

BLOCK CREEK



BENEFITS

Develops focus and balance. Helps students develop ability to stay focused when others are challenging or distracting them.

TIME

20 minutes

ACTIVITY

- Line up two yoga mats end to end, making one long mat approximately 12 feet long.
- Stagger yoga blocks down the length of the mats, approximately one foot apart.
- Imagine the blocks are rocks across a creek, with the mat being the water.
- Walk slowly down the blocks from one end to the other without falling.
- Go slowly, look, and step carefully on each “rock.”
- Bend your knees and imagine that your weight drops into your feet.
- Try it again, this time looking straight ahead, not looking at the rocks. Another student can stand at the end of the mat to help you focus.

VARIATIONS & INTEGRATION

- Use positive self-talk such as “I am strong” or “I can do it.”
- After students have mastered the first task, have them walk Block Creek with their eyes closed, with the help of a partner guide on each side.
- Have them balance an object or a basket on their head as they cross the creek.
- Have “trolls” in the water that growl at them and try to throw them off (no touching) as they cross the creek.
- Have students pretend they are crossing a swift river. When a student steps off the block, they are out of the game. This will slow down students who go across too quickly.
- Invite students to share strategies they used to get across the creek.
- Integrate with a lesson plan on harassment.
- At the end of the session, lead a Guided Relaxation (chapter 7) that includes a river or crossing a creek.

NOTES

To prepare for Block Creek, use *Dancer* (p. 72), *Roots* (p. 85), *Tree* (p. 91), and other balance poses.

Have students move slowly, safely, and under control. Use partners to help support students with balance issues or if you are in doubt of a student’s ability.

This activity develops focus and peripheral vision to help children be less triggered by peripheral distractions.

Occupational therapists can substitute the round, squishy half-hemispheres they use instead of yoga blocks.