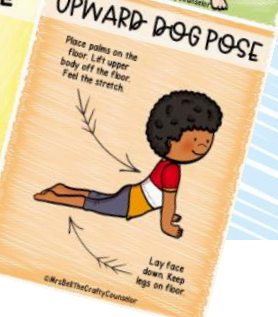
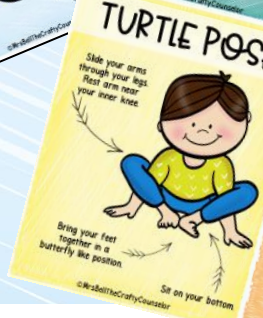
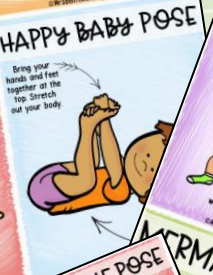
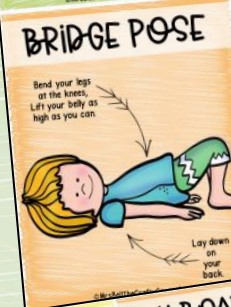


PEACE WEEK: ZEN CORNER

Set up your own
Yoga Based Calm
Down Corner



This resource includes all
that you need to make
your own Zen
Yoga Calm Down Corner

HOW I FEEL ACTIVITIES

YOGA POSE POSTERS

"FIND YOUR ZEN" BANNER

"FIND YOUR CALM" BANNER

STUDENT BOOK

DESK CHART

HOW DOES YOUR BODY FEEL?

Head Clouded
Thoughts Racing
Eyes Seeing Red
Uncomfortable
Ears Burning
Sweaty
Body Hot

PREVIEW

Less Shaky
Feet Kicking
Hands Fumbling
Sweaty Hands
Fists Clenched
Stomach Upset
Wanting to Vomit
Feet Stomping
Wanting to Run

DO YOU FEEL SIMILAR OR DIFFERENT?

HOW ARE YOU GOING TO CLEAR YOUR MIND?

PREVIEW

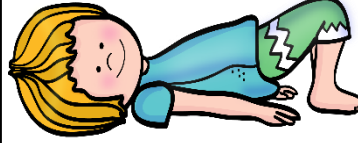
WHAT WOULD HELP YOU FIND YOUR ZEN?

WHAT WOULD HELP YOU FIND YOUR ZEN?



