



NGY LESSON PLAN

THEME: Every Day is Earth Day

AGE GROUP: 2-7 yr. olds

CLASS TIME: 30-45 minutes

SUGGESTED PROPS

Water spray bottle, paper plates, crayons or markers, stuffed animal or picture of a frog, *Here Comes the Sun* by The Beatles or other music for Yoga Sun Dancing, *Earth Prayer* by Snatam Kaur

CREATE THE SPACE (3-5 min.)

Place the paper plates and crayons or markers in the middle of the mat circle and have each child create their own unique sun to use during the class. Begin the class by singing a theme-related song, such as *Oh, Mr. Sun*, to grab their attention.

EASY POSE, HANDS TO HEART: Chant the sound of Om 3 times by taking a deep breath in through the nose and exhale to sing "Om". Explain that Om is the sound present in all living beings.

WARM-UP (5-10 min.)

SUFI CIRCLES, SPINAL FLEX, SEATED SIDE BEND: Warm up the body while introducing the "Every Day is Earth Day" theme. As you flow through these movements, explain that we should care for and honor the Earth every day, not just on one day. The calendar says Earth Day is on April 22nd, but we can make Earth Day every day. Go around the circle inviting the children to share one thing that they are thankful for that mother earth offers us, such as the mountains, grass, trees, and sun.

CHILD'S POSE: Come into Child's Pose to turn the body into a seed. Give children the option of receiving a back/sacrum press. *"I will come around and cover your seed with imaginary mineral-rich soil. If you do not want me to do so, please wiggle your fingers."*

CAT/COW: Imagine the seeds growing up from the ground into grass. Say hello to the sun as you look up and hello to the Earth as you look down.

BODY (10-15 min.)

DOWNWARD-FACING DOG: The grass is growing very tall on a big hill. Invite the children to become a big grassy hill with their bodies.

MOUNTAIN: Using the hand-made suns, have the children close their eyes and place their sun prop over their hearts. (Pause) Invite the kids to think of all the different ways the sun helps us (for example: helps the plants to grow, keeps everything warm, gives light, etc.) Have the children slowly open their eyes and stretch their suns to the sky as they look up and say thank you to the sun.

MOUNTAIN, HOT BREATH: The sun is very hot! As you inhale stretch the sun up high into the sky. Exhale the word "hot" bringing the sun to your stomach.