



WHAT YOUR KIDS ARE LEARNING IN YOGA CLASS.... AND SOME IDEAS FOR YOU TOO!!

OM: What is “OM”? We open the classes with this sound. I explain it to the kids this way:

Imagine you are at the top of a mountain (or somewhere surrounded by nature) with no cars, trains, air conditioners, planes flying overhead...just nature. Now imagine having super-duper hearing (like attaching a radio wave to a plant, butterfly, grass, etc) and could hear life flowing through all of creation. The vibrational sound you would hear technically is Ah-oo-um. In short, we call it the **“heartbeat of the universe.”**

Meditation: We teach meditation in this setting more as a “calm down” tool or stress reliever, and as a building block to a lifelong meditation practice. They are taught that we have so much going on in our worlds (tv, computers, stress, & noise in general) that sometimes our brains can be like “crazy monkeys” or something we call “koo koo head.” They are given the tools to help calm down their minds and bodies when needed.

We use 4-word phrases (mantras) so they are easy to remember & they can use their fingers to say them. For example, touch the thumb to each finger while saying the following phrase: **“Peace begins with me.”** This phrase can mean: “I choose to be calm vs. angry;” “I can be quiet/peaceful;” “I will be responsible for my own behavior;” “If I want to see peace in my world, I choose to create it in my own life first.” You get the idea 😊.

Other suggestions for 4-word focus phrases:

- I’ll stop and think (use this for impulse control)
- I will be calm or I can calm down, I will be happy, etc.
- I will be brave
- I love my family
- These may change based on the class theme. **Make up your own together!!!**

Our closing song is catchy so you might hear them singing it! We pat our knees and sing in a call-response style. **“OM Shanti”**—this is a way of saying peace or greeting. Kind of like the Hebrew “Shalom.” The words are:

Om shanti, Om shanti, peace begins with me (repeat)
Om shanti, Om shanti, peace begins with you (repeat)
Om shanti, Om shanti, peace belongs to everyone (repeat)
Om shanti, Om shanti, now our yoga class is done (repeat)
Om shanti, Om shanti, Om shanti Om (repeat)

Namaste: The good things in me see/honor the good things in you OR the light in me sees/honors the light in you.