



## NGY LESSON PLAN

**THEME: We are Family**  
**AGE GROUP: 2-7 yr. olds**  
**CLASS TIME: 30-45 minutes**

### SET UP & SPECIAL NOTES

Family Yoga is a special bonding opportunity for adults and children alike as many sweet moments are shared and much fun is to be had! Open to all family members, in this unique class, adults and children can share a Yoga mat or the mats can be arranged close to one another, but still in a group circle formation. We recommend that adults model poses for the children and/or help them do the Yoga exercises. Note, it is always OK for the children to learn by observation. Throughout the class, children may choose to sit on an adult's lap, climb on their back or be held during standing postures. Suggestions for such interactions are provided throughout. Encourage families to make the experience comfortable for them, and let them know that a child's voice, whether talking or laughter, is more than welcome!

### SUGGESTED PROPS & MUSIC

Hoberman Sphere, song: *Wimoweh (The Lion Sleeps Tonight)* by Laurie Berkner, 1 sun per person (i.e. paper plates, plush, laminated construction paper cut-outs), song: *You are My Sunshine (Pt. 1)* by Elizabeth Mitchell, song: *Love Makes a Family* by Swingset Mamas, lotion, song: *Blanket of Buttercups* by Dean Evenson

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

**EASY POSE, CREATIVE MOVEMENT:** *"Family time is special, and makes life happy and bright, just like the Sun!"* In Easy Pose, sing the song *You are My Sunshine* to introduce the **We are Family** theme. Do a Creative Movement of pointing both index fingers at a family member while singing, *"You are my sunshine, my only sunshine."* Next, families do a Creative Movement of smiling at each other while singing, *"You make me happy, when skies are grey."* Then, do a Creative Movement of giving a family member a hug while singing, *"You'll never know, dear, how much I love you."* Finally, families can either give or blow each other a kiss to end the song by singing, *"Please don't take my sunshine away."*

**EASY POSE, HANDS-TO-HEART:** *"You can send joy and happiness to yourself and your family by chanting the sound of Om."* Invite everyone to send joy and happiness to themselves as they chant the 1<sup>st</sup> Om. Send the 2<sup>nd</sup> joyful Om to someone in their family