



## NGY LESSON PLAN

**THEME: Powerful Purpose**

**AGE GROUP: 2-7 yr. olds**

**CLASS TIME: 30-45 minutes**

### SUGGESTED PROPS & MUSIC

Hoberman Sphere, song: *These are My Glasses* by Laurie Berkner, 1 sun per child (i.e. paper plates, plush, laminated construction paper cut-outs), water spray bottle, song: *I Can See Clearly Now* by Jimmy Cliff, song: *Being in Dreaming* by Michael Hewett

### CREATE THE SPACE (3-5 min.)

**EASY POSE, CREATIVE MOVEMENT, SEATED SIDE BEND:** In Easy Pose, sing the song *Itsy Bitsy Spider* to introduce the **Powerful Purpose** theme. Do a Creative Movement of hooking the thumbs and wiggling the 8 fingers like a spider. Move the “spider” upward while singing, “*The itsy bitsy spider climbed up the water spout.*” Next, do a Creative Movement of lowering the arms from up overhead downwards to the floor all while singing, “*Down came the rain and washed the spider out.*” Move into Seated Side Bend and sing, “*Out came the sun and dried up all the rain.*” Come back into Easy Pose and again, do the Creative Movement of hooking the thumbs and wiggling the 8 fingers like a spider. Again, move the “spider” upward while singing, “*And the itsy bitsy spider climbed up the spout again.*” Repeat the song and corresponding movements 2-4 times, varying the speed, from slow to fast, and volume, from low to loud. End at a slow speed and low volume. Continue to introduce the **Powerful Purpose** theme by asking the children, “*What is the purpose of the Sun? What does the Sun give us?*” After they have shared, ask, “*What is the purpose of the rain? How does the rain help us?*” Allow them to share and then explain that they will explore the purpose of many things in Yoga class. Offer that everything has a purpose, including people, and that through Yoga, we can find our purpose in life.

**EASY POSE, HANDS-TO-HEART:** “*The purpose of chanting Om is to join our voices as one and get ready for our Yoga class together.*” *Let’s chant the sound of Om 3 times.*” In Easy Pose with Hands-to-Heart, take a deep breath in through the nose and exhale to chant the sound of Om. Repeat this 2 more times.

### WARM-UP (5-10 min.)

**EASY POSE, BELLY BREATHING:** “*Our lungs have a powerful purpose. They bring oxygen into our bodies. Yoga breathing keeps our lungs happy and healthy.*” In Easy Pose, use