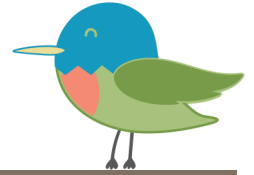


Yoga

INFANT SAMPLE



Materials

Itsy Bitsy Yoga Book
Yoga Music from Playlist

Warm- Up

Position infants on a soft, safe surface (mat/carpet/etc.).
Turn on soothing Yoga music.
Begin engaging with them by speaking calmly and softly to them.
Practice taking deep breaths: in through your nose and out through your mouth

Lesson

For Newborns

Heart-Warm Touch (pg. 45)	Belly Breathing (pg. 24)
One Hand, Two Hand (pg. 56)	Dolphin (pg. 59)

For Head Holders

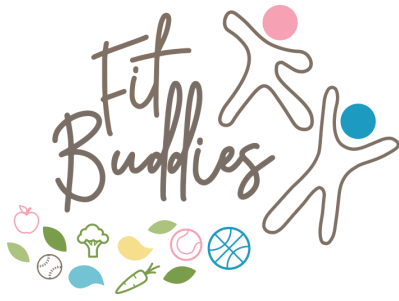
Heart-Warm Touch (pg. 70)	Divine Drops (pg. 79)
Super Baby (pg. 85)	Womb Wings (pg. 81)

For the Almost Sitting

Heart-Warm Touch with Name Singing (pg. 101)	Belly Breathing (pg. 24-25)
Rolio (pg. 98)	I Love You (pg. 95)

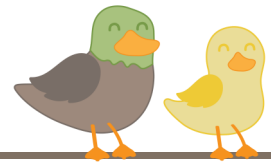
Closure

Bring infants back together to your quiet space.
Rest your hand on their belly/chest as you practice deep breaths.
Take 3-5 deep breaths together.



Dance It Out

YOUNG TODDLER SAMPLE



Materials

- Music
- iPad for song
- Dance like an Animal by Eric Herman
- Bubble Machine/Bubbles

Warm- Up

- 10 flapping jacks
- Reach for the birds
- Reach for your toes

Lesson

Introduce:

This week we will explore a song called "Dance like an Animal". When we listen to the song we will join in by dancing and moving like the different animals that he mentions in the song. You can also add in some of your own moves through out!"

Let's dance:

Play Dance like an Animal. Have children dance like each animal that they hear in their song but also feel free to explore different movements.

Discuss:

- How did the music make you feel?
- How did it feel getting silly and dancing with your peers?
- What was your favorite dance move?

End with bubbles and the bubble machine to fun music.

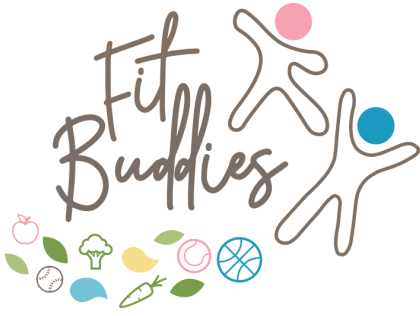
Encourage children to dance around and pop bubbles.

Cool Down

Select Yoga music from playlist.
Set out Yoga mats.
Select 3-4 yoga poses to do with the class.

Chant

Flap your arms like robin, waddle like a penguin, spin like a duck and shake your tail like a peacock!



Bean Bag

OLDER TODDLER SAMPLE



Materials

- Bean Bag
- Hula Hoops
- Rubber Spots
- Yoga Mats

Warm- Up

- 10 flapping jacks
- Reach for the birds
- Reach for your toes

Lesson

Set up: Colored hula hoops (set up 3-4 hoops)

Review: “Last week we introduced games and activities with bean bags. We practiced passing with our friends and some different ways to move the bean bag while we dance. Today we are going to explore a new game called ‘bean bag toss’ where you have to take your bean bag and toss it INTO a hoop. Let’s warm up with a **Bean Bag Boogie!**”

Give each child his/her own bean bag.

Play **Bean Bag Boogie** from your playlist and dance and move to the music.

Explain: “Now we are going to practice tossing our bean bags into a target. Each child is standing in front of a hula hoop and will practice tossing their bean bag into the hoop. Each time you make it, take one giant step back and try tossing it again. Let’s see how far we can toss the bean bag successfully into the hoop!”

Play music for them and have children start tossing the bean bag into the hoop, take note of each time they step backwards. At the end, see how far they have made it. How many “steps back” did they take?

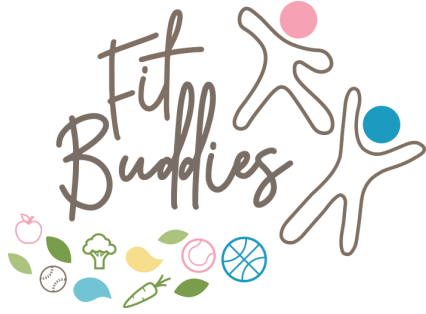
Use rubber spots if needed to mark where children should be standing.

