



NGY LESSON PLAN

THEME: Halloween Celebration

AGE GROUP: 8-13 yr. olds

CLASS TIME: 45-60 minutes

SUGGESTED PROPS

Song: *Monster Mash* by Bobby "Boris" Picket, plastic pumpkins or paper grocery bags, crumbled pieces of paper, song: *Thriller* by Michael Jackson, wax or battery-operated candle, song: *Delicate Windchimes* by Nature Sounds

CREATE THE SPACE (3-5 min.)

EASY POSE: Begin the class with a short meditation to connect the children to the "Halloween Celebration" theme. *"Find a comfortable seated position in Easy Pose. Notice which leg is in front and change it to bring the other leg in front. Notice how this feels in your body. (Pause) If it is comfortable for you, close the eyes. (Pause) Bring to mind your favorite Halloween costume. (Pause) Consider why this costume is your favorite? (Pause) Tell yourself if you have ever dressed up as this person or thing before? (Pause) If you haven't, do you plan on dressing up as this person or thing this year? (Pause) Hold these thoughts inside and slowly open your eyes."*

EASY POSE, HANDS-TO-HEART: Chant the sound of Om, or AUM, 3 times by taking a deep breath in through the nose and exhaling to sing "AUM."