



NGY LESSON PLAN

THEME: Gratitude is Our Attitude

AGE GROUP: 8-13 yr. olds

CLASS TIME: 45-60 minutes

SUGGESTED PROPS

Journal or paper, writing utensils, markers or crayons, song: *Alive* by Empire of the Sun, song: *I Can See Clearly Now* by Jimmy Cliff, song: *Om Namah Shivaya* by Deva Premal

CREATE THE SPACE (3-5 min.)

EASY POSE, GRATITUDE JOURNAL: Begin the class with a writing exercise to introduce the “Gratitude is Our Attitude” theme. In Easy Pose, invite the children to close the eyes and bring to mind one thing that they are grateful for today. It could be something that happened to them, something another person did for them, something they did for someone else or something they have in their life. Pass out the journals or paper and writing utensils and ask the children to write down the one thing they are grateful for today and then use the markers or crayons to draw a picture to illustrate it. Invite the children to share their gratitude journal entry and encourage them to continue this practice of writing down something they are grateful for every day. Exercises like this give us an attitude of gratitude, so that we are happy and healthy in our body and mind!

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.” After the 3rd Om, bring the hands to the mouth and say, “*Thank you mouth for singing the sweet sound of Om.*” Then move the hands by the ears and say, “*Thank you ears for hearing the sweet sound of Om.*”

WARM-UP (5-10 min.)

SUFI CIRCLES, SPINAL FLEX, SEATED-SIDE BEND: Having an attitude of gratitude begins with appreciating and being grateful for yourself. As you flow through these movements, ask the children what part of the body they feel moving. All answers are welcome and