



NGY LESSON PLAN

THEME: The Great Magnificent Ocean

AGE GROUP: 8-13 yr. olds

CLASS TIME: 45-60 minutes

SUGGESTED PROPS & MUSIC

Song: *There is So Much Magnificence* by Steve Gold, song: *Let Your Heart Be Known* by Steve Gold

CREATE THE SPACE (3-5 min.)

EASY POSE, MEDITATION: Introduce “The Great Magnificent Ocean” theme in Easy Pose with a meditation. *“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 and bring your awareness to the present moment. Let all other thoughts float away and be right here, right now. (Pause) We are about to embark on an adventure to visit all 5 of the world’s great magnificent oceans. The Earth’s surface is covered by 70% ocean water, so there is a lot to explore. (Pause) Our 1st stop will be the Pacific Ocean, the world’s largest ocean. Here we will meet ocean creatures, like the gray whale. We will also explore the Pacific Ocean’s deepest point and The Great Barrier Reef. (Pause) Our 2nd stop will be the Atlantic Ocean, the 2nd biggest ocean in the world. It is located between the continents of North and South America and Europe and Africa and is home to the world’s longest mountain range. (Pause) Our 3rd stop will be the Indian Ocean, the world’s 3rd largest ocean. Here we will swim with humpback whales. (Pause) Our 4th stop will be the Arctic Ocean, the world’s 4th largest ocean. This ocean is almost completely covered in sea ice during winter. (Pause) Our 5th and final stop will be the Southern Ocean. The Southern Ocean includes the area of water around Antarctica and is the home of the emperor penguins. While some people disagree on whether it is an ocean or just part of larger oceans, most countries now call the Southern Ocean the world’s 5th ocean. (Pause) Throughout our journey remember that even though each ocean has its own unique name and qualities, together they all exist as one on the Earth and are all connected, just like people. All people, all over, are one, regardless of where we live, what we believe, how much money we have or how we dress. (Pause) Together we are one because we all*