

# Get Ready At Home

Parent Guide #1

## The Get Ready Project



## Get Ready At Home Weekly Yoga Series- Spring 2021

*The Get Ready Project- YouTube*

Join us as we support our children, parents, teachers and friends in a daily movement yoga series to help prepare the brain and body for optimal learning and performance.

Many of us have been used to a daily yoga practice in our classrooms each morning. Our new Youtube series brings you new yoga sequences with familiar moves that can be accessed from your home each day.

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### GET READY

- Find a quiet space
- Ask family to join in
- Use a mat or small rug

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### DEVELOP A ROUTINE

- Try to practice at the same time each day

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### GO AT YOUR OWN PACE-

- Repeat each sequence daily, advance at your own pace

## Why The Get Ready At Home Yoga Practice matters.....

Yoga is a centuries old practice that helps prepare, organize and balance the body, the mind and the breath. The result is a more “ready” state for moving through and dealing with the demands of the day.

Our Get Ready At Home series provides yoga moves that are organized to include variations of basic postures as the program progresses weekly. Each week, 1-2 new 20 minute practices will be posted on The Get Ready project YOUTUBE. This series is sponsored by The NYC Department of Education and The Fund For Public Schools and provides a daily movement support for our students, staff and families during these times of distance or hybrid learning.

Yoga has been shown to support students and adults in many areas of functioning. These include feeling calm and alert. Physically the

practice supports being organized and coordinated in movement, building strength and endurance. In addition, the practice supports the ability to sustain attention, maintain a balanced level of energy and supports the ability to stay on task. Parents and students also report improved sleep patterns, reduced anxiety and more positive feelings overall. Our popular researched **Get Ready To Learn Yoga** program, used in many classrooms provides the inspiration for these 15-20 minute yoga sequences designed for home.

In order to achieve the most benefit from the program, it is recommended that you practice at the same time each day. Include “Getting Ready” in your schedule. Find a quiet space. Use a yoga mat or small rug to define the spatial boundaries. Stay quiet and ask family members to join in quietly. Let each member proceed at his/her own pace.

Parents, the benefits of yoga practice apply to you as well- so get on the floor and enjoy this special time with your children or teens to “Get Ready” each day.

### GET READY AT HOME: WHAT TO EXPECT

A basic yoga practice typically includes postures, breath work and deep relaxation.

Postures include flexion postures which are calming to both the body and mind, Extension postures which increase energy and alertness and rotation postures which are organizing for the body as well as the mind. Additionally, simple inversion postures (For example Downward Dog) stimulate alertness, muscle tone, body awareness, energy and sensory processing. The basic postures are a wonderful foundation for starting the day whether you are a preschooler, high schooler or adult. The pace is regulated to support breathing and cues are given to reinforce the rhythm of the movement with the breath.