



THEME: Dino-mite Yoga!
AGE GROUP: 2-7 yr. olds
CLASS TIME: 30-45 minutes

SUGGESTED PROPS & MUSIC

Song: *Walk the Dinosaur (From Ice Age: Dawn of the Dinosaurs)* by Queen Latifah, 1 sun per child (i.e. paper plates, plush, laminated construction paper cut-outs), song: *Take the Sun* by Caspar Babypants, song: *We Are the Dinosaurs* by Laurie Berker, song: *Jurassic Park Theme* by The Piano Guys

CREATE THE SPACE (3-5 min.)

EASY POSE, CREATIVE MOVEMENT, SUFI CIRCLES, LION'S BREATH: Sing *The Dinosaurs Go Marching* to the tune of *The Ants Go Marching* to introduce the **Dino-mite Yoga!** theme. In Easy Pose, do a Creative Movement of tapping the knees to the beat while singing, "*The dinosaurs go marching one by one, hurrah, hurrah. The dinosaurs go marching one by one, hurrah, hurrah. The dinosaurs go marching one by one.*" Then, do another Creative Movement of stretching both arms upward while singing, "*The little one stops to stand in the sun.*" Next, move into Sufi Circles for the line, "*And they all go marching round and round, and round and round.*" For the 2nd verse, return to Easy Pose with the hand tapping Creative Movement to sing, "*The dinosaurs go marching two by two, hurrah, hurrah. The dinosaurs go marching two by two, hurrah, hurrah. The dinosaurs go marching two by two.*" Then, do a Creative Movement of using the hands and fingers to make a telescope or binoculars, and sing, "*The little one stops to check out the view.*" Move back into Sufi Circles for "*And they all go marching round and round, and round and round.*" For the 3rd verse, once again, return to Easy Pose with the hand tapping Creative Movement to sing, "*The dinosaurs go marching three by three, hurrah, hurrah. The dinosaurs go marching three by three, hurrah, hurrah. The dinosaurs go marching three by three.*" Do a Creative Movement of pretending to eat while singing, "*The little one stops to eat from a tree.*" Move back into Sufi Circles for "*And they all go marching round and round, and round and round.*" For the 4th and final verse, return to Easy Pose with the hand tapping Creative Movement to sing, "*The dinosaurs go marching four by four, hurrah, hurrah. The dinosaurs go marching four by four, hurrah, hurrah. The dinosaurs go marching four by four.*" Then sing, "*The little one stops to give a roar,*" and do a Lion's Breath. Finally, move back into Sufi Circles for "*And they all go marching round and round, and round and round.*" Move back into Easy Pose and have a short discussion about dinosaurs. Explain that dinosaurs ruled the Earth for over 160 million