



Pretzel Kids Halloween Lesson Plan

Equipment: A stuffed Halloween bat or other toy, music for Freeze Dance: “Monster Mash,” “Giant Purple People Eater,” or other Halloween theme songs of your choosing.

Pose Bank: Angry Cat, ghost, mummy, zombie, cobra, scarecrow, pumpkin (child’s pose), owl, spider (wide leg squat on toes with hands down on floor crossed at wrists), witch (mountain with hands pointed for hat), lion, toad

Introductions and Review of Class Rules: Talk about the theme of class for the day.

Centering: Go around the circle and ask the kids to answer, one at a time: “*What is your favorite part of Halloween?*” Or, each child can come into the middle of the circle, ring a bell and then tell the group what she is going to be for Halloween. The group can then create a pose for the costume.

Pranayama: “Ghost Breath”: Deep breath in and let it out as a ghost. Now how do we feel? How could you use this at home?

Warm Up: Lift, Drop, Roll Around (do this sitting). Can also do Follow the Leader 1-10 if time allows.

Sun Salutation: We'll start with a dharma lesson about the importance of the sun and the significance of the sun salutation. Then we will breakdown the sequence: tadasana (mountain), volcano, forward fold, lunge, plank, cobra, down dog, and back to mountain. Can try grouping three poses at a time and see how they do.

Transition: Now it's going to chime midnight (use a chime bell) and then we will all become what we are going to be for Halloween! We are going to do the freeze dance and you will suddenly turn into different creatures! So let me show you what they are. Review the poses below.

Initial Asana: Ghost, zombie, scarecrow, witch

Game Options:

- **Freeze Dance** (to include songs like "Monster Mash," "Flying Purple People Eater," etc.)
- **Yoga Sculpture:** Lion, spider, witch, scarecrow, zombie
- **Pass it Along:** Pass along a stuffed bat toy while lying on backs in a circle. We will pretend to be mummies and sit up to pass the bat to the next person. Continuing passing the bat around the circle and then change directions.

Transition: The bell has rung again and you have suddenly turned into toads! Let's all hop back to our mats!

Cool Down: Mummy (can skip this one if did Pass it Along game), angry cat, owl, pumpkin

Pranayama: "Owl Breath". The hour is late, and the owls are out to let everyone know that it is time to rest for the night. So, we are going to take a

deep breath in through our noses and blow it out slowly through our mouths and hoot *softly and gently* like an owl. How are we feeling now?

Savasana: We have had a wonderful time celebrating Halloween. But now we are relaxing on our magic carpets.

Suggested visualization: “I want you to think about your most favorite place in the world. If you feel like talking, remember to just wiggle your hands instead. It can be wherever you feel the most happy and safe. *Who is there with you? What does it smell like there? What does it feel like? What do you see?* Think about all of these things and remember how wonderful they are. You can go to this special place whenever you want to just by laying down quietly on your own magic carpet. Take one more look around and now you are ready to go home and tell everyone about your adventure.”

Your magic carpet takes you back to your class and you can now start to slowly wiggle your fingers and toes. Bring your knees up to your belly to give them a hug and roll over to one side. Keep your eyes closed, if you can, and gently push yourself up with your hands and sit in Pretzel Pose. Bring your hands together in Namaste and repeat after me: *Namaste*.