



## NGY LESSON PLAN

**THEME: Bookworm**

**AGE GROUP: 8-13 yr. olds**

**CLASS TIME: 45-60 minutes**

### SUGGESTED PROPS & MUSIC

Book: *The Great Kapok Tree* by Lynne Cherry, song: *I'm Alive (Life Sounds Like)* by Michael Franti & Spearhead, book: *Babar's Yoga for Elephants* by Laurent de Brunhof, song: *Sun King* by The Beatles, book: *Imagine a Day* by Sarah L. Thomson, song: *Rest* by Essie Jain, song: *The Rising* by Essie Jain

### CREATE THE SPACE (3-5 min.)

#### EASY POSE

1. Introduce the **Bookworm** theme with a meditation.
2. In Easy Pose, rest the hands on the knees with the palms facing up. Close the eyes or lower the gaze.
3. *"Bring your awareness to the present moment. Let all other thoughts float away and be right here, right now. (Pause) Bring to mind your favorite book. (Pause) It can be a book you've read many times or just once. (Pause) See the cover of this book in your mind. (Pause) Now, bring to mind what you like best about this book. (Pause) Notice how thinking about this book makes you feel. (Pause) In your mind, silently thank the author for this book. (Pause) Spend a few more moments thinking about your favorite book and how it makes you feel. (Pause) Now, slowly open your eyes or lift your gaze."*
4. Invite the children to share the title of their favorite book if they would like.
5. Let the children know that the **Bookworm** 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 our gratitude to all the books in the world that expand our knowledge, take us on adventures, and provide endless entertainment."*
2. In Easy Pose with the Hands-to-Heart, take a deep breath in through the nose