

## OOPA'S WORKOUT EXERCISES

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- **Angry** - Chair Pose
- **Calm** - Standing Posture
- **Confident** - Jumping Jacks
- **Courage** - Bird Pose
- **Empathy** - Standing March
- **Frustrated** - Squat Boxing
- **Grateful** - Sun Salutation
- **Happy** - Jump Squats
- **Perseverance** - Planks
- **Respect** - Standing Leg Lifts
- **Safe** - Back Rolls
- **Worry** - Tree Pose

# PHYSICAL EXERCISE GUIDE - OOPA'S WORKOUT

## ANGRY

**DEFINITION:** Having a strong feeling of annoyance, displeasure, or hostility

**EXERCISE** Chair Pose

**TARGET** Thighs

### STEPS

1. Stand in NaliniKIDS posture
2. Bring your feet together
3. Bring your palms together
4. Roll your shoulders back and down
5. Bend your knees and sink your hips down like you're sitting into a chair
6. Keep your shoulders back and down, head in line with the spine
7. Drop your hips a bit lower, as you press more weight into the back of your heels
8. Hold this position for 10 seconds, feeling the heat in your thighs
9. Release the hold: drop your head and touch your fingertips to the floor for 5 seconds

### SEQUENCE

- 10 second hold
- 5 second release

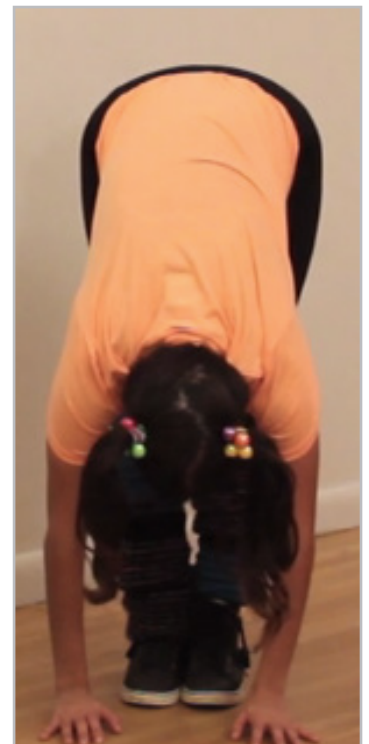
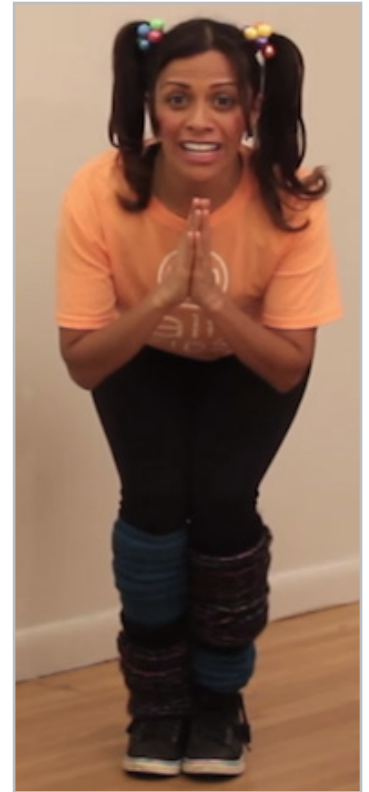
### COMMON PHYSICAL ISSUES

Knee discomfort or pain

### MODIFICATION

Separate your feet hips width apart

Reduce the bend in your knees and make sure your weight is in the heels of your feet



# PHYSICAL EXERCISE GUIDE - OOPA'S WORKOUT

## CALM

**DEFINITION:** Pleasantly free; peaceful and not disturbed

**EXERCISE** Standing Posture

**TARGET** Breath/Posture/Mindfulness

### STEPS

1. Stand in NaliniKIDS posture
2. Bring your feet together and roll your shoulders back and down
3. Close your eyes
4. Bring your palms together in front of your chest, or place your palms at your sides
5. Breathe: inhale for 3 counts, exhale for 3 counts
6. Focus on your breath, stillness, and reflection
7. Open your eyes
8. Release: expel an “ahhhhh” sound for 3 counts

