



**THEME: Summertime Fun!**  
**AGE GROUP: 2-7 yr. olds**  
**CLASS TIME: 30-45 minutes**

### **SUGGESTED PROPS & MUSIC**

1 Yoga block, beanbag or similar item per child; song: *Small Black Ant* by Caspar Babypants, 1 sun per child (i.e. paper plates, plush, laminated construction paper cut-outs), song: *Hot Fun in the Summertime* by Sly & The Family Stone, song: *Splish, Splash* by Mary Lambert, song: *The Goldfish* by Laurie Berkner, song: *Summer Breeze (Piano Music)* by Summer Breeze

### **CREATE THE SPACE (3-5 min.)**

**EASY POSE, CREATIVE MOVEMENT, SUFI CIRCLES:** *“There are many fun and exciting things to do during the summer season!”* Introduce the **Summertime Fun!** theme by chanting, “I love summer!” From Easy Pose, bend the knees and place the soles of the feet on the floor. Do a Creative Movement of stomping one foot on floor and say, “I.” Do a Creative Movement of stomping the other foot on floor and say, “Love.” Do a Creative Movement of lifting the legs of the floor and stretching the arms up overhead while saying, “Summer!” Repeat this chant approximately 10 times varying the speed and volume, ending the Creative Movements and chant at a slow speed and low volume. Move into Sufi Circles and ask the question, *“What do you love about the summer?”* Then allow the children to share. Explain that this Yoga class is all about having fun in the summertime. Offer that it IS fun to play games in the summer, go swimming, eat ice cream and feel the warmth of the Sun.

**EASY POSE, HANDS-TO-HEART:** *“It’s fun to sing all yearlong, and in the summer it can be especially fun to sing on road trips, around the campfire or while riding a bike. Let’s warm up our summertime singing voices by chanting the sound of Om 3 times.”* In Easy Pose with Hands-to-Heart, take a deep breath in through the nose and exhale to chant, or sing, the sound of Om. Repeat this 2 more times.

### **WARM-UP (5-10 min.)**

**COW, CAT:** *“There’s so much fun to be had in the summer and it’s also important to take care of ourselves.”* In Cow, invite the children to imagine they are eating an ice cream cone or favorite summer fruit. Then, in Cat, invite them to say the affirmation, “I am