



NGY LESSON PLAN

THEME: It's a Small World

AGE GROUP: 2-7 yr. olds

CLASS TIME: 30-45 minutes

SUGGESTED PROPS & MUSIC

World map or globe, song: *Rama Bolo* by Jai Uttal, song: *Mongolian Lullaby* by Suns of Arqa, song: *C-A-N-A-D-A* by Raffi, song: *Gondolì Gondolà* by Tonina Torrielli, song: *Apana* by East Forest

CREATE THE SPACE (5-7 min.)

SEATED SIDE BEND, SPINAL FLEX, SUFI CIRCLES, EASY POSE

Prop: World map or globe

1. Introduce the ***It's a Small World*** theme by moving the body and singing the song, *It's a Small World*.
2. While flowing from side-to-side in Seated Side Bend, sing, "*It's a world of laughter, a world of tears. It's a world of hopes and a world of fears.*"
3. Move into Spinal Flex to sing, "*There's so much that we share that it's time we're aware. It's a small world after all.*"
4. Make Sufi Circles while singing, "*It's a small world after all. It's a small world after all. It's a small world after all. It's a small, small world.*"
5. Come back into Seated Side Bend to sing, "*There is just one moon and one golden sun. And a smile means friendship to everyone.*"
6. Move back into Spinal Flex to sing, "*Though the mountains divide. And the oceans are wide. It's a small world after all.*"
7. Finally, return to Sufi Circles and sing, "*It's a small world after all. It's a small world after all. It's a small world after all. It's a small, small world.*"
8. Pause in Easy Pose and let the children know that the ***It's a Small World*** class is a celebration of different countries, traditions and cultures around the world. At this time, introduce the world map or globe and point out some of the countries that the children will learn about during the class.

EASY POSE, HANDS-TO-HEART

1. "*Just like the song says, everyone in the world lives under the same one moon and one golden sun. We are all connected. Let's sing, or chant, the sound of Om*