



THEME: I Heart New York
AGE GROUP: 8-13 yr. olds
CLASS TIME: 45-60 minutes

SUGGESTED PROPS & MUSIC

Song: *Welcome to New York* by Taylor Swift, song: *Imagine* by Guitar Dreamers, song: *When You're Smiling* by Louis Armstrong, 1 hula hoop, 1 bean bag per child, song: *There's No Business Like Show Business* by Harry Connick Jr., song: *Central Park* by Alex & Sam

CREATE THE SPACE (3-5 min.)

EASY POSE, BELLY BREATHING: Introduce the *I Heart New York* theme with a chant and meditation. In Easy Pose, rest the hands on the knees with the palms facing up. "Let's chant '*I Heart New York*' while touching the thumb to the fingertips. Touch the thumb to the index finger and chant, '*I.*' Touch the thumb to the middle finger and chant, '*Heart.*' Touch the thumb to the ring finger and chant, '*New.*' Touch the thumb to the pinkie and chant, '*York.*' Let's say this chant over and over." Repeat the chant, with the corresponding Creative Movements, many times at a moderate pace. Initially, chant at a normal volume and then lower the volume to a whisper for a few rounds. Finally, instruct everyone to silently say the words in the mind while still touching the thumb to the fingers. Allow for a few minutes and then complete the meditation and instruct the children to pause with the eyes closed or gaze lowered. After a few moments of silence, invite the children to open the eyes. "*New York City is home to over 8 million people, known as a "melting pot" because there are people living there from nearly every country in the world. NYC is divided into 5 different boroughs, or neighborhoods. They are Manhattan, the Bronx, Staten Island, Brooklyn and Queens. We will get to explore all 5 boroughs on an I Heart New York adventure, seeing famous landmarks, hearing the city sounds and experiencing life in New York City.*"

EASY POSE, HANDS-TO-HEART: "*Om is the sound of peace and love. Let's send peace and love to the millions of people who live in New York City by chanting Om 3 times.*" In Easy Pose with Hands-to-Heart, take a deep breath in through the nose and exhale to