



## NGY LESSON PLAN

**THEME: Yoga Games**  
**AGE GROUP: 8-13 yr. olds**  
**CLASS TIME: 45-60 minutes**

### SUGGESTED PROPS & MUSIC

Tuning fork, singing bowl or chimes; Yoga cards with pictures of Yoga poses and breathing exercises or names of Yoga poses and breathing exercises hand-written, 1 mat or towel per child, song: *Flashlight* by Parliament; 1 24" dowel or unsharpened pencil per child, 1 piece of 8 ½" x 11" white paper per child, an assortment of crayons or colored pencils, song: *Für Elise* by Alfred Brendel, song: *All My Days* by Alexi Murdoch, song: *Flying* by Garth Stevenson

### CREATE THE SPACE (5-7 min.)

#### EASY POSE

**Yoga Game:** The Listening Game

**Props:** Tuning fork, singing bowl or chimes

#### **Steps:**

1. Introduce the **Yoga Games** theme with *The Listening Game*.
2. Sit in Easy Pose in a circle with the eyes closed or gaze lowered.
3. Begin *The Listening Game* by softly ringing the tuning fork, singing bowl or chimes near one child's ear.
4. The child who hears the sound, stand up, takes the instrument (tuning fork, singing bowl or chimes) and the teacher sits in that child's place.
5. The child with the instrument then goes around the circle to another child and plays the sound near another child's ear and then takes this child's spot in the circle.
6. The game is complete when all children have had a chance to hear the sound and are seated in a new position.
7. Stay in Easy Pose to explain to the children that they will have a chance to play many **Yoga Games**, similar to *The Listening Game*, in this class. Let them know that **Yoga Games** are not competitive and there is no winning or losing. **Yoga Games** are all about teamwork and having fun!

#### EASY POSE, HANDS-TO-HEART

#### **Steps:**

1. "Let's chant the sound of Om 3 times to commit to not competing and having as