



The Mini Page

Betty Debnam, Founding Editor and Editor at Large

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Body and Mind

Have you ever tried yoga? **Yoga** (YOH-gah) is an ancient practice and form of fitness. It can help people be healthy and feel good by building self-awareness, strength and flexibility in both mind and body. This week, The Mini Page learns more about this popular practice.

Who practices yoga?

Yoga postures, or **asanas** (AH-sah-nahs), are practiced by people of all ages all over the world. People don't have to be athletic or in great shape to do yoga.

Practicing yoga helps relieve stress and pain, improves circulation and digestion, and improves balance and concentration.

Yoga is non-competitive and fun to learn for kids and adults. Sometimes kids feel pressure or stress about their schoolwork, their friends or about competitive sports. They might become too critical of themselves and lose confidence.

Yoga can help; there is no judgment in doing a pose "perfectly." Instead, yoga encourages people to learn to relax and have fun while practicing.



Go Yoga!



Alexandria and Julia practice yoga with their mom, who is an instructor, or yogi.

Kids can learn many things from yoga practice, such as self-esteem, better focus and concentration, and respect for themselves and others.

Mind and body

Many experts believe there is a strong connection between our mind and our body. Emotions and worries can show up in our bodies as tension, pain and upset stomachs. When we feel sad, we can be more likely to get sick.

If we can learn to release the tension in the body, the mind will relax, too.

In yoga, **guided imagery** is used to help our imagination change our emotions and our body. An instructor leads our thoughts so that we become relaxed and focused. Breathing connects the body to the mind and helps create calmness.

Starting out

Starting yoga is easy.

You need a clean floor and a mat. You should also have plenty of room to stretch and move.



Wear comfortable clothes that move with you and that don't dig in when you bend.

Have an empty stomach. Wait an hour after eating to do yoga.

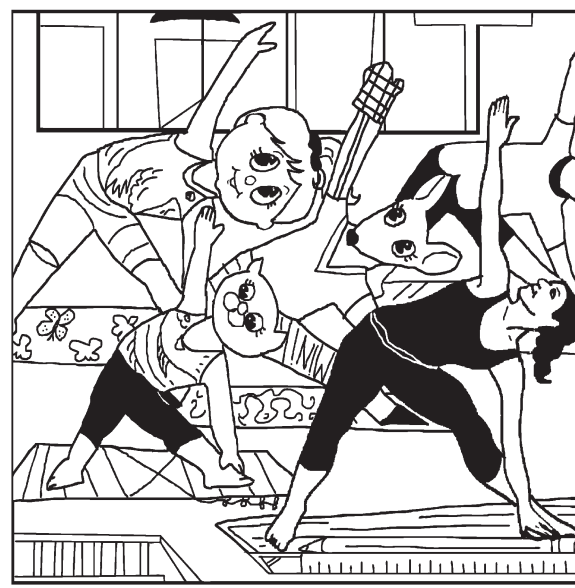


Mini Spy . . .



Mini Spy and her friends are in triangle pose in yoga class. See if you can find:

- marshmallow
- flyswatter
- pencil
- letter V
- butterfly
- ruler
- sailboat
- heart
- fish
- letter T
- bird
- ladder
- kite
- number 7
- word MINI
- letter A
- letter L



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Rookie Cookie's Recipe Devilish Eggs

You'll need:

- 6 hard-boiled eggs
- 1/4 cup light mayonnaise
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/8 teaspoon salt
- 2 tablespoons sweet relish
- paprika (optional)

What to do:

1. Slice cooked eggs in half lengthwise; carefully remove yolks and place egg whites on a separate plate.
2. Place yolks in a small bowl and add all other ingredients except paprika. Mix well.
3. Spoon mixture into empty egg whites; sprinkle paprika on top of each if desired.
4. Chill until serving.

You will need an adult's help with this recipe.

