



THEME: Gratitude is Our Attitude

AGE GROUP: 2-7 yr. olds

CLASS TIME: 30-45 minutes

SUGGESTED PROPS

Song: *These are My Glasses* by Laurie Berkner, suns (i.e. paper plates, plush, laminated construction paper cut-outs), song: *Here Comes the Sun* by Caspar Babypants, water spray bottle, song: *Ong Namo* by Snatam Kaur

CREATE THE SPACE (3-5 min.)

EASY POSE, CREATIVE MOVEMENT: Begin the class in Easy Pose and sing *If You're Grateful and You Know It* (to the tune of *If You're Happy and You Know It*) to grab the children's attention. Use the Creative Movements of clapping the hands, stomping the feet, and shouting "*Gratitude is Our Attitude*" (instead of "*Hurray*") to introduce the theme. After singing, invite the children to close the eyes and bring to mind someone who they are grateful for.

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*." While singing Om, invite the children to keep the thought of the person they are grateful for in their mind and offer gratitude with each Om.

WARM-UP (5-10 min.)

SUFI CIRCLES, SPINAL FLEX, EASY POSE, HANDS-TO-HEART: Having an attitude of gratitude means acknowledging the special people in our lives whom we are thankful for. As you flow through these movements, go around the circle and invite the children