

ACTIVITY: CHECKING THE FISHNET YOGA

1. Instructors – watch the video [Yoga Instructions - Checking the Fishnet](#) before you run the session with students.
2. This yoga practice can be done with or without the video to support the practice.
3. Ensure that you have a copy of the yoga terms in the language found at the end of the instructions. Download a copy from below.
4. Go the website to launch the [Checking the Fishnet](#) yoga video (if using.)
5. Have students sitting on their chairs with enough space to spread their arms out in all directions and their feet flat on the floor.
6. Play the video and follow along doing the yoga in the language. Sequence is 1 minute and 45 seconds in length (1:45).
7. Repeat the sequence several times if desired.
8. This activity could be done each morning for a week building students' vocabulary around checking the fishing net.
9. Additional sequences can be added once students are comfortable with the basic sequence.

How To:

1. Before starting the video have the students place their hands on their heart and say “**my heart.**” Instruct them to take deep breaths, slowly inhaling and exhaling. Ask the students to notice how their heart rises when they inhale and falls when they exhale. Once they have completed 5-10 breaths, have them students repeat “**my heart**” before moving to step 2.
2. “**Paddle the canoe**”, Inhale raise arms like you're holding a paddle, exhale paddle the water, repeat the actions on this side 2 – 3 times. Repeat on the other side 2 – 3 times.
3. Inhale arms out wide. Keeping arms long exhale hands together in front of you “**I see the fish**” and make the fish swim. 1x.
4. Inhale sitting tall in your seat, exhale twist to one side “**check the net**” and grab the net with both hands, inhale twist back to the center bringing the net with you, repeat 2 – 3 times and do on the other side.
5. Inhale sitting tall with elbows bent at 90 degrees and palms facing down. Keeping your elbow bent, exhale “**cut the fish**”, taking your right palm out to the right side. Inhale back to center. Repeat on the other side. 1x.
6. Begin with palms face down on your lap. Inhale raise arms up above head, bending wrists once

arms are fully extended **“hang the fish”**. Exhale bending elbows, place palms back in lap.

Additional (not in video):

1. After the initial **“my heart”** sequence point hands to one student and say **“your heart.”**
Depending on the size of the group you could do this back and forth with each student. Then have students look at another student and say **“your heart.”** Finally, look around the group and say **“your heart.”**
2. At the end of the **“hang the fish”** sequence, with palms facing up in your lap, inhale raise one hand to your mouth and **“eat the fish”**. Exhale hand back to lap and repeat on the other side. Alternate between sides 1 – 3 times.
3. Place both of your hands on your belly. Inhale stretch one arm up to the sky and with a quick powerful breath bring the hand back down and rub your belly **“it is good”**. Then switch sides. Repeat 1 – 3 times on each side.