

Classroom Yoga 30 minute lesson (for children age 3-6)	The Yoga Garden
<u>Preparation</u>	aromatherapy: rosemary (fresh or essence) show & tell: a fresh fragrant flower or flower petals story: <u>Planting a Rainbow</u> by Lois Ehlert music: any soothing music with nature sounds. Birds chirping in a garden would be especially suitable. craft: flower made with paper plates, pom poms, glue, green paper
<u>Getting Centered</u>	While everyone arrives, invite the children to smell and or touch the flowers. <u>Teacher's verbal cues</u>
<u>Warm Up</u>	children sit in crossed-legged position in a large circle breathe in as you raise your arms over your head breathe out as you lower your arms to your sides <repeat> raise just one arm up, look at your hand and feel the stretch down your side <repeat on the other side> hug one knee, hug the other knee legs out long in front of you for a forward bend Create a flower using the entire class Ask children to extend their legs out straight in a “V” pattern Move so that children’s feet touch Reach opposite hand to foot and feel the stretch Switch to the other side.
<u>Story</u>	<u>Planting a Rainbow</u> by Lois Ehlert Ask for the children to participate by saying the colors, etc.
<u>Poses</u>	Re-enact the theme of the story with yoga poses
Seed planting	ask children to come onto their knees each child cups their hands to receive imaginary seeds to plant dig a hole plant the seeds tamp the soil
Rain	ask children what is needed to make the garden grow? water: raise arms up while breathing in and then let fingers trickle rain down as you breathe out
Rising Sun	While kneeling, lift hips off the ground and breathe in as you bring your arms out and up to form a round sun over your head. Breathe out as you release the arms to your sides and sit back on your heels.
Flower growing	Ask children to come to squatting position and hide face into knees. Become tiny as a seed. Imagine sun and rainfall on your back and begin to straighten legs as the flower grows. Let arms and head be heavy as you slowly rise up. Breathe in as you come up. Then, breathe one leaf out and then another using your arms. Turn your face up to the sun and be as tall and strong as possible.
Flower blowing in wind	Feel the wind push you to one side and then the other. Feel the stretch in your sides.
Visitors to the Garden	Ask the children what animals or insects may come to visit the flower garden: bee (good for practicing breathing since children “buzz” on the exhale) Stand with feet hip width apart .

	<p>Fold arms to form bee wings. Inhale and then “buzz” on the exhale for as long as possible. While buzzing, come up on to toes and balance.</p> <p>bird or crane (balancing pose on one leg with arms out to side) Stand with feet hip width apart. Place all your weight in one leg. Slowly lift the opposite leg up so your thigh is parallel to the floor Extend your arms to make bird wings Balance on one leg and then try the other Note: it is helpful to have a focal point that does not move, e.g. a wall, poster, etc.</p> <p>rabbit (good shoulder and chest stretch) Kneel on the floor with your bottom touching your heels. Bring your arms straight behind you Bend forward, tuck chin to chest, and place your forehead on the floor in front of your knees Extend your straight arms even higher behind your back to form you bunny ears Breathe here and feel your ribs expand.</p> <p>wiggly worm (a favorite for getting the wiggles out before relaxation time) Lie on your back with arms and legs extended Shake and wiggle all over like a wiggly worm Stop when you hear the bell Wiggle again when instructed Stop when you hear the bell</p> <p>snake (good for strengthening the back and keeping it flexible) Roll on to your tummy and place your hands palms down under your shoulders Lift up your chest and push gently into the palms of your hands Only come up as far as feels good. Try to lift your hands from the ground and just use your back muscles to stay in the snake pose. Hiss like a snake. Let me see your tongue. <repeat></p> <p>mouse (a relaxing pose for lower back) Push your hips back to your heels Allow your hands to come back near your feet Bring your forehead to the ground in front of your knees. Breathe and rest in mouse pose</p>
Relaxation	<p>Stay in mouse pose and wait for the teacher to come around and apply gentle pressure to your lower back. Then, roll over and breathe in the flower scent. Note: teacher applies flower aroma to wrists. Allow children to inhale the scent, but do not let is touch their delicate skin. Rest with your eyes closed. It’s time to wake up when the bell rings.</p>
Closing	<p>Verbally review the animal poses they did together. Finish the yoga lesson in crossed-legged seated position by saying namaste. Explain that namaste means “the light within me salutes the light within you” or the acknowledgment that there is something beautiful within each of us.</p>
Craft	<p>Make a flower using a plain paper plate. Ask children to decorate the plate using colored pom poms. Add a stem made from green construction paper.</p>