



NGY LESSON PLAN

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

SUGGESTED PROPS & MUSIC

Hoberman Sphere, song: *The Frogs* by Caspar Babypants, song: *Them Bones* by Caspar Babypants, 2 scarves per child, song: *Hold On* by East Forest, song: *Relaxation* by Tibetan Singing Bowls

CREATE THE SPACE (5-7 min.)

STAFF, CREATIVE MOVEMENT, SEATED FORWARD BEND, EASY POSE

1. Introduce the **Yoga Anatomy** theme by singing *Head, Shoulders, Knees and Toes*.
2. In Staff, begin singing and do a Creative Movement of touching the hands on the head and shoulders.
3. Move into Seated Forward Bend to tap the hands on the knees and toes.
4. Move back into Staff. Continue singing and gently touch the fingertips to the eyes, ears, mouth and nose.
5. Sing the song 3-4 more times. Continue to sing the “*Head, shoulders, knees and toes*” verses, but replace the “*Eyes, ears, mouth and nose*” verse with other body parts, such as “*Hips, stomach, cheeks and heart,*” “*Elbows, lungs, biceps and shins*” and “*Neck, brain, hamstrings and heart.*” Ask the children for suggestions.
6. Pause in Easy Pose and let the children know that the **Yoga Anatomy** class is all about different body parts, like organs, muscles and bones, and the AMAZING things the body does for us every single day.

EASY POSE, HANDS-TO-HEART

1. “*Singing makes our body and brain happy and healthy. Let’s sing, or chant, the sound of Om 3 times.*”
2. In Easy Pose with the Hands-to-Heart, take a deep breath in through the nose