



Lesson plan: #1

Theme: Our Natural World (In the Forest)

Age: 8-11 years old

Time	Activity	Details	Resources	Behaviour Management
Opening circle (5-min)	Check-in	Check-in with the children to see how they're feeling. Pass around a basket of natural woodland materials, ask the children to choose one that they're drawn to. They can take a few moments to look at, feel and smell their object. Then place it on their mat.	Basket of natural materials (pine cones, pebbles, flowers, leaves),	
Introduce theme (3-5mins)	Introduce focus of today: In the Forest	Ask the children if they have ever been to a forest and what things they saw there. Ask the children to think of a pose to represent their natural object.		
Warm-Up (5-8 mins)	Yoga Flow Sequence	Go around the circle and ask the children to share their pose. Everyone to copy each others poses. Put the poses together to create a sequence (you can move the children/poses around so the sequence is more fluid) Repeat the sequence 2-3 times	Playful background music. Suggested song: MC Yogi Instrumental Songs – Ganesha & the Moon -Give Love -Ahimsa	
Group poses (8 mins)	Human Mandala	Bring the children together in a circle, holding hands. Guide them through a sequence in which they are connected through out. Suggested sequence: Half sun salutations with hands connected to the person next to them. X 3 rounds	Playful music. Suggested songs: Waterfall by Petit Biscuit Misty Morning by Sol Rising	Make adaptations where need to ensure that the poses are challenging enough to keep them engaged, but achievable for all

		<p>With hands resting on others' shoulders, move inbetween STALK POSE (standing knee to belly) → WARRIOR 3 → HIGH LUNGE → WARRIOR 3 → STALK POSE</p> <p>Create a forest –</p> <ul style="list-style-type: none"> - Tree pose with hands connected - Chair pose with hands on other's shoulders - Goddess pose with palms touching others' palms <p>Ask the children for ideas on how they can make their bodies look like a forest. Create the poses based on their suggestions</p>		
(12-15 mins)	Partner Yoga	<p>Partner the children and guide them through some challenging partner yoga.</p> <p>After 4 or 5 poses (see suggested poses), give the partners 3-minutes to create their own Forest themed partner pose – you can give them something specific to create (ie. Butterfly, flower, bear)</p> <p>Encourage the children to show the class their pose and guide the rest of the class through the poses being shown – so they are continuing to move and learn new</p>	<p>FALLEN TREES: Side plank facing one another.</p> <p>DRAGON FLY: Locust pose, facing each other and holding hands with arms reaching up</p> <p>EAGLE: Facing one another in chair pose and holding hands. Cross the right leg over the left leg. Both open up their arms to the right</p>	<p>You can change the partners part way through to encourage inclusive and to prevent any disruption or disagreements between partners that are struggling to work together co-operatively and calmly.</p>

		partner poses.	FLOWER: Double dancer pose facing each other and holding hands	
(5mins)	Partner Cool-Down	<p>Sitting back to back with their partner, in butterfly pose. One child folds forward, the other leans back.</p> <p>Do the same, with different leg variations (ie. Caterpillar/legs stretched in front or Dragonfly with feet out wide)</p> <p>Encourage 3-breaths in each pose. You can do cleansing breaths such as lions breath, to release any excess hyperactivity or heat in the body.</p>	<p>Quiet background music.</p> <p>Suggestions: Float by Sol Rising Hold On by East Forest</p>	
Cool-down (2-3 min)	Walking Meditation	<p>Guide the children through a walking meditation. Encourage them to remain quiet, move slowly and close their eyes so that they can focus on their own body.</p> <p>You can guide them to imagine that they are walking through a forest with delicate flowers and fruits on the ground, and so they must walk slowly and carefully.</p>	Background sounds of the forest	
Mindfulne	Gratitude Tree	Place a glass jar with long twigs/sticks inside. This will	Glass jar/vase Twigs/ Sticks	

ss (5-8 mins)		<p>be your gratitude tree.</p> <p>Give each child one small card in which they will write or draw something or someone that they are grateful for. Give the children 2-3 minutes to do this.</p> <p>Place a small hole in the card and attach string so that they can hang it on the gratitude tree. Go around the circle and give the children an opportunity to share what they have written/drawn, before they hang it on the tree.</p>	<p>Cards to write on</p> <p>String to attach cards to tree</p> <p>Pens/ Crayons</p>	
Breathing technique (2-3mins)	Belly Breath	<p>Ask each child to choose another object from the basket, find a space and lie down on their backs, placing the object on their belly. Guide them through 5-8 rounds of deep belly breathing.</p> <p>The children can close their eyes or watch the stone rise and fall as they breathe.</p>	<p>Basket of natural materials</p> <p>Sounds of forest or soothing background music</p> <p>Dim lights</p>	<p>If children seem distracted or hyperactive and disruptive, you can chant 'aum' or do a humming bee breath, on every exhale, to release any excess energy or excitement.</p>
Relax (5 mins)	Shavasana with eye pillows/scarves if possible.	Use guided meditation attached	<p>Meditation script</p> <p>Eye pillows / scarves</p> <p>Quiet music</p>	.

			Dim lights	
Closing Circle (2-3 mins)	Mindfulness	Ask the children to quietly place their object into the centre of the circle, creating a small mandala.		