

# Strength Lesson Plan

**Date:** March 15, 2017

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

**Teacher:** Dawn Craig MS LMHC

**Time:** 30 minutes

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

## CALM

- *Hoberman Sphere* -- Demonstrate how to practice deep breathing with Hoberman Sphere. Have 1 volunteer lead in breathing and determine how many breaths the class needs (from 1-10). Have 1 volunteer count the breaths. Encouraging the class to keep their bodies as still as statues. Using archetype imagery of a king/queen to address their posture as they are sitting. Have each volunteer receive 1-3 compliments from the class. (about 1 -3 minutes)
- *Name Toss* – Children will be in a circle and will give the ball to the person on the right while saying their name and looking the person in the eye. Once we have gone around the circle each child will give the ball to the person on their left and say the person's name they are giving the ball to. Encouraging children to practice listening skills while building connections through learning each other's names. (about 10 minutes)

## ACTIVE

- *Tree* - Both feet on ground/tree pose; let's see how still and strong our trees can be. (2-3 breaths)
- *Swaying Trees (Crescent Moon)* – let's sway our trees from left to right gently (1-2 times)
- *Bend* - Let's say rub our **toes** and say hi toes, let's rub our **knees** and say hi knees, walk your fingers up to your **tummy** and say hi tummy and up to your **shoulders** and say hi shoulders and then up to our **heads** and say hi head, now reach for the **sky** and say hi sky (upward mountain)
- *Star* – (Jump out to Star) Can you be quiet stars shining down from the sky? Use those laser beams out through your hands and reach. Look how many strong stars there are.
- *Spider* – Now let's wriggle our fingers like little spiders down to the ground and walk our spiders behind our legs and out in front.
- *Frog* - Now let's sit like frogs and feel how strong our frog legs are
- *Volcano Breath* - Go down to Frog Pose and then we go into Volcano on the count of 3 and make amazing sound effects of an exploding Volcano (2-3 times)
- *Mountain* – Let's stand like tall, strong and still mountains

## CALM

- *Self Hugs* – Standing and hug ourselves while saying “Thank you body for working so hard” and stretch arms forward while wiggling fingers (Do it 2 times).
- *Melting Mountain* - Now the snow on the mountain is Melting and we slowly come down to a snowball (Child's Pose)
- *Child's Pose with Relax Kids: The Snowman (pg 40)* - Tell kids they need to relax while they are snowballs and cannot move until I touch their backs.
- And invite each kid to give me a handshake or hug at end of session.