



NGY LESSON PLAN

THEME: African Safari

AGE GROUP: 2-7 yr. olds

CLASS TIME: 30-45 minutes

SUGGESTED PROPS

Song: *Wimoweh (The Lion Sleeps Tonight)* by Laurie Berkner, paper plates or laminated suns, water spray bottle, song: *Follow The Sun* by Xavier Rudd, song: *The River* by Experience African Music, song: *The Wind* by Experience African Music

CREATE THE SPACE (3-5 min.)

EASY POSE, CHANTING, CREATIVE MOVEMENT: Begin the class by chanting the syllables of "YOGA" with corresponding, joyful movements. Say "YO" as you tap hands on the knees and say "GA" as you clap the hands together. Chanting is repetitive sound, so repeat these sounds and movements at least 10 times. Introduce the "African Safari" theme, which can be as simple as saying "*Today in yoga we're going on an African Safari!*" Switch the chant to "A-FRI-CA" while tapping the knees for "A", clap the hands for "FRI", and stretch the arms up overhead for "CA". Vary the speed of the movements throughout both chants.

EASY POSE, HANDS-TO-HEART: Chant the sound of Om 3 times by taking a deep breath in through the nose and exhaling to sing "Om". Explain that Om is the sound of peace between all people, animals, and nature. Vary the volume of each Om by beginning with a whisper Om, then loud enough for others to hear, and finally even louder to send peace through the sound of Om all the way to Africa.

WARM-UP (5-10 min.)

SPINE FLEX: "*Let's hop in our safari jeep to go find some African animals!*" Move the body forward and back, like you are riding in a jeep down a bumpy road. Share that it is important to be quiet and respectful, as you meet the animals on safari, and to thank them for letting you visit their beautiful home.

CAT/COW: The first animals you spot on safari are a herd of Cape buffalo. As you come into Cow, gaze up to shine your great Cape buffalo horns out into the vast African sky. Then in Cat, bring the gaze and horns down toward the tall African grass that the Cape buffalo like to munch on.

TIGER BALANCE: Cheetahs are the fastest animals on earth, so pay attention or you might miss one running by! Their tails help them balance when they are running fast. Extend one leg out like a cheetah tail. Stretch the opposite hand (or paw) forward and invite the children to imagine they are fast and safely like a cheetah.

CHILD'S POSE VARIATION: The name rhinoceros means 'nose horn'. Rhinos rest in the shade or in mud baths to keep cool. As children are in the pose, let them know they are always welcome to come back to this pose during the class if they are feeling tired or need a break.