

Mini Me Yoga at EMPS



This week teachers received training in Mini Me Yoga, to help support the Schools' continuing work in developing positive mental health and well-being. EMPS is one of the first schools in the East Midlands, to have staff trained in Yoga to support our learning and provision, so we are very excited to be starting this innovative programme. Children will start 15 minute Yoga sessions, as part of our PE and PSHCE curriculums. Children will also learn strategies that they can use at any time to support their positive mental health and well-being and help to improve behaviour, concentration and focus.

Using yoga poses and play, children will develop fundamental movement skills such as agility, balance and co-ordination in a fun and easy method. Yoga sessions will benefit children at EMPS in many ways including:

- To move confidently & safely in their own & general space
- Perform movements using a range of body actions & parts
- To recognise how their body feels when still & exercising
- Be aware of emotions, thoughts and feelings
- Awareness of words, vocabulary and how that affects our environment and physical ability.
- Learning how to connect, bond and have respect to each other, the world around us and our own personal body

Mini Me Yoga is a fully inclusive programme and will support pupils from Foundation Stage to Year 6. We will be sharing our Yoga journey in the coming months and look forward to further adding to our well-being programme in the future.



