



## NGY LESSON PLAN

**THEME: A Day at the Beach**

**AGE GROUP: 8-13 yr. olds**

**CLASS TIME: 45-60 minutes**

### SUGGESTED PROPS

Song: *Good Day Sunshine* by The Beatles, beach ball, song: *There is So Much Magnificence* by Steve Gold

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

**CREATIVE MOVEMENT:** Play a game to introduce the “A Day at the Beach” theme by passing the ball around with the feet and inviting each child to say their name along with anything that they like to do or see at the beach.

**EASY POSE, HANDS-TO-HEART:** Take a deep breath in through the nose while bringing the arms out to the side and up overhead. As you exhale, chant the sound of “Om” and bring the Hands-to-Heart. Explain that Om is the sound that vibrates throughout the ocean floor, amongst all the ocean animals and beaches around the world.

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

**SUFI CIRCLES, SPINAL FLEX, SEATED SIDE BEND:** Beaches are present all over the world! The Pacific Ocean that lines California’s shores, also meets the sands of Ecuador, Fiji and Australia. As you warm up the body and flow through these movements, go around the circle again allowing the children to share the location of a beach that they have visited or know of.

**CAT/COW:** The ocean stretches magnificently along the sands of the beach. Become