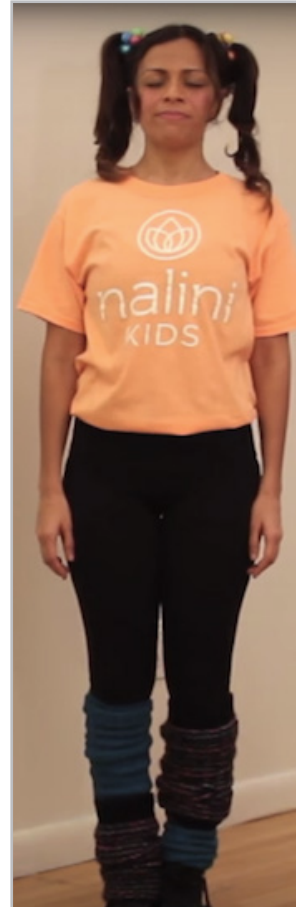
### SEQUENCE

- 3 sets of breath: inhale for 3 counts, exhale for 3 counts
- 2 sets of release: expel “ahhhh” sound for 3 counts

**NOTE:** Teachers are free to engage in a few minutes of silent or guided relaxation

**A few questions for students to answer silently in their heads could be:**

- Reflecting on the work you did/are about to do today, do you feel accomplished/ready?
- Do you feel aware of your body?
- Can you hear your breath? The sounds of other students breathing in the room?
- What sounds do you hear?
- Do you feel confident in your alignment?
- Can you quiet your mind chatter and be present?



# PHYSICAL EXERCISE GUIDE - OOPA'S WORKOUT

## CONFIDENT

**DEFINITION:** Belief in oneself and one's powers or abilities; self-confidence; self-reliance

**EXERCISE** Jumping Jacks

**TARGET** Total Body/Cardio Burst

### STEPS

1. Stand in NaliniKIDS posture
2. Bring your feet out wider than your hips
3. Extend your arms to the ceiling, palms together above your head
4. Jump your feet together, arms down by your sides
5. Jump back into the original position with your feet apart, clapping your hands above your head
6. Repeat 10 times
7. Release: stand tall with your feet together, arms above your head, palms together
8. Hold for 5 seconds and breathe

### SEQUENCE

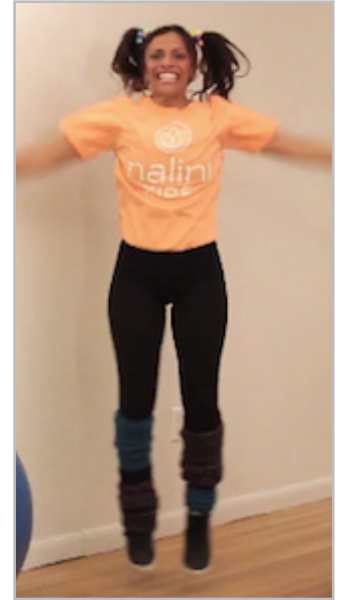
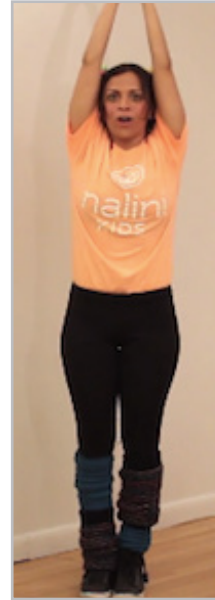
- 10 jumping jacks
- 5 second release

### COMMON PHYSICAL ISSUES

Knee discomfort or pain

### MODIFICATION

March in place, swinging your arms



# PHYSICAL EXERCISE GUIDE - OOPA'S WORKOUT

## COURAGE

**DEFINITION:** The ability to do something that frightens; strength in the face of adversity

**EXERCISE** Bird Pose

**TARGET** Total Body/Core/Alignment

### STEPS

1. Stand in NaliniKIDS posture
2. Keep your feet hips width apart and parallel, hands on your hips
3. Step forward with your right leg
4. Lean forward with a flat back and bend your right knee
5. Lift your left leg up off the floor behind you, keeping your left leg straight
6. Reach your arms back, like a bird, with your palms toward the floor
7. Hold for 5 seconds
8. Repeat on the other side (right leg off the floor)
9. Release: step back with your left leg, right knee bent
10. Raise your arms to the ceiling, palms facing in
11. Repeat release on the other side (right leg back)

