

LESSON PLAN

OUTDOOR YOGA - AGE 3-7

THEME: NATURE

RESOURCES:

MATS OR HOOPS SET OUT IN A CIRCLE



OBJECTIVES:

TO BUILD STRENGTH, BALANCE AND COORDINATION IN YOGA POSES

TO LEARN CALMING BREATHING TECHNIQUES

WELCOME TO YOGA - BE CLEAR THAT YOGA SHOULD FEEL GOOD AN NOBODY SHOULD DO ANYTHING WHICH DOESN'T FEEL GOOD

ASK EVERYONE TO RUB THEIR HANDS TOGETHER TO MAKE SOME WARMTH, PUT HANDS ON HEART AND TAKE A DEEP BREATH AND LET IT GO

EVERYONE ENJOYS A HUMMING BEE BREATH TOGETHER - TAKE A DEEP BREATH THROUGH THE NOSE AND THEN LET IT GO WITH A "HMMMMM" SOUND FOR AS LONG AS IS COMFORTABLE.

MOVE THROUGH THE SUN SALUTATION SEQUENCE AS SHOWN ON NEXT PAGE

ENJOY THE YOGA STORY - JUNGLE JOURNEY - USE THE SCRIPT BELOW TO HELP YOU.

POSE FOCUS ON TREE POSE:

START WITH BOTH FEET PLANTED ON THE GROUND.

LEVEL 1 - PLACE ONE FOOT ON TOP OF THE OTHER

LEVEL 2 - PLACE FOOT AGAINST LOWER LEG

LEVEL 3 - AVOID THE KNEE AND PLACE FOOT AGAINST THIGH

LEVEL 4 - HANDS IN PRAYER POSITION IN FRONT OF HEART

LEVEL 5 - RAISE HANDS ABOVE HEAD

LEVEL 6 - IF YOUR STILL BALANCED TRY WITH YOUR EYES CLOSE

ALWAYS TRY ON BOTH SIDES

GAME: PLAY MAGIC 11 IN TREES AND BUTTERFLIES

STANDING IN A CIRCLE EVERYONE BEGINS IN TREE POSE. COUNT AROUND THE CIRCLE ALLOWING CHILDREN TO SAY UP TO THREE NUMBERS. THE PERSON WHO SAYS 11 NEEDS TO SIT DOWN IN BUTTERFLY POSE. THE FINAL FREE STANDING IS THE WINNER.

MOVE INTO FINAL RELAXATION. ENCOURAGE CHILDREN TO LAY COMFORTABLY ON THEIR MAT AND NOTICE THEIR BREATH. CHALLENGE THEM TO LISTEN IN TO THE WORLD AROUND THEM AND NOTICE FIVE THINGS THEY CAN HEAR. IF YOU HAVE CHIMES OR A SINGING BOWL LET THEM SPEND UP TO A MINUET LISTENING OTHERWISE LET THEM BE SILENT. ASK THEM TO NOTICE THE BREATH AGAIN THEN GENTLE WRIGGLE THEIR FINGERS, THEN TOES, THEN TAKE ANY OTHER STRETCH WHICH FEELS GOOD BEFORE MEETING BACK IN A SEATED POSITION.

SHARE THE BUNNY BREATH - INHALE IN THREE SNIFFS LIKE A BUNNY THEN RELEASE WITH A SLOW EXHALE THROUGH THE NOSE.

END WITH WORD "NAMASTE" - THIS MEANS THE LIGHT AND LOVE IN ME SEES AND HONOURS THE LIGHT AND LOVE IN YOU. GIVE OPTION TO SIMPLE SAY THANK YOU INSTEAD

Sun Salutations

THE SUN SALUTATION FLOW



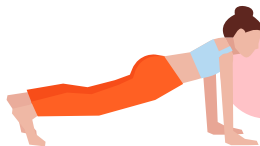
STAND UP TALL



REACH UP HIGH IN
MOUNTAIN POSE



FORWARD FOLD AND
TOUCH YOUR TOES



JUMP FEET BACK INTO
PLANK POSE



PUSH INTO COBRA



PUSH BACK INTO
DOWNWARD FACING DOG

JUMP FEET FORWARD TO
FORWARD FOLD



REACH UP HIGH

HANDS TO HEART



This little song to the tune of row, row row, your boat is a helpful way for them to learn the flow.

Stand up tall and reach the sky,

Bend down and touch your toes,

Jump back, belly down, look up towards the sky,

Push you hips back way up high,

Jump forward to touch your toes,

Breath in, reach up, we meet in mountain pose.

Yoga Story - Jungle Journey

RESOURCES: Print pictures of the different things we see

POSES:

Egg - Child's pose, hands to feet



Hatched - move from child's pose to mountain pose slowly



Snake - Cobra - Hiss Breath



Felt sad - Give self a hug squeezing knees to chest



Trees - Tree pose



Parrot - Warrior 3 with flapping arms



Butterflies - Butterfly pose



Enjoys the view - Wide legs and twist to each side to look behind shoulder



River - Fish Pose



Shark - Locus



Hummmm Sound - Humming bee breath

Boat - Boat



Holds breath to look a round and blows out bubbles



Frog - Yogi squat

Elephants - Elephant Pose



Ground - Child's pose hands extended



Spiders - Child's Pose with hands making a spider
- crawl them across to one side of the mat and then back again

Finds a friend - cobra



Yoga Story - Jungle Journey

STORY:

One day in a tall jungle there was an egg. It was tucked up in a nest and as the sun fell onto it's shell and it felt warm the egg hatched. Out slithered a baby snake and made a gentle "hiss" sound.

The little snake realised he was all on his own and felt sad. He was scared to leave his nest to go and explore but knew the only way to make a new friend was to go and find one. He took a deep, slow breath and set out on his journey to find a friend.

First he climbed high up into the trees. He looked from left to right and noticed someone sitting high on a branch. It was a beautiful, colourful parrot but parrot could fly and the little snake just couldn't keep up. He looked around again and saw an elegant butterfly perched on a leaf. She could fly as well and fluttered around the trees before settling into a pretty flower to rest and drink nectar - the little snake was small but he was too heavy to fit inside a flower - He decided to just enjoy the view before looking somewhere else.

Back on the ground the snake came to a river. The snake found he could swim and started to glide through the cool water. He swam past a shark with his fin above the surface. The shark had large teeth and didn't look friendly so the snake swam on. In front of him he heard a "hummmmm" sound. It was a boat. The people of the boat were scared of him and the snake couldn't tell them that he was actually a gentle snake. Once again the little snake had to move on. He took a deep breath and looked under the water and blew bubbles from his mouth as he let the breath go.

On the river bank the snake met a frog. The frog could jump high into the air. The snake tried but he didn't have springy legs so decided to slither on. He looked on the ground and saw a huge animal coming towards him, it had big round feet, baggy grey skin and a huge long trunk - an elephant. The elephant had large ears but the snake was so far below him that the elephant couldn't hear the snake. The snake found a rock and lifted it gently. Beneath there was a spider. It ran across the path in front of the snake one way and then back the other way. Suddenly, the snake heard a gentle hiss from a burrow under a tree. He moved closer to investigate and saw another little snake. This snake was also on his own and looking for a friend - he wished he had been brave enough to explore the jungle and listened to the tales of the little snake's adventure. They could both slither and swim, and neither of them could jump or fly. They enjoyed playing together before they would snuggle up together in the burrow for a cosy rest.



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