



NGY LESSON PLAN

THEME: Summertime Fun!

AGE GROUP: 8-13 yr. olds

CLASS TIME: 45-60 minutes

SUGGESTED PROPS & MUSIC

5 summertime nature mandala items (i.e. shells, sea glass, stones, flowers) per child, song: *Morning Mist* by Dean Evenson, 4 small orange cones or goal markers, soft medium-size ball (i.e. beach or foam ball), small cups, pitcher of water, song: *Lively Up Yourself* by Bob Marley, wax or battery-operated candle, song: *Dusk* by Garth Stevenson

CREATE THE SPACE (3-5 min.)

EASY POSE, CRAFT, HANDS-TO-HEART: In Easy Pose, introduce the ***Summertime Fun!*** theme with a mandala craft activity *“We’re going to begin class by creating a mandala together. The word ‘mandala’ means circle in Sanskrit, but it’s much more than just a simple shape. It’s beautiful art that can help us focus and feel relaxed. We’ll work together to create a circular pattern using summertime nature items.”*. Place the mandala items off to the side and determine where the mandala will be created (we recommend on the floor, away from the Yoga mat circle, so that this space is left clear for use throughout the class and the mandala can remain throughout the whole class.) Invite the children to choose an item that speaks to them. Play the song *Morning Mist* by Dean Evenson. Encourage the children to work together as a community to quietly and mindfully create a circular pattern with the summertime nature items. Allow them to create the mandala for the duration of the song. When the song ends, put away the remaining items and return to Easy Pose in the mat circle. Bring Hands-to-Heart and invite the children to close the eyes or lower the gaze. Ask them to bring to mind one word to describe how creating the summertime nature mandala made them feel. Then, share this one word with the group. After everyone has shared, draw the children’s attention to the fact that the mandala was created with beautiful summertime items. Let them know that the class will be all about favorite summertime activities and creating the mandala helped get everyone ready for a summer fun Yoga class!

EASY POSE, HANDS-TO-HEART: *“Working together as a group to make the summertime nature mandala creates community and togetherness. Let’s create even more*