### SEQUENCE

- 5 second hold, left leg lifted
- 5 second hold, right leg lifted
- 5 second release, left leg back (warrior pose)
- 5 second release, right leg back (warrior pose)

### COMMON PHYSICAL ISSUES

Imbalance

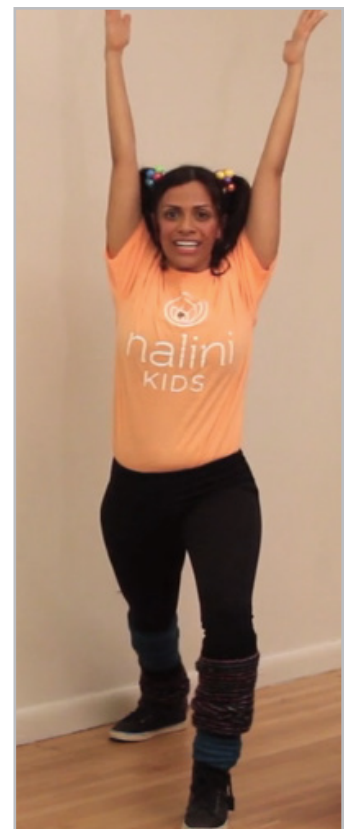
Frustration

Tight hamstrings

### MODIFICATION

Lower your elevated leg toward the floor

Put a chair or desk in front of you and hold on for balance



# PHYSICAL EXERCISE GUIDE - OOPA'S WORKOUT

## EMPATHY

**DEFINITION:** The ability to understand and share the feelings of another

**EXERCISE** Standing March

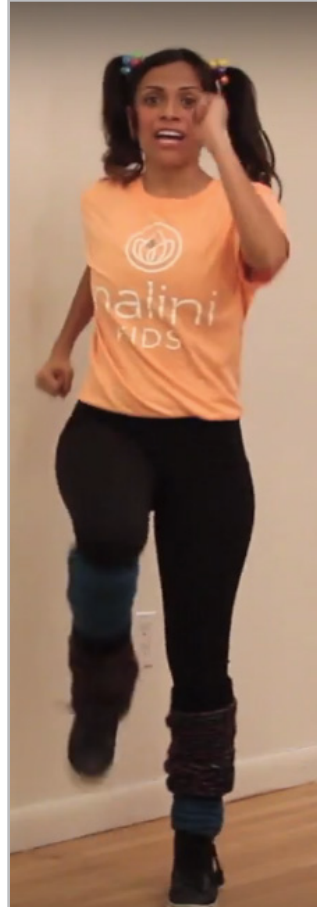
**TARGET** Total Body/Warm-Up

### STEPS

1. Stand in NaliniKIDS posture
2. Raise your right knee up toward your chest and then lower your leg back down
3. Repeat on your left side
4. Continue marching and add bent arms to the movement
5. Reach your arms up toward the ceiling and pull your elbows down as you lift your knees
6. Breathe deeply as you march for 10 seconds
7. Release: hands on your hips, lift your right leg off the floor and circle your right ankle for 5 seconds
8. Repeat the release with your left ankle

### SEQUENCE

- 10 second march (approx. 10 marches)
- 5 second release, right ankle
- 5 second release, left ankle



