



NGY LESSON PLAN

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

SUGGESTED PROPS & MUSIC

Parachute (size: 12' diameter for 1-8 children, 20' diameter for 9+ children), song: *Sgt Pepper's Lonely Hearts Club Band* by Caspar Babypants, song: *Little Wing* by Elizabeth Mitchell, song: *Chirping Birds* by Meditation Music

CREATE THE SPACE (5-7 min.)

EASY POSE, CREATIVE MOVEMENT, STAFF, BOAT

Props: Parachute

Steps:

1. Introduce the **Yoga Games** theme by singing *When the Parachute Goes Up* to the tune of *If You're Happy and You Know It*.
2. Place the parachute flat on the ground. Sit in Easy Pose, with the children evenly positioned, around the parachute. Use both hands to hold a handle or the edge of the parachute.
3. Do a Creative Movement of lifting the parachute with both hands and stomping the feet underneath while singing, "*When the parachute goes up, stomp your feet. When the parachute goes up, stomp your feet. When the parachute is high and floats up in the sky. When the parachute goes up, stomp your feet.*"
4. Do a Creative Movement of lifting the parachute with both hands and moving into Boat while singing, "*When the parachute goes up, lift your legs. When the parachute goes up, lift your legs. When the parachute is high and floats up in the sky. When the parachute goes up, lift your legs.*"
5. In Staff, do a Creative Movement of lifting the parachute with both hands and wiggling the body while singing, "*When the parachute goes up, wiggle the body. When the parachute goes up, wiggle the body. When the parachute is high and floats up in the sky. When the parachute goes up, wiggle the body.*"
6. Move back into Easy Pose and one more time, do a Creative Movement of lifting the parachute with both hands while singing, "*When the parachute goes up, whisper Namaste. When the parachute goes up, whisper Namaste. When the parachute is high and floats up in the sky. When the parachute goes up, whisper Namaste.*"
7. Lower the parachute to the ground. Remain in Easy Pose to explain that the