

International Yoga Day

LEARNING OBJECTIVES

- Learning about the importance of yoga in maintaining physical fitness and mental well-being.
- Understanding how yoga promotes unity, peace and balance in life.
- Reading and reciting the poem with the correct rhythm and emphasis.
- Answering questions on the poem.
- Learning words, meanings, spellings, pronunciation, rhymes.
- **Outcome:** Understanding how yoga contributes to physical and mental health.
- Understanding yoga as a unifying practice across different cultures.
- Learning to pronounce perfectly by reciting the poem.

Read and Understand	<ul style="list-style-type: none"> ➤ This poem by Nathaniel B. highlights the significance of International Yoga Day and the benefits of yoga. It portrays yoga as a practice that unites people globally and promotes inner peace. ➤ Read aloud and enjoy the rhythm, rhyme, and meaning of the poem. ➤ Explain the poem clearly to students so they understand how yoga connects body and mind, fosters harmony and brings together people from different cultures. ➤ The poet describes yoga postures that symbolise balance and strength. ➤ International Yoga Day is celebrated on 21 June every year after being recognised by the United Nations in 2014. ➤ Yoga is a practice that enhances physical fitness and mental well-being. People of all professions and countries benefit from yoga, including athletes, students, and working professionals. ➤ The poem beautifully captures the essence of yoga and how it connects people worldwide. ➤ Discuss the exercises and ask the students to answer them orally, before writing the answers down. ➤ Ask them to learn the poem and recite it correctly in turns in the class. Correct them where necessary.
Word Power	<ul style="list-style-type: none"> ➤ Exercise A: Ask the students to do this exercise with their partners. ➤ Announce the answers or write the words associated with yoga on the board and the students can check their work.
Appreciating the Poem	<ul style="list-style-type: none"> ➤ Exercise A: Discuss the exercise and then let the students do it on their own. ➤ Announce the answers and the students can check their work. ➤ Exercise B: Explain, and then let the students can do this exercise on their own.

<ul style="list-style-type: none"> ➤ Exercise A: Make groups of 10 students and do the yoga exercise mentioned. ➤ After doing the exercise, ask the students to discuss and share their experience with the class. ➤ Exercise B: Let the students write a paragraph about their experience of doing the yoga exercise and read it aloud in their group. 	Project Work/ AIL Activity
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