

# Listening Lesson Plan

**Date:** April 12, 2017

**Population:** Boys and Girls – 2-7yo

**Teacher:** Dawn Craig MS LMHC

**Time:** 30 minutes

**Yoga Clam Principle/Lesson Goal:** Listening

CALM

- *Hoberman Sphere w/Lavender Spray & Ocean Waves*-- Demonstrate how to practice deep breathing with Hoberman Sphere. Have 1 volunteer lead in breathing and determine how many breaths the class needs (from 1-5). I count the breaths.
- *Belly Breathing* – 1-5 breaths, listen to the waves and breathe in/out like waves rolling in/out
- *Mini Volcano Breaths sitting*– 3-4 breaths while listening to mini volcanos explode

ACTIVE – “Polar Bear, Polar Bear What Do You Hear?”

- **Child’s Pose** - Take a few deep breaths, resting like a POLAR BEAR.
  - **Polar Bear, Polar Bear What do you hear?** I hear a LION roaring in my ear.
- **Plank Pose** – with eyes wide open and ROAR
  - **Lion, lion what do you hear?** I hear a HIPPO snorting in my ear.
- **Cow Pose** – pretend to take 1-2 breaths like a Hippo
  - **Hippo, Hippo what do you hear?** I hear a FLAMINGO fluting in my ear.
- **Dancer Pose** – pose like a Flamingo and switch sides after 1-2 breaths
  - **Flamingo, flamingo what do you hear?** I hear a ZEBRA neighing in my ear.
- **Horse Pose** – squat with feet pointing outwards and heart centered hands while bouncing (gallop)
  - **Horse, horse what do you hear?** I hear a SNAKE hissing in my ear.
- **Snake Pose** – hiss like a snake when we come up, 1-3 times.
  - **Snake, snake what do you hear?** I hear an ELEPHANT trumpeting in my ear.
- **Warrior II (arms=trunk)** – make elephant noises with our trunks and switch sides
  - **Elephant, elephant what do you hear?** I hear LEOPARD meowing in my ear.
- **Cat Pose** – pretend to be a Leopard and meow
  - **Leopard, leopard what do you hear?** I hear a PEACOCK chirping in my ear.
- **Cobbler’s Pose** – lower knees to open our feathers
  - **Peacock, peacock, what do you hear?** I hear a WALRUS grunting in my ear.
- **Upward Facing Dog** – be a Walrus and grunt
  - **Walrus, walrus what do you hear?** I hear a ZOOKEEPER whistling in my ear.
- **Hero Pose w/Glasses** – make finger glasses
  - **Zookeeper, zookeeper what do you hear?** I hear CHILDREN making animal noises in my ear.
- **Resting Pose** – hands on belly
  - **Children, children what do you hear?** I hear a quiet zoo resting right here. And lay silent for one minute.

\*\*Continued on next page.\*\*

## CALM

- *Belly Breathing* - 1-4 breaths while laying down and listening to the waves
- *Relax Kid: Robin Hood (pg. 59)* – Laying down with eyes closed and listening.
- And invite each kid to turn their mats in and get high fives at end of session.