



## Legendary

a Next Generation Yoga Lesson Plan  
for ages 2-12

### SUGGESTED PROPS

Bell, chime or singing bowl, water mister/spray bottle with lavender infused water, sun prop (i.e. paper plate, plush, laminated construction paper cut-out)

### SUGGESTED MUSIC

*Underneath the Rainbow* by Kira Willey, *Always Be A Unicorn* by Bari Koral, *Look How the Light Dances With Trees* by Frances England, *Colorful Unicorn* by Greatest Kids Lullabies Land

### CREATE THE SPACE

#### Sphinx

1. *“Gather around, everyone. Today’s yoga class is full of imagination and mystery. We are going to learn about some of the most amazing creatures ever known in myths and stories from around the world -- these creatures are **Legendary!** (**Legendary** means well-known or famous). And we are going to find out all about them.”*
2. Ask the children to share what some **Legendary** creatures from stories are. Share that you will be doing some poses and movements to connect with these characters in yoga class!

#### Easy Pose, Hands to Heart

**Prop:** Bell, chime or singing bowl

1. In order to focus our minds to find these **Legendary** creatures, let’s do 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.
5. If time allows, invite the children to share how the sound made them feel.
6. Alternately or in addition, invite the children to participate in three rounds of *OM* in order to connect with **Legendary** creatures everywhere.