

YogaBugs at The Godolphin Junior Academy

At The Godolphin Junior Academy, we use an online programme called YogaBugs to deliver yoga and mindfulness. We have a weekly YogaBugs session in all classes throughout the school as there are many emotional and physical benefits, such as improving concentration and listening skills, improving healthy sleep patterns, strengthening muscles and improving respiratory and circulation.

We have carefully mapped out the YogaBugs sessions for the academic year:

Autumn 1

- Week 1 – Yoga for Happiness
- Week 2 – Finger Breathing
- Week 3 – Yoga – Energy
- Week 4 – Visualisation - Mindful
- Week 5 – Yoga – Mindful Movement
- Week 6 – Visualisation – Balloon

Autumn 2

- Week 1 – Yoga – Our Planet – Reduce, Reuse, Recycle
- Week 2 – Yoga to Improve Balance
- Week 3 – Anti-Bullying Week Yoga
- Week 4 – Yoga - Understanding Sadness
- Week 5 – Christmas Star Breathing
- Week 6 – Yoga – Thankful

Spring 1

- Week 1 – Belly Breathing
- Week 2 – Yoga to Build Core Strength
- Week 3 – Visualisation – Elephant
- Week 4 – Yoga – Our Planet – Water Pollution
- Week 5 – Visualisation - Springtime
- Week 6 – Visualisation – Silver Staircase

Spring 2

- Week 1 – Yoga – Our Planet – Air Pollution
- Week 2 – Visualisation – Magic Carpet
- Week 3 – Yoga – Anger
- Week 4 – Visualisation - Space
- Week 5 – Space Breathing
- Week 6 – Yoga – Spring

Summer 1

- Week 1 – Stretch routine
- Week 2 – Yoga - Understanding Anxiety
- Week 3 – Visualisation – Peaceful Butterfly
- Week 4 – Yoga for Happiness
- Week 5 – Balloon and Colour Breathing
- Week 6 – Visualisation – Rainbow

Summer 2

- Week 1 – Yoga for Runners
- Week 2 – Visualisation – Loving Your Body
- Week 3 – Yoga for Swimmers
- Week 4 – Visualisation – Thankful Turtle
- Week 5 – Yoga for Cyclists
- Week 6 – Chair Yoga

Optional extra lessons:

1. Visualisation – Treehouse
2. Visualisation – Heart
3. Visualisation – Shell
4. Visualisation – Magical Rainbow Waterfall