



Lesson plan: #1

Theme: Our Natural World (In the Forest)

Age: 3-7 years old

Time	Activity	Details	Resources	Behaviour Management
Opening circle (3-min)	<b>Opening songs with body tapping:</b>  <b>-Hello Song</b>	Using gentle body percussion (finger tips tapping on their head, shoulders, chest, belly and legs)	Here is an example of a simple 'Hello Song' in which you can incorporate body tapping: <a href="https://www.youtube.com/watch?v=tVlcKp3bWH8">https://www.youtube.com/watch?v=tVlcKp3bWH8</a>	
Introduce theme (3-5 mins)	<b>Introduce focus of today: In the Forest</b>	Discuss with the children, what we can find in the forest (animals, trees, plants etc.)  You can encourage the children to create a pose / show them a pose, related to the animals or plants that they are suggesting – this gets them all moving right from the start.		Pass the talking stone around if the children are shouting out their suggestions.
Mindfulness (3-minutes)	<b>Mindful Moment</b>	Show them a basket of natural materials that you can find in the forest. Allow them to choose one object and guide them through a mindfulness activity in which they explore and observe the object – how it looks, feels, moves and smells.	Basket of natural woodland materials (pine cones, sticks, stones, pebbles, leaves)	Pass the basket around the circle to encourage patience and turn-taking and to prevent them all rushing to the basket to choose their object.

Warm-Up (5-8 mins)	<b>Sun Salutation Variation</b>	<p>Lead the children through the sun salutation variation. Explain that this sequence is a way to show our gratitude to the forest.</p> <p>Do the sequence 2-3 times</p>	<p>Follow sequence attached</p> <p>Play background music or sounds of the forest</p> <p>Song suggestion: "Follow the Sun" by Xavier Rudd</p>	
Story (8 mins)	<b>Yoga Story</b>	<p>See the story attached (adapted from 'We're Going on a Bear Hunt'.</p>	<p>Share the story attached using the following poses:</p> <p>Grass – Standing on tip-toes, arms reached over head, sway from side-to-side</p> <p>Giant Oak Trees – Goddess Pose</p> <p>Rocks – Child's pose</p> <p>Rapid River – Rolling along their spine from on their backs to seated (back-and-forth) OR/and happy baby, rocking from side-to-side</p> <p>Waterfall – Camel pose with hands supporting their backs</p>	

<p>Yoga Game (10mins)</p>		<p>Discuss what animals they may see in the forest. What animals are small, which are big? Which animals fly? Which animals swim?</p> <p>Place animal cards / drawings under each mat (if you don't use mats, place the cards into a bag/box so that children can each pick one)</p> <p>Ask one child to choose a card. Guide them through an individual pose and a group pose to represent that animals.</p>	<p>Suggested animals and poses:</p> <p>- <b>Owl</b> Individual pose: Squat/Malasana with hands clasped behind back, elbows can move like wings</p> <p>Group pose: In a circle, in chair pose with palms touching other children's palms</p> <p>- <b>Bear</b> Individual pose: Wide legged forward fold with hands underneath feet or holding onto ankles</p> <p>Group pose: In a circle, Goddess pose with hands touching each others shoulders</p> <p>- <b>Mouse</b> Individual pose: Child pose with arms next to body</p> <p>Group pose: In a circle, child's pose with arms in front, hands touching other children's hands in the centre of the circle</p>	<p>Bring the children back to a seat to have the discussion, to make sure that they're listening</p> <p>Add some playful breathing techniques to keep them engaged and release any anxiety or frustration. Suggested breathing:</p> <ul style="list-style-type: none"> <li>- Humming bee breath</li> <li>- Lions breath</li> <li>- Cleansing Breath</li> </ul>
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			<p>- <b>Fox</b></p> <p>Individual pose: Table top with one leg lifted off the floor (as foxes tail)</p> <p>Group pose: Table top with one arm reaching into the centre of the circle. (add one leg lifted to challenge their balance)</p>	
Yoga Game (10-mins)	Yoga Game with Song	<p>Create a forest by standing in a circle in tree pose, with hands touching each others hands or shoulders. If tree pose is too difficult, stand with both feet on the floor.</p> <ol style="list-style-type: none"> <li>1. One child weaves in and out of the 'forest' whilst singing the song.</li> <li>2. When the song finishes, the child chooses a forest animal and creates a pose to represent the animal.</li> <li>3. Everyone copies the pose and moves like that animal.</li> </ol> <p>Come back into the forest group pose. Choose another child to weave in and out of the forest whilst singing. Continue this</p>	<p>Sounds of the forest as background sound</p> <p>SONG: 'In and out the enchanted forest, In and out the enchanted forest, In and out the enchanted forest, what animal do we see?" [To the rhythm of 'In and out the dusty blue bells' – video of song found here: <a href="https://www.youtube.com/watch?v=fadM10Zo8ro">https://www.youtube.com/watch?v=fadM10Zo8ro</a> ]</p>	<p>Do a quick demonstration before you start the game, to ensure everyone is clear about the game. Remind them that they're trying to move quietly and calmly. If they are struggling to create a pose related to the animal, choose a pose from the previous activity.</p>

		game for 5 or 6 rounds (or until each child has had a turn)		
Cool-down (3-5 min)	<b>Partner yoga cool-down</b>	Bring the children to a seat with a partner. Guide them quietly through the partner poses, encourage quietness and calming breaths, such as belly breath or humming bee.	<p>Suggested poses:</p> <p>Butterfly &amp; Caterpillar:            *Facing one another - One child sits in butterfly pose, one sits with legs stretched out. They hold hands and one child leans back as the other folds forwards. [Ensure both children do each pose]</p> <p>Reclined trees:            *Lying down on their backs in a tree pose with the soles of their feet touching, arms stretched out wide. [Do tree on both sides]</p>	If the energy is still high and they are finding it difficult to be quiet, encourage them to chant 'Aum' together a few times, to release heat and over-excitement.
Relax (3-5 mins)	<b>Shavasana</b> with eye pillows/scarves if possible.	<p>Before lying down, ask the children to choose one natural item from the basket</p> <p>Children can place their natural object on their belly or their forehead, to keep them grounded and focused during the relaxation.</p> <p>Use guided meditation attached: Relaxation for my Body</p>	<p>Meditation script</p> <p>Eye pillows / scarves</p> <p>Quiet music</p> <p>Dim lights</p> <p>Basket of natural materials</p>	Encourage the children to find a space in which they can be quiet and won't be disrupted by their friends.

<p>Closing Circle (3-5 mins)</p>	<p><b>Mindfulness</b></p>	<p>Ask the children to share one thing that they love about nature. They can place their natural object back into the basket as they do this.</p>		<p>If children are resistant to put the object back into the basket, explain that you need to return all the natural objects back into nature and suggest that the children go on a nature walk at home, to collect their own natural objects.</p>
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