



NGY LESSON PLAN

THEME: Ch-Ch-Ch-Changes

AGE GROUP: 8-13 yr. olds

CLASS TIME: 45-60 minutes

SUGGESTED PROPS & MUSIC

One 4" x 6" blank index card per child, crayons or markers, song: *Opening* by Wah!, song: *Sun Light* by MC Yogi, song: *Diamonds in the Sun* by Girish

CREATE THE SPACE (3-5 min.)

EASY POSE, MEDITATION: Introduce the **Ch-Ch-Ch-Changes** theme with a meditation and craft. In Easy Pose, rest the hands on the knees and invite the children to close the eyes or lower the gaze. *"Bring your awareness to the present moment. Let all other thoughts float away and be right here, right now. (Pause) Change is happening all around us, every day. (Pause) Some changes are big, like moving to a new home, friendships ending or switching schools. (Pause) Some changes are barely noticeable when they are happening, like getting taller or growing longer hair. (Pause) Some changes happen at the same time every year, like the seasons changing and going back to school after summer break. (Pause) Change is constant and we must accept it. (Pause) Bring to mind a change that you have recently experienced. (Pause) Did you accept or resist it? (Pause) How did this change make you feel while it was happening? (Pause) How did you feel afterwards? (Pause) Take a few more moments to reflect on this change and your reaction to it. (Pause) Breathe it in and slowly exhale with a sigh. (Pause) Now, slowly open the eyes or raise the gaze."* Engage the children in creating an affirmation card craft. Play the song *Opening* by Wah! and give each child a 4" x 6" index card along with placing crayons or markers in the middle of the mat circle. Instruct the children to write the affirmation "I accept change" on one side of the index card and "I am ready for whatever comes my way" on the other. Then, encourage them to decorate the card for the duration of the song. When the song ends, put away the crayons or markers. Go around the circle and invite the children to take turns saying the affirmation. After each individual says, "I accept change," affirm that it is true by all together saying, "Yes, you do!" When this is complete, invite the children to place their affirmation card at the top of the mat for inspiration during the class.

EASY POSE, HANDS-TO-HEART: *"Let's commit to accepting and embracing change, and supporting our friends when they are experiencing a change, by chanting the sound of Om 3 times."* In Easy Pose with Hands-to-Heart, take a deep breath in through the nose