Cool Down

Select Yoga music from playlist.
Set out Yoga mats.
Select 3-4 yoga poses to do with the class.

Chant

Flap your arms like robin, waddle like a penguin, spin like a duck and shake your tail like a peacock!



Soccer

YOUNG PRESCHOOLER SAMPLE



Materials

- Soccer Ball
- Cones
- Red/Yellow/Green Flags
- Yoga mats (cool down only)

Warm- Up

- 10 flapping jacks
- 5 reach for the birds (stretch arms way up high)
- 7 penguin squats

Lesson

Set up: a large square with cones, and soccer balls.

Introduce: "This week we are going to start talking about and playing soccer. Has anyone here ever played soccer? What do you know about the rules of the game? Great! We will start with practicing basic skills of moving the ball around with our feet. This is called dribbling."

Let's practice:

Demonstrate how to dribble and stop the ball with the top of their foot.

Let them practice within the square. Play music as they dribble around.

Show children a red, green, and yellow flag. Ask them: what green means? what does yellow mean? what does red mean?

"Do you recognize these colors from anywhere else in your world?"

Let's play a game:

Explain to them:

Green flag: they will dribble fast

Yellow flag: they dribble slow

Red flag: stop the ball with the top of your foot

Play your music and let children begin the game.

Review:

What do these colors mean? What is one of the basic skills of soccer?

Cool Down

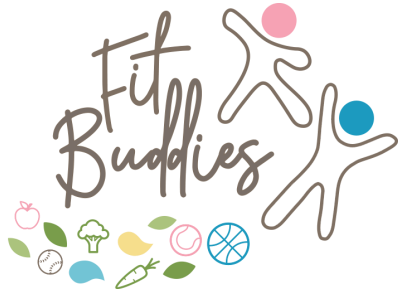
Select Yoga music from playlist.

Set out Yoga mats.

Select 3-4 yoga poses to do with the class.

Chant

Flap your arms like robin, waddle like a penguin, spin like a duck and shake your tail like a peacock!



Game On

OLDER PRESCHOOLER SAMPLE



Materials

5 Hula hoops
Music
Colored jerseys
Yoga mats (cool down only)

Warm- Up

- 10 flapping jacks
- 5 reach for the birds (stretch arms way up high)
- 7 penguin squats

Lesson

Set up: Scatter hula hoops in a wide open space.

Review: "Last week we played a game called "Teacher says...". Who can remember the rules of the game? Yes, great! Let's play a review game!"

Play a quick game of Teacher says with the children to refresh their mind on the game and get them focused on following a set of rules.

Explain: "Today we are going to try a new game called "Musical Tag". Does anyone know what the game of "tag" is? How might we use music to make the game more challenging?"

Discuss responses with the children.

Let's play: "For this game, I will start out as the tagger. When I tag you, you will put on a colored jersey and join my tagging team. Last one standing is the winner! When I start the music you will start running, when the music stops we all freeze."

Hula hoops are "safe zones" for short periods of time (in case a child needs a break from running).

Reset and play again

Cool Down

Select Yoga music from playlist.
Set out Yoga mats.
Select 3-4 yoga poses to do with the class.

Chant

Flap your arms like robin, waddle like a penguin, spin like a duck and shake your tail like a peacock!



Gymnastics

SCHOOL AGE SAMPLE



Materials

Rubber spots
Hoppity hop balls
Hula hoops
Blue tape
Cones
Yoga mats (cool down only)

Warm- Up

- 10 flapping jacks
- 5 reach for the birds (stretch arms way up high)
- 7 penguin squats

Lesson

Set up: rubber spots (in a pattern: line, zig zag, etc.), hoppity hop balls, hula hoops, and blue tape tightropes.

Review: "Last week we got started on learning about gymnastics. Who can remember some of the activities we did? Great! Today we are going to do some new activities. Let's walk through and check out each station together."

Explain:

Rubber spot hop: Children will practice hopping and jumping on spots, over spots, or from one spot to the next. Children will be encouraged to try hopping/jumping with two feet or on one foot.

Hoppity hop balls: Set up targets (using cones) for the children to hop to on their hopping ball.

Encourage children to hop around cones and back to the "starting line"

Hula hoops: Children will practice their coordination by hula hooping in various ways: around their waste, around their arms, etc.

Blue tape tightropes: Lay blue tape down in a few different strips. Strips can be straight, zig zag, short, long, in a circle, etc. Encourage children to walk the tight rope putting one foot in front of the other and practicing their balancing.

Let's play: "Now you are all going to get a chance to explore these stations independently. When you hear the music start you can begin playing. When the music stops, we will rotate stations!"

Break kids into small groups and assign them to a station to start at.

Cool Down

Select Yoga music from playlist.
Set out Yoga mats.
Select 3-4 yoga poses to do with the class.

Chant

Flap your arms like robin, waddle like a penguin, spin like a duck and shake your tail like a peacock!