NGY LESSON PLAN

THEME: A Walk in the Woods
AGE GROUP: 8-13 yr. olds
CLASS TIME: 45-60 minutes

SUGGESTED PROPS & MUSIC
Song: Walking Song by Carlos Nakai, song: I Don’t Want to Live There by The Lonely Forest, song: High Country by Grant Geissman, song: Cedar Grove by Tim Heintz

CREATE THE SPACE (5-7 min.)

EASY POSE, MEDITATION, SUFI CIRCLES, SPINAL FLEX, SEATED SIDE BEND:
1. Introduce the theme, A Walk in the Woods, with a seated meditation.
2. In Easy Pose, rest the hands on the knees with the palms facing up. Close the eyes or lower the gaze.
3. “Bring your awareness to the present moment. Let all other thoughts float away and be right here, right now. (Pause) Imagine you are walking on a trail in the woods. (Pause) Notice what is on the trail. Rocks, twigs, leaves, wildflowers. What else? (Pause) Do your best to not disturb the nature and leave them where you found them. (Pause) In your mind, see a hawk flying up above. (Pause) Watch the mountain goats and bighorn sheep climb up the steep rocks. (Pause) Imagine the black and grizzly bears looking for berries. (Pause) Observe these and other animals in the woods from a distance. Respect that you are a guest in their home. (Pause) There’s a flowing river next to the trail. (Pause) Listen carefully to hear a waterfall in the distance. (Pause) Spend a few more moments walking under the tall trees, noticing what you see and hear, and always doing your best to leave no trace. (Pause) Slowly open your eyes or raise your gaze.”
4. Flow through Sufi Circles, Spinal Flex and Seated Side Bend and invite the children to share what ‘leave no trace’ means to them. Explain that the class is all taking A Walk in the Woods and how to best respect and appreciate the animals, plants and other things that live in the woods. Add on that ‘leave no trace’ means walking on existing trails, leaving rocks, plants and other natural objects where they are; and deeply respecting the wildlife. The Leave No Trace Principles help wilderness users make smart decisions in the woods so that they may leave the area as beautiful and natural as they found it.

EASY POSE, HANDS-TO-HEART
1. “Let’s chant the sound of Om 3 times to commit to leaving no trace whenever we