



NGY LESSON PLAN

THEME: Bookworm

AGE GROUP: 2-7 yr. olds

CLASS TIME: 30-45 minutes

SUGGESTED PROPS & MUSIC

Song: *These are My Glasses* by Laurie Berkner, book: *Brown Bear, Brown Bear, What Do You See?* by Bill Martin Jr. and Eric Carle, book: *Dancing Feet!* by Lindsey Craig and Marc Brown, song: *Can't Stop the Feeling!* by Justin Timberlake, song: *I Like to Move It* by will.i.am, song: *Shake It Off* by Nick Kroll and Reese Witherspoon, song: *Happy* by Pharrell Williams, book: *The Peace Book* by Todd Parr, book: *Goodnight Moon* by Margaret Wise Brown, song: *Everything in Bloom* by Ferdinand Snow

CREATE THE SPACE (3-5 min.)

BUTTERFLY, CREATIVE MOVEMENT, BUTTERFLY FORWARD FOLD, EASY POSE

1. Introduce the **Bookworm** theme with a song, poses and Creative Movements about reading and books.
2. Begin in Butterfly and invite the children to imagine that the legs are like a book that opens and closes. Do a Creative Movement of opening and closing the legs in Butterfly.
3. Play the song *These are My Glasses* by Laurie Berkner and follow the lyrics to read a book the "Yoga way."
4. Instead of using the hands to make a book, again, do a Creative Moment of opening and closing the legs in Butterfly, like a book.
5. Do another Creative Movement to make a pair of glasses with the fingers and wearing them to read the book in Butterfly Forward Fold.
6. At the end of the song, move into Easy Pose and ask the children to share their favorite book.
7. Remain in Easy Pose to let the children know that the class is all about books and that they will do Yoga to different pages of different books. Also let them know that you will not be reading the entire book and that you will be skipping some pages. It is best to prepare the children with this information ahead of time.

EASY POSE, HANDS-TO-HEART

1. "Let's chant, or sing, the sound of Om 3 times to send love to all the interesting, exciting and informative books in the world."
2. In Easy Pose with the Hands-to-Heart, take a deep breath in through the nose