AIRPLANE POSE

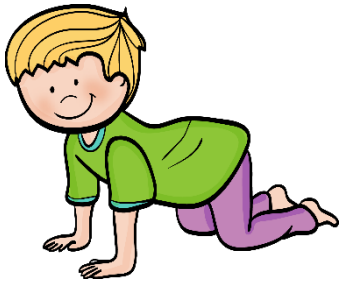
BOW POSE



BRIDGE POSE



BUTTERFLY POSE



CAT COW POSE

CHAIR POSE



CHILD'S POSE



COBRA POSE



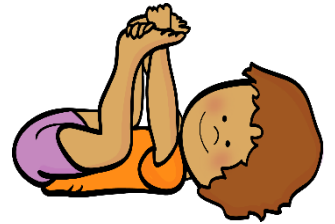
FROG POSE

FULL BOAT POSE



HALF PIGEON POSE

HAPPY BABY POSE



HORSE POSE

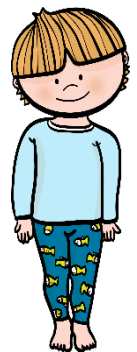


LEGS ON WALL POSE



MERMAID POSE

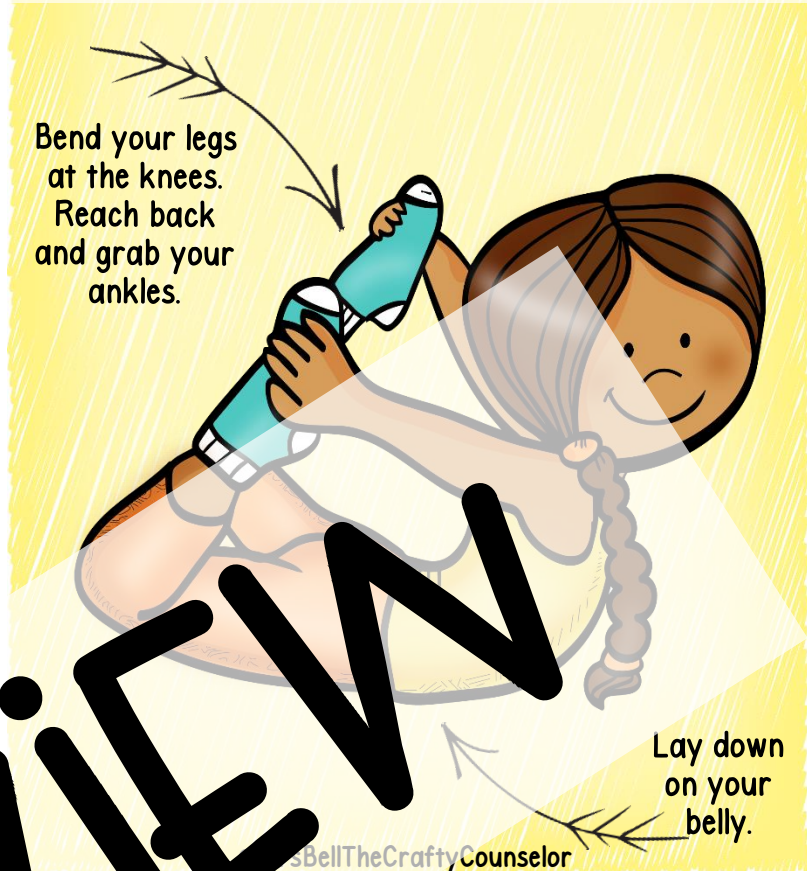
MOUNTAIN POSE



PREVIEW

AIRPLANE POSE

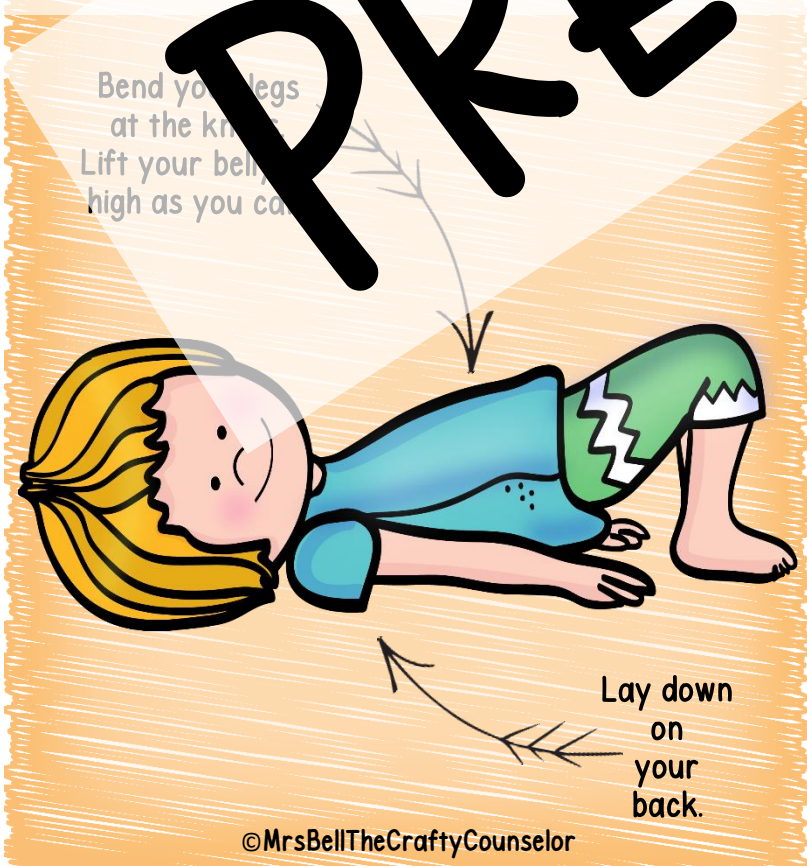
BOW POSE



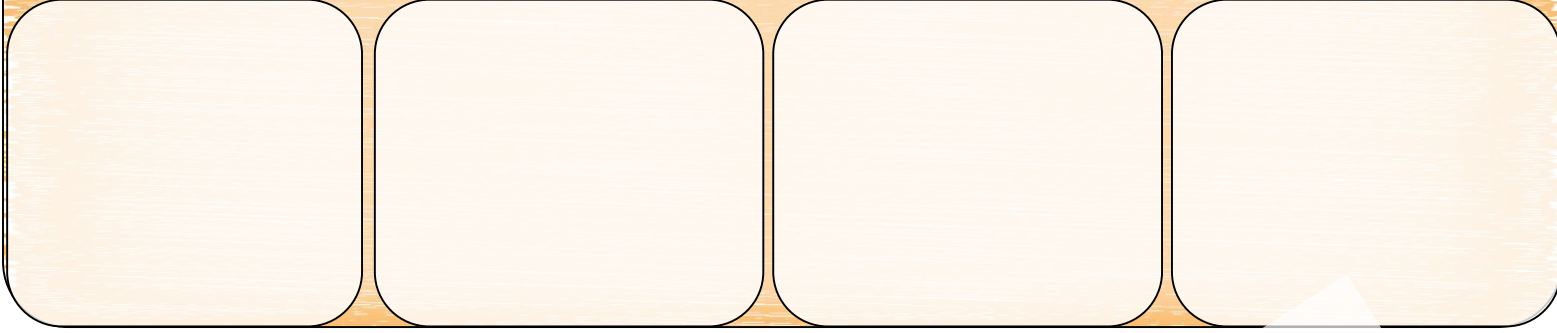
PREVIEW

BRIDGE POSE

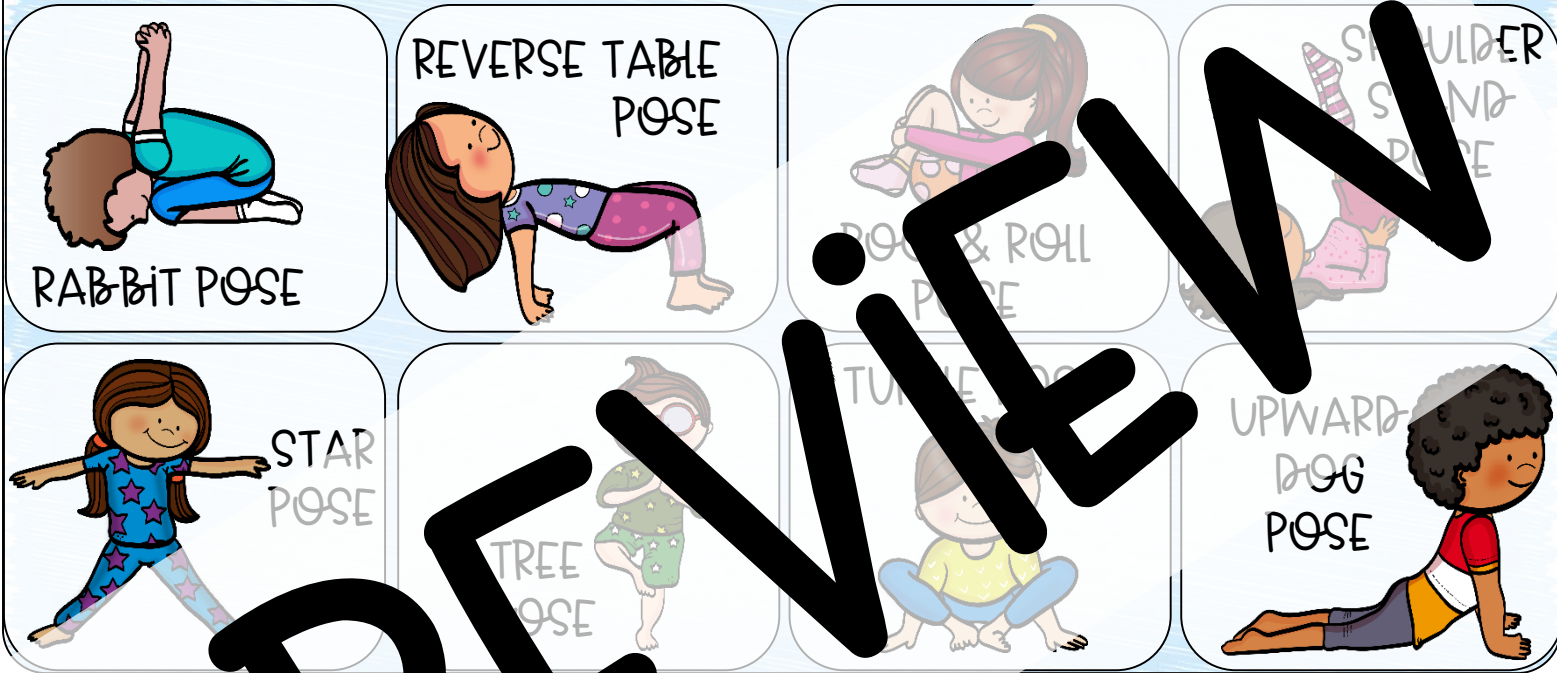
BUTTERFLY POSE



➔ FIND YOUR ZEN ←



➔ FIND YOUR ZEN ←



➔ FIND YOUR ZEN ←



AIRPLANE POSE



Mind clear and calm like airplane pilots in the sky!

Arms out wide to the side. Like an airplane!

Plant one foot to the ground. Stand strong and still, like a tree.

IMAGINE YOURSELF AS AN AIRPLANE.

UPWARD DOG POSE



Place palms on the floor. Lift upper body off the floor. Feet stretch

Lay face down. Keep legs on floor.

HOLD YOURSELF STEADY

WINDMILL POSE

Bend at the hips.

Raise arm high to the sky.



Reach down and rest hand on ankle.

REACH, STRETCH, ZEN

STAY CONNECTED:



Mrs. Bell

The Crafty Counselor

CREDITS:



Mrs. Bell

The Crafty Counselor