



NGY LESSON PLAN

THEME: A Walk in the Woods

AGE GROUP: 2-7 yr. olds

CLASS TIME: 30-45 minutes

SUGGESTED PROPS & MUSIC

Song: *Baby Bear* by Caspar Babypants, 1 sun per child (i.e. paper plates, plush, laminated construction paper cut-outs), song: *In the Sun* by Dan Zanes & Elizabeth Mitchell, song: *Teddy Bears' Picnic* by David Grisman & Jerry Garcia, song: *Ancient Woodland* by Calmsound

CREATE THE SPACE (5-7 min.)

SEATED SIDE BEND, SPINAL FLEX, BOAT, CREATIVE MOVEMENT, STAFF, SEATED FORWARD BEND, EASY POSE

1. Introduce the theme, ***A Walk in the Woods***, by singing *The Animals in the Woods* to the tune of *The Wheels on the Bus*.
2. In Seated Side Bend, spread the arms like sparrow wings and sing, "*The sparrows in the woods go chirp, chirp, chirp; chirp, chirp, chirp; chirp, chirp, chirp. The sparrows in the woods go chirp, chirp, chirp; all day long.*"
3. Move into Spinal Flex and sing, "*The dragonflies in the woods go buzz, buzz, buzz; buzz, buzz, buzz; buzz, buzz, buzz. The dragonflies in the woods go buzz, buzz, buzz; all day long.*"
4. From Boat, do a Creative Movement of pretending to climb with the hands and feet while singing, "*The mountain goats in the woods climb higher, higher, higher; higher, higher, higher; higher, higher, higher. The mountain goats in the woods climb higher, higher, higher; all day long.*"
5. In Staff, do a Creative Movement of bringing the arms in front of the body, with the palms together, and wiggling the hands like a snake while singing, "*The snakes in the woods go hiss, hiss, hiss; hiss, hiss, hiss; hiss, hiss, hiss. The snakes in the woods go hiss, hiss, hiss; all day long.*"
6. From Staff, move into Seated Forward Bend and sing, "*The bears in the woods go growl, growl, growl; growl, growl, growl; growl, growl, growl. The bears in the woods go growl, growl, growl; all day long.*"
7. Pause in Easy Pose to explain that the class is all about ***A Walk in the Woods***. Ask the children to share what and who they might see or meet while walking in