



NGY LESSON PLAN

THEME: It's a Small World

AGE GROUP: 8-13 yr. olds

CLASS TIME: 45-60 minutes

SUGGESTED PROPS & MUSIC

World map or globe, song: *Kafi-holi (Spring Festival of Colors)* by Ravi Shankar, song: *A Midsummer Night's Dream* by Crimson Ensemble, song: *When the Saints go Marching In* by Rebirth Brass Band, song: *In Sunlight* by Tina Malia, song: *Flying Free* by Andrew Vasquez, 1 candle (flame or battery-operated), song: *Om* by Jane Winther

CREATE THE SPACE (5-7 min.)

EASY POSE, CREATIVE MOVEMENT

Prop: World map or globe

1. Introduce the ***It's a Small World*** theme with a chant and meditation.
2. In Easy Pose, rest the hands on the knees with the palms facing up.
3. Chant, "***It's a Small World***" while touching the thumb to the fingertips. Give the children the choice of closing the eyes or looking at the hands.
4. Touch the thumb to the index finger and say, "*It's.*"
5. Touch the thumb to the middle finger and say, "*A.*"
6. Touch the thumb to the ring finger and say, "*Small.*"
7. Touch the thumb to the pinkie and say, "*World.*"
8. Repeat the chant, with the corresponding Creative Movements, many times at a moderate pace. Initially, say the words at a normal volume. Then, lower the volume to a whisper for a few rounds. Finally, silently say the words in the mind while still touching the thumb to the fingers.
9. Complete the meditation by instructing the children to pause with the eyes closed or gaze lowered. After a few moments of silence, invite the children to open the eyes or raise the gaze.
10. Remain in Easy Pose and let the children know that the ***It's a Small World*** class is 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