



**THEME: A Day at the Beach**  
**AGE GROUP: 2-7 yr. olds**  
**CLASS TIME: 30-45 minutes**

### **SUGGESTED PROPS**

Song: *Drive My Car* by Laurie Berkner, paper plates, suns (i.e. paper plates, plush, laminated construction paper cut-outs), water spray bottle, song: *Here Comes the Sun* by The Beatles, song: *Surfin' USA* by The Beach Boys, song: *The Calming Ocean* by Calm Ocean Sounds, song: *Let Your Heart Be Known* by Steve Gold

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

**EASY POSE, SEATED SIDE BEND, SUFI CIRCLES:** Begin the class by singing the song *Row, Row, Row Your Boat*. As you sing "Row, row, row your boat, gently down the stream", row from side-to-side with Seated Side Bends. Switch to Sufi Circles, as you sing "Merrily, merrily, merrily, merrily, life is but a dream". Introduce the theme "A Day at the Beach" by saying, "Today in yoga we're going to the beach!" Repeat the song 3-4 times. After each time ask the children what animals and sea life they think they will see and what activities they think they will do at the beach.

**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 present in all sea animals and in the ocean waves.

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

**STAFF, CREATIVE MOVEMENT, BOAT, SEATED FORWARD BEND:** "Let's drive our cars to the beach!" Pass out a paper plate to each child and instruct children to hold them with both hands like a steering wheel. Put on seatbelts, put away cell phones, and turn the key to start the engines. Play the song *Drive My Car* by Laurie Berkner. In Staff, lift one hip