



## THEME: **Holiday Happenings**

**AGE GROUP:** 8-13 year olds

**CLASS TIME:** 45-60 minutes

### **SUGGESTED PROPS & MUSIC**

Electric tea light candles, flickering style (one per child), song: *Holiday* by Anna Kendrick, Justin Timberlake & more (on the Trolls Holiday album), song: *Rudolph the Red-Nosed Reindeer* by Burl Ives, yoga blocks (one per child), song: *Peace* by George Winston

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

#### **EASY POSE**

1. “Cultures all around the world celebrate holidays. Some holidays are global-- almost everyone celebrates them. Some holidays are local or only celebrated by smaller groups of people. Our class is called ‘**Holiday Happenings**’ because we are going to learn how people around the world celebrate. Let’s explore **Holiday Happenings!**”
2. In Easy Pose, continue to introduce the **Holiday Happenings** theme by sharing that there is at least one, if not more, holiday on every day of the year!

#### **EASY POSE, HANDS TO HEART**

1. “Let’s chant the sound of ‘OM’ three times to spark our curiosity about holidays and celebrations in places near and far!”
2. In Easy Pose with Hands to Heart, take a gentle breath in through the nose and exhale to chant or sing the sound of OM.
3. Repeat this two more times.

#### **EASY POSE, CREATIVE MOVEMENT**

1. “Let’s learn the American Sign Language word for HOLIDAY! Then we can share **Holiday Happenings** with our friends who use American Sign Language while we learn about holidays around the globe!”
2. While in Easy Pose, guide children to open the palms of the hands, then touch the thumbs to the chest, just inside of the armpits. Raise the elbows up to shoulder level.
3. Tap the chest/armpit area twice with the thumbs.
4. Invite the children to share (one at a time) what their favorite holiday to celebrate