



*The postures and sequences in our Get Ready Breaks help to improve function and readiness, build body awareness and organization, promote calm feelings and a balance of energy. To maximize the benefits of the program we recommend the following:*

**To Get Ready** establish a daily Get Ready routine. This helps children to know what to expect and when. Routines help us to feel safe, organized and able to anticipate the schedule of the day.

1) **Set up a space:** If you do not have a yoga mat you can use a small rug or towel to designate the space the student will use. This helps to define boundaries. We encourage adult family members to participate and model the moves alongside their child on their own mat/towel.

2) **Choose a sequence:**

**“Get Ready for the Day/Ready 1”** - This sequence begins in sitting and progresses through a series of familiar seated poses and progresses to a short standing series.

**“Get Ready to Excel/Ready 2”** - Begins in standing with a series of standing forward bends to help wake up the body and brain and progresses down to the mat. This sequence can be very helpful for students who are slow to wake or who lack energy

**“Get Ready for Homework/Ready 3”** - This series helps to organize the body and brain and can be helpful for increasing alertness.

**”Get Ready to Relax/Ready 4”** - This practice offers calming and connecting postures and is helpful for a variety of students.

**“Get Ready for Bed/Ready 5”** - This grounded series is appropriate to help relaxation, reduce anxiety or to prepare for bed.

3) **Get Quiet:** This is the hard part. There should be NO TALKING during the sequence. Let your child follow to the best of his/her ability and give a few days for him/her to practice the moves without giving physical assistance.

4) **Close the Practice:** After the movement series, ask your child if they would like to sing the Get Ready To Learn song. This back and forth song is one we sing at the end of our practice. If your child would prefer, or doesn't know the song, you may sing a song of their choice or practice the breathing meditation instead.

5) **Transition:** Once you have finished, ask your child to roll their mat or towel and put it away before they begin their next task.

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