



Lesson plan: #2

Theme: Cycles of the Moon

Age: 8-11 years old

Time	Activity	Details	Resources	Behaviour Management
Opening (2-3min)	Cleansing breath	<p>Moon Breath: Inhale through the nose, exhale through the mouth as if fogging up the mirror.</p> <p>5-8 x seated</p>		<p>This breathing techniques aims to release over-excitement and hyper activity.</p> <p>If you can see that they're very tired, you can do 3 rounds lying down</p>
Sharing circle (3-4 mins)	Express feelings	<p>Use the printable moon cards and ask the children to choose one card to represent how they're feeling today</p> <p>(For instance, Full Moon could represent happiness or energetic. New Moon could represent tired or sad).</p> <p>Give the children 2-minutes to partner with someone and share why they chose that moon cycle to represent their feelings.</p>	<p>Printable moon cards</p> <p>Musical instrument / bells / singing bowls to ring at the end of the partner work</p>	
Introduce theme (5-7mins)	Phases of the Moon	<p>Ask the children to work with a partner to share qualities of the moon (bright, light, soft, calming).</p> <p>Give them 2-3 minutes to talk with their</p>	<p>.. Paper and pens</p>	<p>If working with a large group, you can split the class into groups of 4, give them 2-minutes to discuss qualities of the moon.</p>

		<p>partner then share with the whole group. You can write some of the words and ideas down on large paper.</p> <p>Explain that every night, we experience the moon in different positions and that it has a 28-day cycle.</p> <p>Explain that in yoga, we believe that the moon has different qualities to the sun. The moon, or moon energy, is thought to be feminine, soft, quiet, calm, creative, nurturing etc.</p>		Then share with the whole class.
Warm up (6-8 minutes)	Moon Salutations	<p>Suggested: Half moon salutations x 3</p> <p>Full Moon salutations x 2</p> <p>** You can do this as a 'Mexican Wave' sequence in which the pose gets passed around the circle, therefore the children are holding each pose for longer.</p>	<p>Music – Suggestion: Float by Sol Rising Waterfall by Petit Biscuit</p> <p>Moon Salutation Alignment Cues</p>	If children are hyper-active, add some dynamic movements such as wiggling hips in child's pose or choose more upbeat music
Poses (10 mins)	Peak poses	Peak poses related to the phases of the Moon. You can use the moon cards – place them in the centre of the circle, face down and ask one child to flip one over.	<p>PEAK POSES</p> <p>New Moon: Child's Pose</p> <p>Crescent Moon: Crescent Moon pose (low lunge with arms reaching overhead)</p>	

		You can ask the children to share how they felt after each pose. Does it relate to the qualities of the moon discussed earlier?	<p>Play upbeat background music</p> <p>Half Moon: Half Moon Pose (standing balance on one leg)</p> <p>Full Moon: Bow Pose</p>	
Yin Yoga (10-mins)	Yin Yoga Poses	<p>Explain that the energy of the moon is focused on nurturing and slowing down. Do the following yin poses and encourage the children to focus on their breath.</p> <p>Explain that they will be in each pose for 10-15 long, deep breaths. Guide them through the breaths. You can also add a visualisation of imagining they are receiving the soft, nurturing energy of the moon.</p> <p>Encourage the use of as many props as you can, to make it feel more nurturing (bolsters, blankets, cushions, bean/sand bags, eye pillows)</p>	<p>Reclined Half Moon (also known as Banana Pose): Lie on back with feet, head and shoulders to the left and the hips to the right, hands overhead, creating a half moon / banana shape with their body.</p> <p>Reclined Star (reclined butterfly/Badha Konasana): Lying on their back, arms stretched out, feet together and knees out wide, towards the floor.</p> <p>Reclined Twist</p> <p>**Tips to make this more nurturing:</p> <p>Dim the lights, spray essential oils and if appropriate, give each child a short head massage in the poses. Relaxing background music.</p>	
Relaxation (5-7 mins)	Shavasana	Follow relaxation / meditation script	Soothing background music. Suggest: Lunar Lullaby by Voyager	

			Eye pillows Dim the lights Essential oil room spray	
Mindfulness (8 mins)	Create own intention and mantra	<p>Explain to the children that the New Moon, is a great time to set new intentions/goals/rituals. Ask for, or give them, some examples.</p> <p>Give each child 3-5-mins to create their own intention for the next month, plus an affirmation. They can write this down if they like.</p> <p>For instance, “My intention is to be more kind to myself and other people. My affirmation is I Am Kind”</p> <p>Then give 2-3 mins to share with a partner or as a whole group.</p>	Calming background music: Landed on la Luna by August John Enrique	
Meditation (3 mins)	Mantra & Mudra Meditation	Using their own affirmation, ask the children to quietly repeat the affirmation in their minds 5-8 times – you can use simple mudras to keep the children engaged and focused.		Encourage simple, quiet mudras to keep the children engaged.
Closing	Closing chant	Close with 3 aums or humming bee breaths		

