



NGY LESSON PLAN

THEME: Kindness Matters

AGE GROUP: 2-7 yr. olds

CLASS TIME: 30-45 minutes

SUGGESTED PROPS & MUSIC

Song: *Under a Rock* by Caspar Babypants, 1 sun per child (i.e. paper plates, plush, laminated construction paper cut-outs), song: *Song of the Rising Sun, Of Warming Light of Kindness and Love* by Andrei Krylov & Shakti Ros, song: *Kind-Hearted Hand* by Peter Seltser & Kids for Peace, song: *Om Namo Bhagavate* by Deva Premal

CREATE THE SPACE (3-5 min.)

EASY POSE, CREATIVE MOVEMENT, SUFI CIRCLE: *"There are many ways to show kindness and we have lots of chances to be kind every day."* In Easy Pose, chant "Be kind every day" to introduce the **Kindness Matters** theme. Do a Creative Movement of tapping the hands on floor and say, "Be." Do a Creative Movement of tapping the hands on the knees and say, "Kind." Do a Creative Movement of clapping the hands in front of the heart and say, "Every." Do a Creative Movement of stretching the arms up overhead and say, "Day." Repeat this chant approximately 10 times varying the speed and volume, ending the Creative Movements and chant at a slow speed and low volume.

Move into Sufi Circles and ask the children, *"How do you show kindness?"* Allow them to share. Then, explain that the Yoga class is all about why kindness matters. Offer that kindness creates happiness and peace in the world. Kindness is sharing a smile, helping a stranger, hugging a friend, opening a door for another, saying thank you in a restaurant; through these seemingly small acts, we can create kindness in the world.

EASY POSE, HANDS-TO-HEART: *"Let's commit to being kind to ourselves and others by chanting the sound of Om 3 times."* In Easy Pose with Hands-to-Heart, take a deep breath in through the nose and exhale to chant, or sing, the sound of Om. Repeat this 2 more times.

WARM-UP (5-10 min.)

CAT, COW, CREATIVE MOVEMENT: *"By doing Yoga, you're being kind to your body and mind. The more we show kindness to ourselves, the easier it is to be kind to others."* During the 1st round of Cat and Cow, look towards the heart in Cat and say, *"I will be kind to me."* Then in Cow, look at others in the Yoga class and say, *"I will be kind to you."* With the 2nd round of Cat and Cow, remind the children that kindness is sharing a smile and in Cat, invite the children to give themselves a smile. Move into Cow and invite them to smile at a friend. Add in an affirmation and Creative Movement with the 3rd round. In Cat, say, *"I am kind!"* and in Cow, do a Creative Movement of lifting one