

Ocean Breath Pose



Try this pose for one minute and observe how you and your students feel afterward.

ACTUAL SIZE
OF CARDS
(5x7)



O is for openness to new things.

O is for Ocean Breath

Verbal Cues

1. Stand in Mountain pose (or you can sit in a cross-legged position). Hold your arms out to the side, parallel to the ground. Breathe in 1-2-3 and breathe out 1-2-3.
2. Inhale through your mouth while you make the muscle at the back of your throat (glottis) tight. When you exhale (breathe out), keep this muscle tight. As you inhale, raise your arms above your head. On the exhale, lower your arms. Repeat.
3. You should hear your breath as you breathe both in and out. Your breath sounds like ocean waves, a scuba diver, or Darth Vader. Breathing like this will help you relax and stay focused.

Reading Readiness

Alphabetic Principle

What letter does the word *ocean* begin with?

What letter comes after the letter "o" in the word *ocean*?

Phonemic Awareness

If I say the sounds o-sh-i-n, what word am I saying?

What sound is at the end of *ocean*?

What sound is at the end of *breath*?

Syllable Segmentation

Say the word *ocean* and clap out the syllables. Now say how many syllables there are.

Rhyming

Say a word that rhymes with *ocean*.

Say a word that rhymes with *new*.



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Ocean Breath

Yes/No Questions

Have you been to a beach?

Have you ever been in the ocean?

Do you like going to the beach?

Do you feel relaxed breathing this way?

Early Skills

Point to your lips.

Point to your chin.

Point to your head.

Wh Questions

What sound does the ocean make?

What does swimming in the ocean feel like?

What clothes do you wear at the beach?

What things do you bring to the beach?

What changes at the beach every six hours?

What is land surrounded by water called?

Spatial Concepts

Where do seagulls fly in relation to your head?

What directions do your arms go in this pose?

Body Parts Used

What parts of your body are you using in this pose?

Put your hand on your tummy. What happens to your belly when you breathe in? Breathe out?

What body part helps you breathe?

Categorization

Name four things found at the beach.

Name three things you would bring to the beach.

What are three sports you can do in the ocean?

Name three oceans.

Attributes

How do waves sound?

What can float on top of the water?

What color is the ocean?

The last time you were in the ocean, how did the water feel?

Opposites

Some wave are _____, and some are _____.

Definitions

beach

parallel