**Project by Erna Udovič: Fairy joga**

|  |  |
| --- | --- |
| **Objectives** | **activities** |
| * To improve overall health
* To help children manage stress
* To foster a well balanced physical development (strength, flexibility, balance, motor skills, endocrine system, breathing)
* To offer a method of  self-discovery and help to develop his/her identity
* To improve self-esteem
* To create more harmonious relationships with others
* To give meaning to his/her actions
* To offer tools for personal growth
* To explore the idea of respect for self and others
* To show the importance of belonging to a group and integrating teamwork skills
* To develop self-control
* To encourage creativity and imagination
* To initiate children to yoga and to have fun doing it

    | TheGreetingto theSunThe 5 Tibetan poses yogaYoga on cards (making own cards, playing with cards, Conquering names of yoga pose, Kotiček jogaMaking new yoga posesYoga in pairsFairy :Smiling sun sees me, Making own fairyMaking yoga with other childrens (skype, etwinning), MassageMassage with massage ballsRelaxation, calmingchildren teach other kids yogaVisiting teachers of yogaConclusion march 2015: workshop with parents  |