



Lesson plan: #2


Theme: Cycles of the Moon

Age: 3-7 years old

Time	Activity	Details	Resources	Behaviour Management
Opening (2-min)	Stress / energy – releasing breath	<p>Moon Breath: Inhale through the nose, exhale through the mouth as if fogging up the mirror.</p> <p>If you have small mirrors, give each child one so that they can see the exhale breath fogging the mirror, or they can place their hand in front of their mouth so they can feel the warm air as they exhale.</p> <p>5-8 x seated</p>		This breathing techniques aims to release and cleanse the mind and lungs. If the children are hyper-active or over-excited, use simple body movements with the breath.
Sharing circle (3-4 mins)	Express feelings	Use the printable moon cards and ask the children to choose one card to represent how they're feeling today (for instance, Full Moon could represent happiness or energy. New Moon could represent tired or sad).	Moon cards	
Introduce theme (3-mins)	Phases of the Moon	<p>Ask the children what they know about the moon. You can write some of the words and ideas down on large paper.</p> <p>Explain that every night, we experience the moon differently – it has a 28-day cycle and it looks slightly different every night.</p> <p>Share the moon card with the children, to show them 4 main phases of the moon (full, half, crescent,</p>	<p>Paper and pens</p> <p>Moon cards</p>	Pass the talking stone around if the children are shouting out their suggestions.

		new)		
Warm up (5-7 minutes)	Moon Salutations	Try 2 x half moon salutations first. If the children can do this easily, the do 2 x full moon salutations	Moon salutation alignment cues	If children are hyper-active, add some dynamic movements such as wiggling hips in child's pose. Or add humming bee breath to keep them engaged and focused.
Poses (6-8 mins)	Magic Bag with Pose Cards	Use the printable moon cards. Ask one child to choose a card from the 'magic bag'. Do the corresponding poses. After doing each pose once. Do a quick-round, by holding up each moon card quickly and asking the children to get into the corresponding pose. Moving rapidly from one pose to the other.	<ul style="list-style-type: none"> - "Magic bag or box" - Prinatble Moon cards Full moon: Bow pose Half Moon: Standing Half moon (standing side stretch with arms reaching up) Cresent Moon: Cresent moon pose (Low lunge) New Moon: Child's Pose	
Game (6-8 mins)	Yoga Game	Using the moon cards again, place each card in a corner/side of the room.	Moon cards Playful music	

		<p>Close your eyes and give the children 10-seconds to choose a corner to go to and stand in the corresponding pose. For example, if they choose to go to the Half Moon corner, they would do bow pose.</p> <p>With your eyes closed, say one of the moon phases. The children who are in that corner and that pose, are the 'winners'.</p> <p>You can continue the game and ask one child to be the person who closes their eyes and says the moon phase.</p>		
Partner Yoga (8-10 mins)	Partner Yoga	<p>Lead the class through these partner poses:</p> <p>Full Moon: Camel pose (back to back)</p> <p>Half Moon: Standing half moon, standing beside their partner</p> <p>Crescent Moon: Low lunge (facing each other, with their hands touching their partners)</p> <p>New Moon: The entire class come together in a circle, in child's pose and place their hands on their friends shoulders</p>	<p>Can use moon cards again (choose one from a bag or from under their mats)</p> <p>Music</p>	<p>For those children that are hyperactive, encourage dynamic movements in the poses.</p> <p>For children who are showing challenging or disruptive behaviour, you can work with them during the partner poses.</p>

		 <p>You can extend this activity by changing partners so that they do each pose 2 or 3 times</p>		
Yoga Game (5-mins)	Cool-down game	<p>When the music is playing the children 'moon dance' around the room (moving very slowly and carefully).</p> <p>When the music stops, they come together in 'New Moon' pose (pictured above). Use the bells/instrument to indicate when they can move in and out of new moon pose. This keeps the voice level low and encourages the mind and body to slow down.</p> <p>Remember this is a cool-down game so keep the music slow and quiet, and keep encouraging them to move carefully and quietly.</p>	<p>Slow music: Landed on la Luna by August John Enrique</p> <p>Bells / singing bowl/chimes</p>	<p>For children who are struggling to slow down, encourage:</p> <ul style="list-style-type: none"> - whole body movements by moving arms and head slowly up and down - Use humming bee breath to keep them focused -Encourage them to moon-dance on their mats / on their backs / hands and knees

<p>Cool-down [2-4 mins]</p>	<p>Mindfulness</p>	<p>Moon Walking (Mindful Walking)</p> <p>Demonstrate moon walking by walking slowly and carefully, breathing deeply into their belly (you can also use ujjayi breath as if they are astronauts walking on the moon)</p> <p>Explain the guidelines first:</p> <ul style="list-style-type: none"> - Walk slowly - It is a quiet activity - Be mindful of what you see and feel whilst moon walking <p>You can guide them through a visualisation of walking on the moon, noticing the stars; feeling the cool air; feeling lightness in their feet; observing the surroundings</p>	<p>Soothing background music: Lunar Lullaby by Voyager</p> <p>Dim the lights Place fairy lights / LED lights around the room or on the floor, if possible, to represent the stars and make it feel more special and nurturing</p>	
<p>Breathing exercises (3 mins)</p>	<p>Full-Moon Breathing</p>	<p>Introduce full-moon breathing - deep belly breath. For older children, add a count: inhale for 3, exhale for 3.</p> <p>Ask the child to move into Apanasana (lying on their backs with their knees pulled into chest, forehead</p>	<p>Calming background music</p>	

		to knees) As they inhale, stretch out like a star, on the exhale squeeze into a ball again.		
Relaxation (3-5 mins)	Shavasana	Follow relaxation script	Soothing background music. Fairy lights or LED lights in the centre of the circle	
Closing Circle (2-mins)	Mantra	Sing 'Aum Shanti Shanti' in different rhythms and volumes. You can use quiet body percussion to keep them engaged, such as clicking fingers, tapping fingertips on body parts.		