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Meet James Cameron



James Cameron wrote, directed and produced the movie "Avatar." He helped create a new camera to film the movie. The new camera shoots more realistic computer graphics involving live actors.

James, 55, was born in Kapuskasing, Ontario, Canada, and grew up near Niagara Falls. He moved to Brea, Calif., to study physics in college. There he worked as a machinist and truck driver. He quit his truck-driving job to make his first short film. He raised money to do it from a group of local dentists.

He has written and directed many movies, including "Titanic."

James co-developed a special 3-D camera system to film documentaries under the ocean. His company, Earthship Productions, has made several documentaries about life under the sea.

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Goldie Goodsport's Report Supersport: Andrea Riley

Height: 5-5 Birthdate: 7-22-88 Hometown: Dallas, Texas

Watching 5-foot-5 Andrea Riley play basketball is a treat for fans of the Oklahoma State women's team. On the other hand, it is usually torture for opponents.

In the Cowgirls' 18-3 start, the darting guard has outplayed many taller foes. After 21 games, she led in Division I scoring with a 26.3 per-game average and was third in assists with 7.3 per night. Defensively, she is a bandit, with 48 steals.

A former high school All-American at Lincoln High in Dallas, Riley has scored 30 points or more 16 times in three-plus years. In one game this season, she racked up a career-high 44 points.

About the only time the senior education major slows down is when she talks on the phone or strolls around a mall, two of her favorite leisure activities.

With five brothers and four sisters, Riley isn't overwhelmed by big, boisterous crowds. This Cowgirl just keeps riding high.

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Let's Learn Yoga

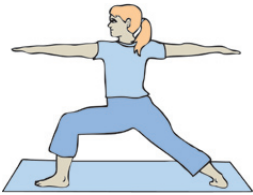
Are you interested in practicing yoga? Many communities have classes you can take. You might also rent or buy DVDs or videotapes that will guide you through the different poses. Let's learn a few here.

Be a warrior

In **warrior pose**, you step back with the right foot parallel to the back of your mat. The left knee is bent, and you are low over the floor. Your left knee points toward your left little toe. Your right leg is straight. Your arms are outstretched, palms down, and you are looking over your left hand.

Stay here for a few breaths, working on balance.

This is good for making your legs and core strong as it opens your chest. You can also do this on the other side.



Now straighten out the left leg, and lean out over it with your right hand. Reach down to your ankle or calf, and reach up with your right hand. Both legs are straight. You are in **triangle pose**, or **trikonasana**. This standing pose is good for your mind and balance. Don't forget to do the other side!

Like a child

Child's pose is sitting back on your feet and stretching out your arms along the mat in front of you. Close your eyes and relax. This will calm you down and help you trust in yourself.



photo courtesy of Dawn Torti

It's twisted

For **seated twist pose**, you cross your right foot over your left knee; your left leg can be straight out or bent in to go deeper. Stretch your left arm out straight along the outside of your right knee, while your right hand is on the floor behind your right hip. Turn your head to look over your right shoulder. Now do the other side.



Namaste! (I honor you!)

Some yoga classes end with **shavasana**. Lie on your back and close your eyes. Allow your body to relax. Picture every muscle of your body softening, and pay attention to your breathing going in and out. When you are ready to return to your day, roll onto your right side for a few breaths before you sit up.

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Yoga for You

It's time to try yoga! Look at the illustrations and follow them as closely as you can to be safe and for correct alignment. Remember to do each pose on both sides.

We are going to start with a **sun salutation** (sal-yoo-TA-shun). Salutation means "greeting."

Focus on breathing

Stand straight, close your eyes, and focus on your breath through your nose, down your throat, into your chest and belly, back out again. This is called the **mountain pose**.

Open your eyes and stretch your arms up alongside your head. Breathe in as you look up.

Bend forward and exhale. This pose is called **forward fold**. It will help calm you and stretch your legs, and open your spine and chest. Reach to the floor and start a gentle sway side to side, like an elephant's trunk. Bring both hands to the mat. Take a few breaths.



