



# Relaxing Rudolph



**Chill with Chester**

**3-10 minutes (level dependent)**

## Instructions

Space is required for this activity. Teachers guide pupils through a range of different poses spelling out the acronym RUDOLPH, helping pupils to bring awareness to their breath, whole body and helping to clear their mind and relax. See our activity example sheet for more information on each pose.

## Health & Safety

- Ensure floors are clear of trip hazards before taking part in any activity, especially if taking place in an assembly hall or sports hall
- Remind pupils of their own spatial awareness
- Ensure pupils know who to tell if they feel unwell while exercising
- Give clear instructions

## Teacher Tips

Suitable for all ages.

Foundation: hold each pose for 20 seconds (10 seconds per leg if alternating between them)

KS1: hold each pose for 30 seconds (15 seconds per leg if alternating between them)

KS2: hold each pose for 40 seconds (20 seconds per leg if alternating between them)

Give your pupils lots of encouragement along the way and show them how to achieve each pose before they attempt

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Ask the pupils to find a space where they have room around them to sit, stand, stretch and lie down. Guide the pupils through each yoga pose using the lesson plan to adjust the time the pose is held for (dependent on class).

**R**elaxing elf



**U**p high



**D**ownward elf



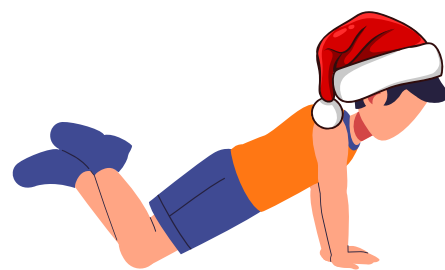
**O**ne legged prayer



**L**unge



**P**lank



**H**eroic elf



Chest  
Heart &  
Stroke



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Additional instructions to help explain each yoga pose to the pupils

## Relaxing elf

- Sit on the floor with your back straight
- Place your legs like they are crossed but instead of crossing them, place your feet together instead
- Touch your hands to your feet and relax
- Focus on your breath and hold this pose for your allocated time

## Up high

- Stand up straight
- Place your arms up above your head and reach towards the sky
- Focus on your breath and hold this pose for your allocated time

## Downward elf

- Stand up straight to begin
- Then, place your hands out in front of you on the ground with your back straight
- Bend your knees if it is easier
- You should appear in a triangle shape now (see image)
- Focus on your breath and hold this position for your allocated time

## One legged prayer

- Stand up straight
- Take one leg and place your foot on the side of your knee
- Hold your hands in a prayer position to help with your balance
- Focus on your breath and hold this pose for the allocated time. Remember to do this for both legs

## Lunge

- Stand up straight
- Place one leg out in front of you in a lunge
- Let the other leg remain in place behind you and feel a stretch in your forward leg
- Raise your arms up above your head and hold
- Focus on your breath and hold this pose for the allocated time. Remember to do this for both legs

## Plank

- Lie down on the floor with your belly on the ground
- Place your hands in front of you and push yourself up keeping your knees on the floor for balance
- For KS2 to make it harder: pupils can do plank as normal with feet on the floor (knees off the floor)
- Focus on your breath and hold this pose for your allocated time

## Heroic elf

- Sit on the floor with your feet underneath your bottom
- Rest your arms on your legs and keep your back straight
- Feel the stretch
- Focus on your breaths and hold this pose for your allocated time