### COMMON PHYSICAL ISSUES

Incorrect posture  
Lack of coordination

### MODIFICATION

March in place only and don't lift your arms with your legs



# PHYSICAL EXERCISE GUIDE - OOPA'S WORKOUT

## FRUSTRATED

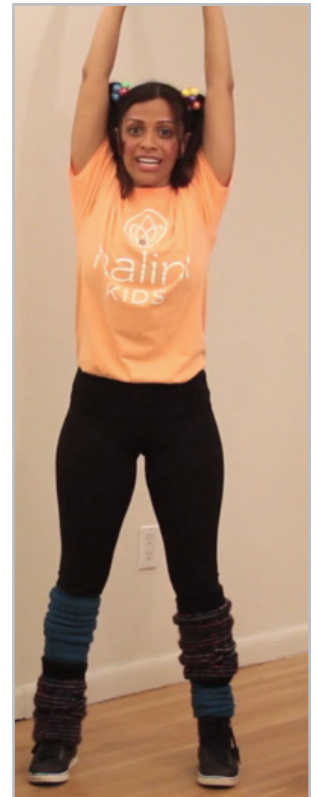
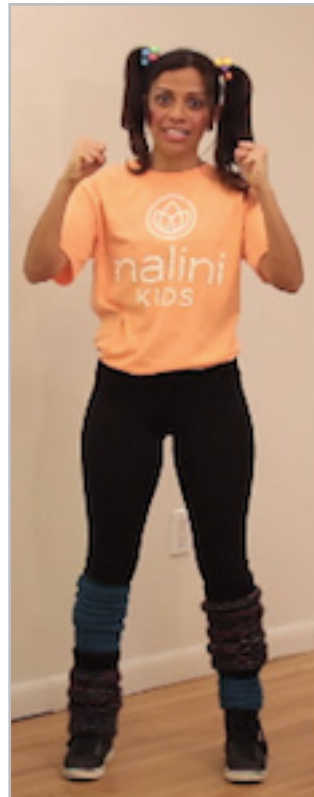
**DEFINITION:** Feeling or expressing distress and annoyance

**EXERCISE** Squat Boxing

**TARGET** Total Body/Cardio Warm-Up

### STEPS

1. Stand in NaliniKIDS posture
2. Separate your feet wider than your hips
3. Bend your elbows and make fists with your hands
4. Start to box: twist your upper body towards the left side, punching your right arm across your chest to the left
5. Twist to the other side, punching your left arm across to the right side
6. Continue boxing for 10 reps, making sure to keep your knees bent as you twist
7. Repeat, this time speeding up your pace (but maintaining your form!)
8. Release: interlace your fingers and reach your arms up to the ceiling
9. Roll your shoulders back and down; breathe, holding this position for 5 seconds



### SEQUENCE

- 10 reps
- 10 reps, faster pace
- 5 second release

### COMMON PHYSICAL ISSUES

Knee/ankle discomfort or pain

### MODIFICATION

Maintain the slower boxing pace and don't speed up during the sequence, and/or skip the twisting

# PHYSICAL EXERCISE GUIDE - OOPA'S WORKOUT

## GRATEFUL

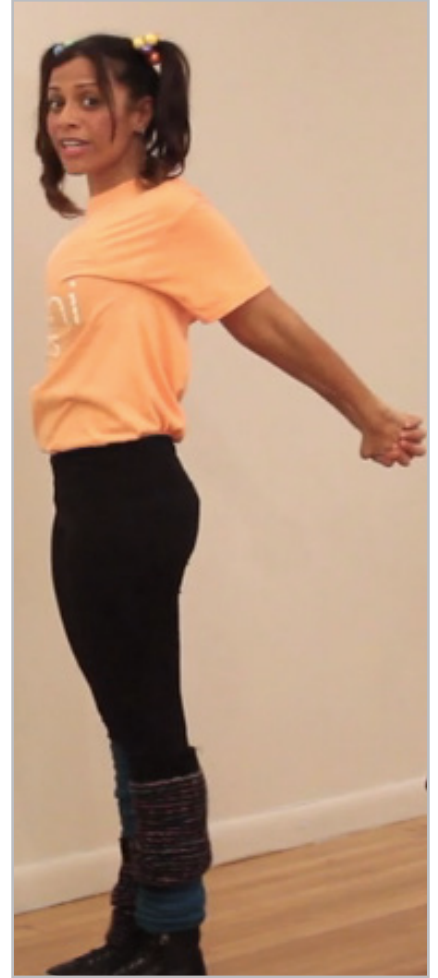
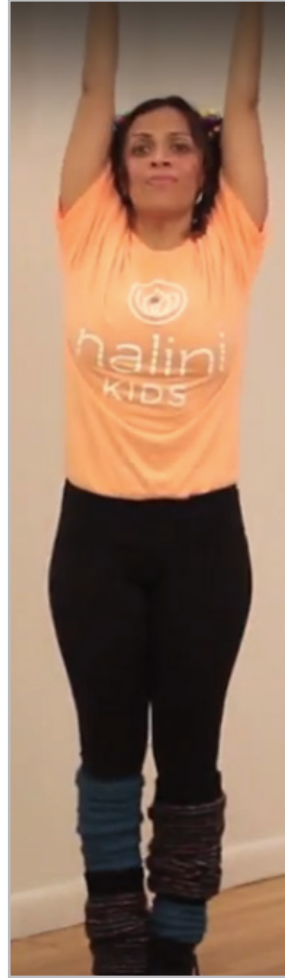
**DEFINITION:** Feeling or showing an appreciation of kindness; thankful

