



Mindset Training Through Yoga

Framework for the Early Years Foundation Stage

<p><u>Early Learning Goals</u></p> <p>Communication and Language ELG: Listening, Attention and Understanding ELG: Speaking</p> <p>Personal, Social and Emotional Development ELG: Self-Regulation ELG: Managing Self ELG: Building relationships</p> <p>Physical Development ELG: Gross Motor Skills</p>		<p><u>Learning development considerations:</u></p> <p>Opportunities are given for children to:</p> <ul style="list-style-type: none"> • Play and explore: Children investigate and experience things and 'have a go'. • Taken part in active learning: children concentrate and keep on trying if they encounter difficulties and enjoy achievements. • Create and think critically: Children have and develop their own ideas. 	
<p>Communication and Language</p>	<p>ELG: Listening, Attention and Understanding</p> <p><u>Listen attentively</u> and respond to what they hear with relevant questions, comments and actions when being read to and during whole class discussions and small group interactions.</p>	<p>1 4 5</p>	
<p>Communication and Language</p>	<p>ELG: Speaking</p> <p>Participate in small group, class and one-to-one discussions, offering their own ideas, <u>using recently introduced vocabulary.</u></p>	<p>1 2 6 7 9</p>	
<p>Communication and Language</p>	<p>ELG: Speaking</p> <p><u>Express their ideas and feelings about their experiences</u> using full sentences, including use of past, present and future tenses and making use of conjunctions, with modelling and support from their teacher.</p>	<p>6 7 10</p>	
<p>Personal, Social and Emotional Development</p>	<p>ELG: Self-Regulation</p> <p>Show an <u>understanding of their own feelings and those of others</u>, and begin <u>to regulate</u> their behaviour accordingly.</p>	<p>3 6 7 8 10 11</p>	





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	<p>ELG: Self-Regulation</p> <p>Set and work towards simple goals, being able to wait for what they want and <u>control their immediate impulses</u> when appropriate.</p>	2 3 4 5 10 11
	<p>ELG: Self-Regulation</p> <p>Give <u>focused attention</u> to what the teacher says, responding appropriately even when engaged in activity, and show an <u>ability to follow instructions</u> involving several ideas or actions</p>	1 2 3 4 5
	<p>ELG: Managing Self</p> <p>Be confident to <u>try new activities</u> and show independence, <u>resilience</u>, and <u>perseverance</u> in the face of challenge</p>	8 9 10 11 12
	<p>ELG: Building Relationships</p> <p><u>Work</u> and play <u>cooperatively</u> and take turns with others.</p>	3 8 9
	<p>ELG: Building Relationships</p> <p>Form <u>positive attachments</u> to adults and <u>friendships with peers</u>.</p>	1 3
	<p>ELG: Building Relationships</p> <p>Show <u>sensitivity to their own and to others' needs</u>.</p>	6 7 9
Physical Development	<p>ELG: Gross Motor Skills</p> <p>Negotiate <u>space</u> and obstacles safely, <u>with consideration for themselves and others</u>.</p>	1 2 3 4 5 6 7 8 9 10 11 12





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ELG: Gross Motor Skills	1 2 3 4 5 6 7 8 9 10 11 12
Demonstrate <u>strength, balance and coordination</u> when playing.	
ELG: Gross Motor Skills	1 2 3 4 8 9 10 11 12
<u>Move energetically</u> , such as running, jumping, dancing, hopping, skipping and climbing.	

NOTE:

Underlined learning opportunities highlight the main areas of focus within the Early Learning Goal.

The lesson signposting references key areas of focus, however there are many opportunities for the ELG to be worked towards throughout the whole programme and not just within these sessions.

