



## **SUNDAY/HEBREW/DAY SCHOOL YOGA BREAKS**

BLISS, Song or Game, Mediation

### **SUGGESTIONS FOR A BLISS**

#### **Hebrew Heron**

"I saw a HERON speaking Hebrew on the way into class today. He really needed a haircut... I wish I had brought my SCISSORS with me. He was cruising around the beach where I was having a picnic. He tried to eat my SANDWICH. I was sitting at a picnic TABLE under a shady TREE.

#### **I Went to a Kibbutz**

"Did I ever tell you about the time I stayed on a Kibbutz? There was a big farm there and I had to PLOW the fields before I could watch TV (TV pose). My mom would say, '(Your name), it's time to PLOW the fields, stop watching TV.' So I would PLOW the fields, but I really wanted to come back and watch TV. (Do this over and over - it's fun!) When I was finished I would go out and play with my DOGGIE in the field. He only had THREE LEGS but he was a great doggie, and we had lots of fun together. Everybody WALK YOUR DOGGIE. Let's take a rest by the TREE."

#### **Ride Your Bumpy Camel Across the Negev**

Start in COW FACE and go for a camel ride through the desert viewing cool things: COBRAs, desert FLOWERs, etc. Make sure you bump around a lot or go from side to side across the desert.

Totally cool dismount to go the other way. "Look over there. I see bedouin DANCERS!"

#### **JEWISH FOOD**

Let's make some of our favorite Jewish foods. What are some of your favorites? Bagels are one of my favorites. Grab the ingredients and put

them in our bowl (legs wide, backs straight) Mix it all up, stir left then stir right. Ok, I think it's perfect. Let's roll out the dough- (TOOTSIE ROLL). What about Challah? This is a special bread that is braided. Let's braid our bread now. TWIST RIGHT, TWIST LEFT. Who likes Gefilte FISH? What do we eat when we have a cold (or anytime for that matter?) They call it the best medicine, matzo ball soup. Let's make our matzo balls! HUG KNEES and ROCK N ROLL 3 times and then roll right up to standing. You can invite the children to make up poses for some other favorite Jewish foods, such as: Blintzes, Kugel, Macaroon, Rugelach, etc.

### **OUR JEWISH HOME**

What Makes a Jewish Home Jewish? They are filled with things that have special meaning. Let's go on a scavenger hunt and see what we can find. (You can pass out little magnifying lenses.) The first thing I see is a mezuzah on the right side of the doorway. (HALF MOON both sides). It smells good from all the yummy cooking. Take a deep breath (PRANAYAMA), what do you smell? I see CANDLE sticks and a Kiddush Cup (BOAT) on the TABLE. In almost every Jewish home, if we look close enough (pick up your magnifying lens) we will find a drawer of yarmulkes (HERO POSE hands on head) from various celebrations. Last but not least, you'll find a tzedakah box to collect coins and give to charity. One of my favorites is sending money to plant TREES in Israel. Bring your hands to the heart WISHIN POSITION and let's send out wishes for peaceful and loving homes for all!

### **Noah's Ark**

"Have you heard the story of Noah and his ark? He built a BIG BOAT. He didn't build a sail boat (arms over your head). He didn't build a Kayak (paddle your arms). He didn't build a motor boat (kick your feet back and forth). He built a boat big enough to carry all of the animals on Earth, 2 by 2. What animals do you think he had on the Ark? DOG? CATS? COWS? Do you think he saw DOLPHINS swimming along side of his BOAT? What do you think Noah thought when he saw a dove with an olive branch? YES! There must be TREE nearby."

## **SUGGESTIONS FOR SONGS & GAMES**

### Songs:

- Jogging Through the Jungle
- The Yoga Slide
- This Little Light of Mine
- Yoga Nagila
- Yogi Shake
- Mashuguna Monkey

### Games:

- Toe-ga
- The Red Sea Parts
- I Went to Visit my Bubbe
- Yoga Nosh
- Red Light, Green Light, Tree / Adom Or, Yah-Rok Or, Etz
- Aleph, Bet: 4 Corners or 4 Poses
- Tushie Trot (hiney hustle)
- Sherlock Ommmmstein
- Joggin' Through Judea
- Zip, Zap, Zop
- Yoga Dreidel Game

## **SUGGESTIONS FOR BREATHING & MEDITATIONS**

### **Breathing**

- Aleph Bet Breathing
- Hoberman Sphere (*open the sphere as you inhale through your nose, close it as you exhale. If you have a large sphere, work as a group to open & close it together. If you have a small sphere, pass it around the circle & let each child try it 2 - 3 times*)
- Bumble Bee Breathing
- Bunny Breathing
- Shofar Blowing

## **Meditation**

- Have everyone lay on their tummy and gaze at a flameless candle while breathing deeply in through the nose and out through the mouth. Reflect on the beauty of the light.
- Shalom Begins With Me
- Beanie Baby meditation/Beanie on head
- Walking meditation, then a discussion...what did you notice? How can you use your 5 senses to connect with nature?