



NGY LESSON PLAN

THEME: Every Day is Earth Day

AGE GROUP: 8-13 yr. olds

CLASS TIME: 45-60 minutes

SUGGESTED PROPS

Water spray bottle, *Here Comes the Sun* by The Beatles or other music for Yoga Sun Dancing, clean recyclables (i.e. junk mail, plastic containers, and pieces of cardboard), recycling container (i.e. paper grocery bag), *Earth Prayer* by Snatam Kaur

CREATE THE SPACE (3-5 min.)

MEDITATION: “Close your eyes. (Pause) Bring your awareness to this present moment—right here, right now. Sit in a comfortable position with your legs crossed. Notice which leg you have in front and then change it and bring the other leg in front. Notice this feeling in the body. (Pause) Imagine you are way up high in the sky looking down at Mother Earth, our planet, where we all live and breathe. See the colors of the Earth—blue, green, brown, white. (Pause) Think of all the beings that call this planet home—beautiful birds, tiny insects and gigantic whales, desert creatures and arctic animals, magnificent trees, other people just like you and me. (Pause) Inhale and exhale knowing that the trees on Mother Earth supply us with this breath. (Pause) Feel your body touching the Earth, feel the Earth supporting your weight, right here, right now and always. (Pause) Bring your hands to your heart as you slowly open your eyes.”

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 their ideas about how we can celebrate and take care of the Earth every day. For example: riding your bike instead of driving, taking shorter showers, turning off the water when you brush your teeth, unplugging electronics, using reusable food containers and shopping bags, picking up litter, recycling, etc.

EASY POSE: Briefly discuss what “Reduce Reuse Recycle” means and then turn it into a chant by repeating “Reduce Reuse Recycle” with corresponding hand gestures and body movements, such as tapping knees, clapping hands, and stomping feet.