



NGY LESSON PLAN

THEME: The Great Magnificent Ocean

AGE GROUP: 2-7 yr. olds

CLASS TIME: 30-45 minutes

SUGGESTED PROPS & MUSIC

Song: *Baby Beluga* by Raffi, prop: medium-size ball, prop: dry erase board or piece of paper, prop: marker, song: *There is So Much Magnificence* by Steve Gold

CREATE THE SPACE (3-5 min.)

EASY POSE, CREATIVE MOVEMENT, STAFF: In Easy Pose, sing the song *The Fish in the Sea* to the tune of *The Wheels on the Bus* to introduce "The Great Magnificent Ocean" theme. Do a Creative Movement of swimming with the arms and sing, "*The fish in the sea go swim, swim, swim; swim, swim, swim; swim, swim, swim. The fish in the sea go swim, swim, swim; in the deep blue sea.*" Bring the 4 fingers (pointer, middle, ring & pinkie) on each hand together and the thumb separate. Do a Creative Movement of opening and closing the fingers towards the thumb in a pinching gesture like lobster claws. At the same time, sing, "*The lobsters in the sea go pinch, pinch, pinch; pinch, pinch, pinch; pinch, pinch, pinch. The lobsters in the sea go pinch, pinch, pinch; in the deep blue sea.*" Move into Staff and do a Creative Movement of wiggling the arms and legs while singing, "*The octopi in the sea go wiggle, wiggle, wiggle; wiggle, wiggle, wiggle; wiggle, wiggle, wiggle. The octopi in the sea go wiggle, wiggle, wiggle; in the deep blue sea.*" Move back into Easy Pose to do a Creative Movement of opening and closing the mouth and sing, "*The seahorses in the sea go munch, munch, munch; munch, munch, munch; munch, munch, munch. The seahorses in the sea go munch, munch, munch; in the deep blue sea.*" Lastly, do a Creative Movement of opening and closing the arms while singing, "*The sharks in the sea go chomp, chomp, chomp; chomp, chomp, chomp; chomp, chomp, chomp. The sharks in the sea go chomp, chomp, chomp; in the deep blue sea.*" Let the children know they will take a trip to the ocean in Yoga class to meet these ocean friends and many more.

EASY POSE, HANDS-TO-HEART: In Easy Pose with 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 found in the shallow and deep ocean waters, in the biggest and smallest sea creatures, and within the ocean's coral reefs and marine