



NGY LESSON PLAN

THEME: Night Life
AGE GROUP: 8-13 yr. olds
CLASS TIME: 45-60 minutes

SUGGESTED PROPS & MUSIC

Journal or paper, writing utensils, markers or crayons, song: *Harvest Moon* by The O'Neill Brothers Group, song: *I'm Alive (Life Sounds Like)* by Michael Franti & Spearhead, song: *Night Sounds in the Forest* by Nature Ambience

CREATE THE SPACE (3-5 min.)

EASY POSE, MEDITATION: Introduce the **Night Life** theme with a meditation and journaling activity. 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) Now, bring to mind 3 things that you are grateful for today. (Pause) These things can be people, animals, situations or feelings. (Pause) They can be something that happened to you, something another person did for you, something you did for someone else or something you have in your life. (Pause) Spend a few quiet moments thinking about these 3 things you are grateful for today. (Pause) Now, slowly open the eyes or raise the gaze."* Pass out the journals or paper and writing utensils. Play the instrumental song *Harvest Moon* by The O'Neill Brothers Group and spend a few minutes journaling (writing or drawing) about the 3 things they are grateful for. Let the children know that the Yoga class theme is **Night Life** and discuss the importance of having a bedtime, or nighttime, ritual, such as journaling. Journaling is a way to reflect on the day's activities, give thanks for things that happened and acknowledge special people. Watching TV, playing video games, surfing the web and using other forms of technology before bedtime activates the mind; while an activity, such as journaling, calms the mind and body, preparing for rest. Encourage the children to continue or establish a bedtime, or nighttime, ritual, such as journaling, that is calming not activating.

EASY POSE, HANDS-TO-HEART: *"Let's commit to doing entertaining and beneficial things, like journaling, before bed and to having fun in our **Night Life** class by chanting the sound of Om 3 times."* In Easy Pose with Hands-to-Heart, take a deep breath in through