the table is also instructive and can add pupils' engagement with nature.
- If you have a particular project, theme or topic that lends itself to reflection in nature, theme the nature table to support the learning.
- Use the table as an inspiration to link to a study of artists famous for their interpretations of nature, such as Andy Goldsworthy, Walter Mason, Claude Monet and Nils Udo.



**Success criteria:**

- ✓ I can express how nature makes me feel.
- ✓ I can explain how I appreciate the world around me and how the 'small things' in nature are important to the 'bigger picture'.