**EXERCISE** Sun Salutation

**TARGET** Total Body/Warm-Up

### STEPS

1. Stand in NaliniKIDS posture
2. Bring your feet together
3. Inhale as you turn your palms in and fly your arms above your head
4. Exhale as you turn your palms out and fly your arms back down to your sides
5. Repeat this inhalation/exhalation movement 3 times
6. Release: interlace your hands behind you, keeping your shoulders down as you reach your knuckles toward the floor
7. Reach your arms up behind you, hands interlaced, puffing your chest forward
8. Hold for 5 seconds



### SEQUENCE

- 3 reps
- 5 second release



# PHYSICAL EXERCISE GUIDE - OOPA'S WORKOUT

## HAPPY

**DEFINITION:** Feeling or showing pleasure or contentment

**EXERCISE** Jump Squats

**TARGET** Total Body/Cardio Burst

### STEPS

1. Stand in NaliniKIDS posture
2. Step your feet out into a wide second position, feet wider than your hips
3. Bend your knees and drop your hips into a squat (don't allow the knees to go over the ankles)
4. Place your palms together in front of your chest
5. Jump high off the ground, as you spring your toes off the floor and extend your arms up toward the ceiling
6. Land in the original wide low squat position, with your palms together in front of your chest
7. Repeat 10 times (10 jumps)
8. Release: stand tall, feet together, hands by your sides for 5 seconds

### SEQUENCE

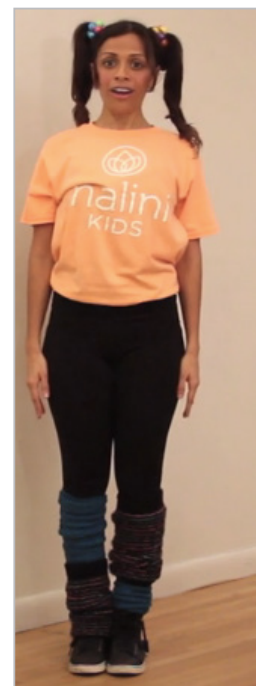
- 10 jump squats
- 5 second release

### COMMON PHYSICAL ISSUES

Knee discomfort or pain

### MODIFICATION

Do 20 deep pliés/squats (skip the jumping)



