



THEME: Holiday Happenings

AGE GROUP: 2-7 yr. olds

CLASS TIME: 30-45 minutes

SUGGESTED PROPS & MUSIC

Scarves or fabric strips (two per child), electric tealight candles (one per child), paper plate, plush, or construction paper cut-out suns (one per child), song: *Spring Has Sprung* by Frances England, peace sign print out, song: *I Love You* by Milkshake, song: *Blue Clouds* by Elizabeth Mitchell

CREATE THE SPACE (3-5 min.)

EASY POSE, CREATIVE MOVEMENT

1. "Today's yoga class is called **Holiday Happenings** and we are going to learn about holidays from cultures around the world! People almost everywhere love to celebrate with **Holiday Happenings!**"
2. In Easy Pose, introduce the **Holiday Happenings** theme by inviting children to share all the holidays they can think of. Tell them that together you will be exploring some of those holidays today.
3. Begin a chant with the theme of **Holiday Happenings** by chanting "holiday" and clapping two times, once for each syllable, then patting the thighs or floor twice while chanting "happenings."
4. Repeat these chants 3-4 times, getting faster and faster until it ends in a celebration of clapping.
5. Pause in Easy Pose and invite the children to join you as you begin your curiosity with **Holiday Happenings!**
6. This chant can be used throughout the lesson in between sections or anywhere the teacher/leader desires.

EASY POSE, HANDS TO HEART

1. "Let's chant the sound of 'OM' three times to celebrate all people everywhere who enjoy the specialness of holidays.
2. In Easy Pose with Hands to Heart, take a gentle breath in through the nose and