

Sea creature yoga



Three ways to breathe

We need to be relaxed when in the water, and breathing can help. There are different ways to do this, here are some that you can try with your young people:

Trickle breathing

Blowing bubbles gently and continuously under water.

Nasal breathing

Humming under water – means air goes down the nose and water does not go up.

Explosive breathing

Full submersion, breathing out under water all in one go or blowing a ball across the surface of the water.

These yoga stretches and warm-up exercises will help to make sure you're water-ready

Encourage your young people to think about the rising problem of plastic in our oceans and how this might affect the sea creatures who live there. For example, turtles often mistake carrier bags for their favourite food (jellyfish) and end up full of plastic.

Suitable for all

Instructions

1 Explain to your young people that you will all be doing some yoga poses that will help them to stretch and warm up before swimming.

2 Before starting, make sure that everyone knows that we're all different, and they should not stretch beyond what is comfortable for them. There are different stretches for different requirements and abilities.

3 Lead your group in the poses on this page to get them ready to go in the water.



Pufferfish

■ Either lying down on your back, flat on the floor, standing up or sitting down, take long, deep breaths, puffing out your tummy as you fill your lungs with air. Then let the air out slowly. Yogic breathing means breathing in slowly for three counts, then breathing out slowly for four.



Turtle

■ Sitting on the floor with your legs stretched out in front of you, bend the knees slightly as you lean forward. Put your arms between your knees then hook them underneath. If it's comfortable, gently straighten your arms and legs, with your arms still underneath and reaching out away from you. Stay in the position for a few breaths, then slowly come out of the pose. Repeat a few times.



Jellyfish

■ Standing up, straighten your shoulders and imagine a thread pulling your head up to the sky. Slowly go into a forward bend by folding over at the hips. Relax your torso, and swing your arms gently from side to side like a jellyfish's tentacles.



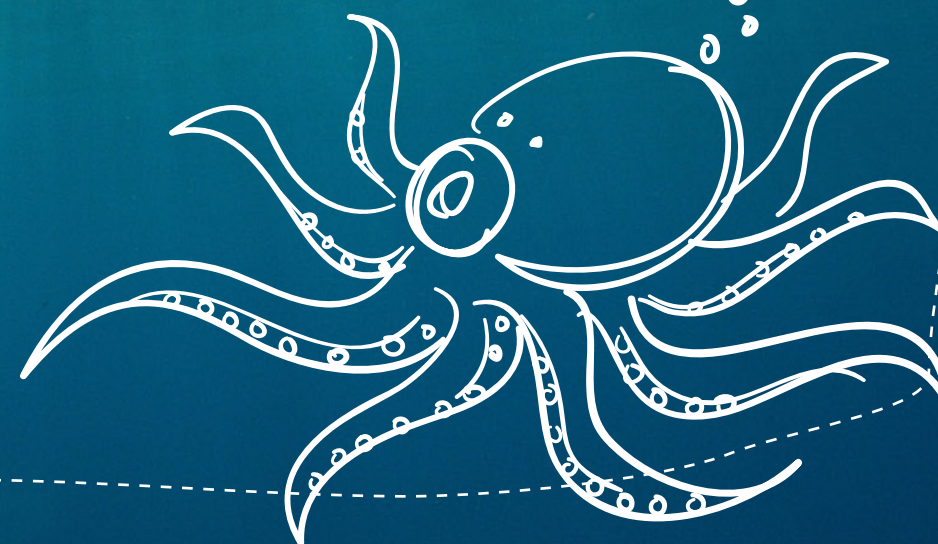
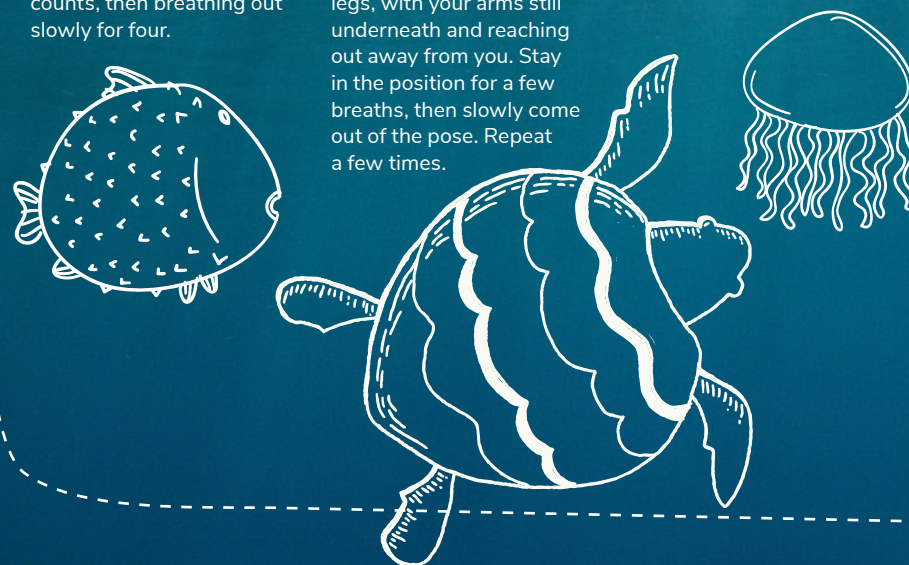
Whale

■ Lie down on your front, bend your knees behind you, then slowly and carefully reach behind you with both hands. Stretching back gently, firmly take hold of your feet between the ankles and toes. Hold for a few yogic breaths, then gently release your feet to the floor. Repeat a few times.



Octopus

■ First, get into the Lotus position by sitting on the floor and crossing your legs. If it's comfortable, place one of your feet on top of the opposite thigh (different people find one leg easier than the other, so try both). Then gently wave your arms up and down at your sides. Repeat a few times.



Time needed 20 minutes

Badges



STA partners the Swimmer Staged Activity Badge

Partner



Outcomes

By doing some yoga stretches inspired by sea creatures, the young people will warm up in preparation for swimming activities, and learn the importance of preserving the future of underwater ecosystems.

More information

For more badge resources, activity sheets and safety guidance visit: scouts.org.uk/supporters/sta.

