**Project by Erna Udovič: Fairy joga**

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| **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 theSun  The 5 Tibetan poses yoga  Yoga on cards (making own cards, playing with cards, Conquering names of yoga pose,  Kotiček joga  Making new yoga poses  Yoga in pairs  Fairy :Smiling sun sees me,  Making own fairy  Making yoga with other childrens (skype, etwinning),  Massage  Massage with massage balls  Relaxation, calming  children teach other kids yoga  Visiting teachers of yoga  Conclusion march 2015: workshop with parents |