Str-r-e-t-t-ch

Step back with your right foot so you are in a lunge with your back heel off the floor. Gently push your hips back and forth as you lower them toward the floor. Hold for a few breaths. This helps to open up your hips. It also teaches balance.



Be strong

Step the left foot back to join the right. Now you are in a plank pose. Slowly lower the body toward the floor. This is sort of like a push-up, but with the elbows held tight to the ribs as you go down. This is called **chaturanga**. If it's too hard to hold, put your knees on the floor.

From here, let your hips down and gently push your hands into the floor. Look up toward the ceiling or sky as you inhale. This is called **upward-facing dog**. This pose is a good energizer, especially for students and adults who sit at desks for much of the day. It helps open your heart and chest.



Next, take your hips up to the sky with your hands and feet both on the floor. Exhale. Your head hangs down and your eyes look up toward your belly button. Open up all the fingers and put your palms to the floor. This is called **downward dog pose**. Stay here and try to push your heels down into the mat as you lift up your tail. Relax here for a few breaths. Feel your shoulders and spine stretch. This is a good pose to come back to anytime.

Greet the day!

From here, inhale and lift your right leg forward into a lunge — just like where you were before, but on the other side. Ease your hips lower to the floor and back and forth a little to stretch them out.

Now step your left leg up to join your right and stand up. You are back in mountain pose.

Relax and breathe. Try this whole series again, maybe as many times as your age. Each time you do it you will be able to stretch a little farther.

The Mini Page thanks yoga instructor Dawn Torti of Arlington, Va., for help with this issue.

Next week, The Mini Page is about the 2010 United States Census.

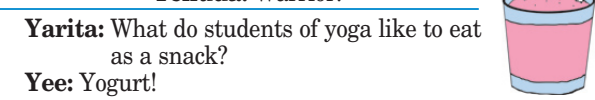
Look through your newspaper for articles or advertisements about exercise classes, including yoga classes. Do you see any classes for kids?

Betty Debnam - Founding Editor and Editor at Large Lisa Tarry - Managing Editor Lucy Lien - Associate Editor Wendy Daley - Artist

MIGHTY FUNNY'S Mini Jokes

All the following jokes have something in common. Can you guess the common theme or category?

- Yael:** What did the yoga instructor say to get his dog to lie down?
Yasmin: "Downward dog!"
- Yancy:** What is a soldier's favorite yoga pose?
Yehuda: Warrior!
- Yarita:** What do students of yoga like to eat as a snack?
Yee: Yogurt!



Basset Brown The News Hound's Yoga TRY 'N FIND

Words that remind us of yoga are hidden in the block below. Some words are hidden backward or diagonally, and some letters are used twice. See if you can find: ASANA, BALANCE, BEND, CALM, CHATURANGA, CHILD, FLEXIBILITY, FOCUS, IMAGERY, MAT, MOUNTAIN, NAMASTE, POSE, REACH, RELAX, SALUTATION, STRENGTH, STRESS, WARRIOR, YOGA, YOGI.

YOGA KEEPS ME IN GOOD BALANCE!

A G N A R U T A H C A L M A T
 Y N I H T G N E R T S V B S K
 J W A R R I O R H W Q A J A D
 R S T M B E N D X A L E R N C
 E T N H A N O I T A T O L A S
 G R U L I S B K N A Y O G A U
 A E O J G V T C W J D L I H C
 M S M P O S E E Y H C A E R O
 I S R F Y T I L I B I X E L F

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Ready Resources

The Mini Page provides ideas for Web sites, books or other resources that will help you learn more about this week's topics.

- On the Web:**
- www.yogakids.com
 - www.yoga4kids.org
- At the library:**
- "Yoga for All Kids" by Susan Kramer
 - "The Kids' Yoga Deck: 50 Poses and Games" by Annie Buckley
 - "Storytime Yoga: Teaching Yoga to Children Through Story" by Sydney Solis



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