# PHYSICAL EXERCISE GUIDE - OOPA'S WORKOUT

## PERSEVERANCE

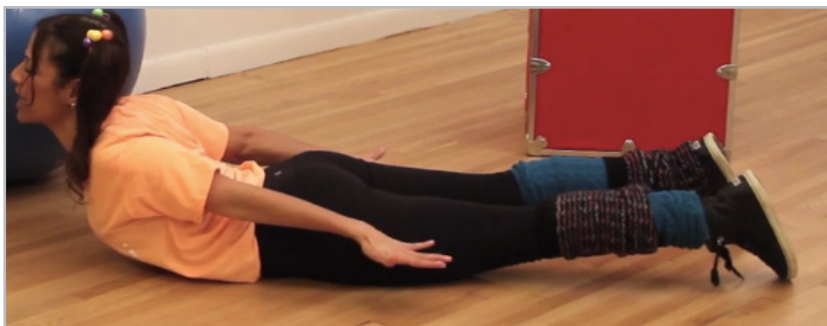
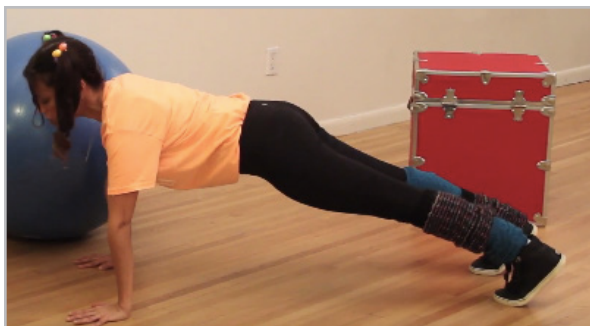
**DEFINITION:** Steadfastness in doing something despite difficulty or delay in achieving success

**EXERCISE** Planks

**TARGET** Core/Shoulders

### STEPS

1. Stand in NaliniKIDS posture
2. Come down to your hands and knees, keeping your hands wider than your shoulders
3. Curl your toes under and lift your whole body up into a plank position, keeping your hips low and your head up
4. Push away the floor with your palms, holding this position for 10 seconds
5. Lower yourself down to the floor
6. Release: reach your arms straight behind you, palms facing the floor
7. Lift your chest up, keeping your arms back (like you're flying!)
8. Hold this release for 5 seconds



### SEQUENCE

- 10 second plank
- 5 second release

### COMMON PHYSICAL ISSUES

Wrist discomfort or pain

### MODIFICATION

Turn your palms out — if the pain persists, do the plank on your forearms instead

# PHYSICAL EXERCISE GUIDE - OOPA'S WORKOUT

## RESPECT

**DEFINITION:** A feeling of deep admiration for someone or something

**EXERCISE** Standing Leg Lifts

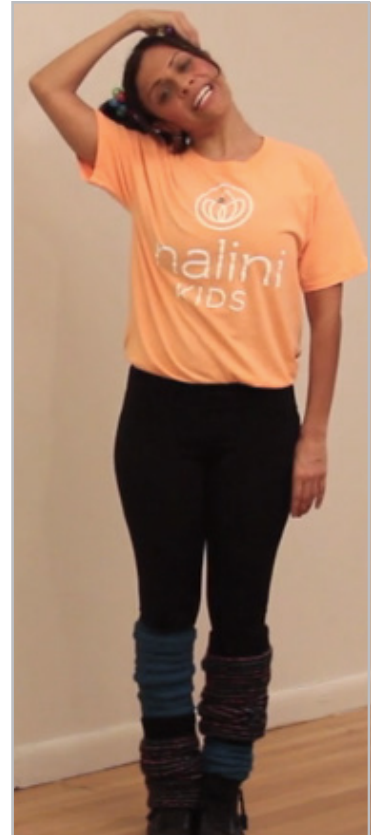
**TARGET** Thighs/Balance

### STEPS

1. Stand in NaliniKIDS posture
2. Bring your feet out wider than your hips, hands on your hips
3. Step forward with your right leg, right foot flexed
4. Bend your left knee to help with balance; standing tall, lift your right leg up and down 5 times, keeping the foot flexed
5. Repeat on the other side, lifting your left leg up and down 5 times
6. Release: drop your head to the right, place your right hand on your head to stretch your neck, and hold for 5 seconds
7. Repeat neck release on the other side

### SEQUENCE

- 5 reps, right leg
- 5 reps, left leg
- 5 second release, right side
- 5 second release, left side



