

Suggested Lesson Plan Format for Children's Yoga Story Time

Date:

Theme:

Props: (list items needed for session)

3, 2, 1: "On 3 check room for quiet; On 2 check your friends for quiet; On 1 check in with your body for quiet & stillness"

Signal for comfortable seat to begin: (bell, chime, music, or other)

Sit in one of three poses: Easy pose, half lotus, full lotus or other as designated – thinking pose, Savasana for thinking or focusing or grounding to settle in.

Hand positions: peace, OK, hands on knees or on heart center

Warm – up sequence: may include Zip, Zap, Zop; shoulder rolls, shoulder to ears inhale & exhale; I am a balloon or I am a seed sequences.

Sun Salutations: forward bends, yogi pokey, or option to fit theme.

Theme: The yoga story theme may have props or follow the story line of a book or unit theme such as ocean, desert, sky, zoo, farm, seasonal activity, weather or need for grounding, quiet yoga, music yoga, stretches or specific pose sequence.

Themes should include poses that are stretching, extension followed by flexion, balance pose and grounding poses. Revisiting poses to improve confidence or recall of sequence to build upon skill level.

At times having students be the teachers of favorite pose(s). Rotate students if not time in one period to have all take a turn. Be sure to keep track on a list so all have an opportunity – better to be sure than rely on memory or their word only.)

Closing: Savasana – Do nothing at all pose – Floating on a cloud or grounding pose on the mat for quiet with or without music or some type of thinking/dreaming exercise.

Loving Kindness with butterfly hands on heart center or poem or kindness statement.