



Guidance for Teachers

Sustainability
first

nationalgrid



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Taking care of the planet and ourselves

Sustainability
first

Equipment:

- Device to play video

Main concepts:

- Exploring health and wellbeing through chair yoga
- Exploring mindfulness
- Exploring connections between the wellbeing of society and protecting the planet



Links to the Curriculum

- England

Physical Education: Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics.

Relationships and sex education (RSE) and health education: By the end of primary school, pupils should know:

- that mental wellbeing is a normal part of daily life, in the same way as physical health.
- the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
- simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.

- Scotland

Health and Wellbeing: I am learning skills and strategies which will support me in challenging times, particularly in relation to change and loss. HWB 2-07a

Health and Wellbeing: I am developing my understanding of the human body and can use this knowledge to maintain and improve my wellbeing and health. HWB 2-15a

- Wales

Physical Education: Pupils should be given opportunities to find out how exercise affects the body.

Step by Step Guidance:

- Explain to pupils the relationship between yoga and good health and wellbeing with protecting the planet:

"It can be easy to think we live alongside nature and that we get to benefit from all the gifts nature gives us, but as humans, we are a part of nature. We are as much a part of nature as trees and birds and butterflies. As we make plans to take care of the earth, we also need to take care of ourselves. Yoga is an ancient Indian practice that allows us to stretch our bodies and breathe deeply so that we can keep our blood flowing and our minds at peace. This will help us protect the planet as we will be healthy and strong!"

- Explain to pupils any terms written in the cheatsheet
- Choose to play either the 10 minute or 40 minute workshop by Annelise Piers
- 40 minute video includes longer pause times between positions and a beginning prayer adapted from Sanskrit
- The 10 minute video includes less time between poses and does not include a prayer at the beginning
- Support pupils to reflect on the activity as a group or individually:

"How did that make you feel?" "Why do you think yoga is beneficial?"

- Please feel free to submit pupils' questions or statements about in the uploader form [here](#). We will share pupils' thoughts at our June 15th pupils' assembly.



**Share with us
so we can
learn with you!**

Have a question or comment about yoga and wellbeing? Make sure to upload your question or comment [here](#) so we can learn with you and share your ideas widely with experts at our June 15th pupils' assembly!