



Constellation Connections

a Next Generation Yoga Lesson Plan
for ages 2-12

SUGGESTED PROPS

Bell, chime or singing bowl, paper printouts (laminated if desired) of a 5-point star (one per child), printed pictures of constellations and the Milky Way to share throughout the lesson (optional)

SUGGESTED MUSIC

Your Star by Bari Koral, *Twinkle Twinkle Little Star* by Elizabeth Mitchell and Lisa Loeb, *Great Big Starry Sky* by Kira Willey, *Fly Me to the Moon* by The Laurie Berkner Band, *Space Yoga Relax* by Alice Greenwood

CREATE THE SPACE

Easy Pose

1. *“Do you ever look up at the night sky and see all the stars? They seem so far away, but so close, too! People have been looking at the stars for thousands of years...maybe even longer...and many people have found shapes in the stars. A group of stars that make up a certain shape is called a constellation. Today our yoga lesson is called **Constellation Connections** and is all about the shapes people have seen in the stars. We can become these shapes, too!”*
2. Ask the children if they know the names of any constellations.
3. Share that there are 88 named constellations in the sky.

Easy Pose, Hands to Heart

Prop: Bell, chime or singing bowl

1. *“Let’s get our ears ready to learn about **Constellation Connections** with a listening bell exercise.”*
2. Share that you will ask the children to close their eyes or lower their gaze, then ring the bell. When they can no longer hear the bell, they should place a hand on their heart space or head.
3. Ring the bell or chime and encourage listening when children need it.
4. Repeat the exercise 1-2 more times.