



## NGY LESSON PLAN

**THEME: Night Life**  
**AGE GROUP: 2-7 yr. olds**  
**CLASS TIME: 30-45 minutes**

### SUGGESTED PROPS & MUSIC

1 moon per child (i.e. paper plates, plush, laminated construction paper cut-outs), song: *Catch the Moon* by Elizabeth Mitchell & Lisa Loeb, song: *Crickets At Night* by Nature Ambience

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

**EASY POSE, CREATIVE MOVEMENT, BUTTERFLY FORWARD FOLD, SEATED SIDE BEND:** Sing a nighttime, bedtime routine song *When it's Time for Bed* to the tune of *Here We Go Round the Mulberry Bush* (also known as *This is the Way*) to introduce the **Night Life** theme. In Easy Pose, do a Creative Movement of using the index finger to brush the teeth while singing, "*This is the way we brush our teeth, brush our teeth, brush our teeth. This is the way we brush our teeth, when it's time for bed.*" Then, move into Butterfly Forward Fold and sing, "*This is the way we read a story, read a story, read a story. This is the way we read a story, when it's time for bed.*" The next step in the bedtime routine is to say goodnight. Back in Easy Pose, do a Creative Movement of giving a self-hug while singing, "*This is the way we say good night, say good night, say good night. This is the way we say good night, when it's time for bed.*" End by doing a Creative Movement of turning off the lights in Seated Side Bend and singing, "*This is the way we turn out lights, turn out lights, turn out lights. This is the way we turn out lights, when it's time for bed.*" Move back into Easy Pose and have a short discussion about what happens in the nighttime, i.e. getting ready for bed, the moon and stars shine bright and nocturnal animals are awake. Let the children know that they will have the opportunity to explore **Night Life** happenings and creatures throughout the Yoga class.

**EASY POSE, HANDS-TO-HEART:** "**Night Life** is filled with many unique and interesting sounds. Let's add the sound of Om to these already existing sounds by chanting it 3 times." In Easy Pose with Hands-to-Heart, take a deep breath in through the nose and