### COMMON PHYSICAL ISSUES

Tight hip flexors

### MODIFICATION

Turn your leg out and/or don't lift your leg as high

# PHYSICAL EXERCISE GUIDE - OOPA'S WORKOUT

## SAFE

**DEFINITION:** Protected from or not exposed to danger or risk

**EXERCISE** Back Rolls

**TARGET** Back/Core

### STEPS

1. Sit on the floor with your knees pulled into your chest
2. Wrap your arms around your knees
3. Roll backwards and forwards 10 times
4. Release: lie down flat on your back, palms up to the ceiling
5. Close your eyes and breathe for 5 seconds



### SEQUENCE

- 10 rolls
- 5 second release

**NOTE:** 1 roll = backwards and forwards

### COMMON PHYSICAL ISSUES

Uncomfortable  
Not enough space

### MODIFICATION

Stand and slowly roll your upper body down, starting with your head/neck and then one vertebrae at time, toward your lower body; roll your upper body back up to standing

# PHYSICAL EXERCISE GUIDE - OOPA'S WORKOUT

## WORRY

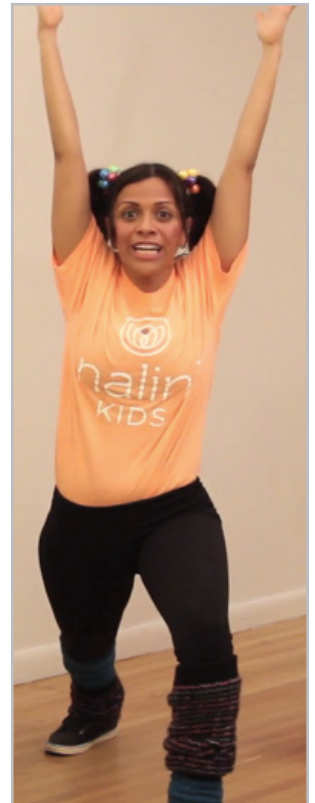
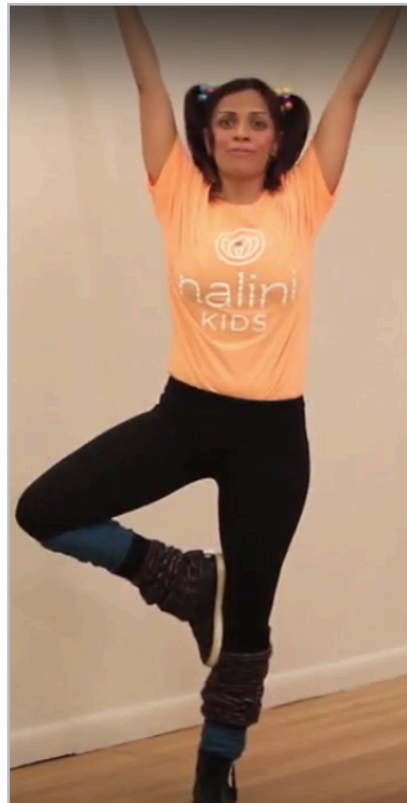
**DEFINITION:** Allowing one's mind to dwell on difficulty or troubles; a state of anxiety and uncertainty over actual or potential problems

**EXERCISE** Tree Pose

**TARGET** Balance/Core/Alignment

### STEPS

1. Stand in NaliniKIDS posture
2. Balance on your left leg and bring your right foot up to rest against your left thigh
3. Press your right foot into your thigh and your thigh into your foot to maintain your balance
4. Stand tall and don't look down
5. Raise your arms up to the ceiling, palms facing in, like a tree
6. Hold this position for 5 seconds (remember to breathe!)
7. Repeat on the other side, balancing on your right leg
8. Release: step your left leg forward into a warrior pose, right leg back, lifting your arms to the ceiling
9. Hold this release for 5 seconds, then switch legs



### SEQUENCE

- 5 second balance, left side
- 5 second balance, right side
- 5 second release, left side
- 5 second release, right side

### COMMON PHYSICAL ISSUES

Limited range of motion  
and/or flexibility  
Imbalance

### MODIFICATION

Choose one of three levels of difficulty, resting your foot either: low (ankle), medium (calf), or high (inner thigh) on your opposite leg