



NGY LESSON PLAN

THEME: Toega

AGE GROUP: 2-7 yr. olds

CLASS TIME: 30-45 minutes

SUGGESTED PROPS & MUSIC

Song: *Ob La Di Ob La Da* by Caspar Babypants, song: *You Are My Sunshine (Pt. 1)* by Elizabeth Mitchell, 1 large piece of paper, 1 marker per child, song: *Butterfly* by Bari Koral, song: *Long Time Sun* by Snamat Kaur, lotion

CREATE THE SPACE (3-5 min.)

STAFF, CREATIVE MOVEMENT, EASY POSE, SEATED FORWARD BEND.

1. Introduce the **Toega** theme by singing *If You're Happy and You Know it*, focusing on the toes.
2. In Staff, instruct the children to do a Creative Movement of wiggling the toes while singing, *"If you're happy and you know it, wiggle your toes. If you're happy and you know it, wiggle your toes. If you're happy and you know it, and you really want to show it. If you're happy and you know it, wiggle your toes."*
3. Remain in Staff, instruct the children to do a Creative Movement of moving the feet and toes from side-to-side like windshield wipers while singing, *"If you're happy and you know it, move your toes. If you're happy and you know it, move your toes. If you're happy and you know it, and you really want to show it. If you're happy and you know it, move your toes."*
4. Move into Easy Pose, place the hands on the floor behind the body for support and instruct the children to do a Creative Movement of extending the feet and toes into the air while singing, *"If you're happy and you know it, lift your toes. If you're happy and you know it, lift your toes. If you're happy and you know it, and you really want to show it. If you're happy and you know it, lift your toes."*
5. Come into Seated Forward Bend for the final verse. Instruct the children to do a Creative Movement of tickling the toes while singing, *"If you're happy and you know it, tickle your toes. If you're happy and you know it, tickle your toes. If you're happy and you know it, and you really want to show it. If you're happy and you know it, tickle your toes."*
6. Move back into Easy Pose and further introduce the **Toega** theme by explaining