



NGY LESSON PLAN

THEME: Ch-Ch-Ch-Changes

AGE GROUP: 2-7 yr. olds

CLASS TIME: 30-45 minutes

SUGGESTED PROPS & MUSIC

1 sun per child (i.e. paper plates, plush, laminated construction paper cut-outs), song: *The Sun Will Shine for You* by Recess Monkey, water spray bottle, song: *Get On the Dance Floor* by Ozomatli, song: *Caterpillar Caterpillar* by Kira Willey, song: *Long Time Sun* by Girish

CREATE THE SPACE (3-5 min.)

SUFI CIRCLES, SPINAL FLEX, SEATED SIDE BEND, STAFF, CREATIVE MOVEMENT, SEATED

FORWARD BEND, EASY POSE: Begin by moving the body and changing directions to introduce the ***Ch-Ch-Ch-Changes*** theme. Make Sufi Circles in one direction. Use a singsong tone of voice to sing, “*Around and around, around and around, around and around,*” indicating the directionality of the movement. Then, use an attention-grabbing tone to say, “*Change.*” Switch the direction of the Sufi Circles and again, use a singsong tone to sing, “*Around and around, around and around, around and around.*” Make the same number of Sufi Circles in this direction and then, exclaim in an engaging voice, “*Change.*” Move into Spinal Flex and with a singsong tone, sing, “*Forward and back, forward and back, forward and back*” and so on with the movement. Then, with an enthusiastic tone say, “*Change.*” Move into Staff and do a Creative Movement of reaching the arms up overhead. Flow from Staff in and out of Seated Forward Bend while singing, “*Up and down, up and down, up and down*” and so on with the movement. Then, use an expressive tone to say, “*Change.*” Finally, move into Easy Pose and inform the children that the Yoga class is all about change. Change is happening all the time and is experienced throughout life. Some changes are big, like moving to a new home or a new sibling being born. Some changes happen every year, like the seasons changing and caterpillars changing into butterflies. Other changes are occurring all the time, like children growing taller and people getting older. It is said that the only thing that is constant is change.

EASY POSE, HANDS-TO-HEART: “*When we speak and sing, we can change the volume of our voice. Let’s chant the sound of Om 3 times and change our voices by getting a little louder with each one.*” In Easy Pose with Hands-to-Heart, take a deep breath in through the nose and exhale to chant, or sing, the sound of Om at a low, or soft, volume. Chant