

Theme Class: Opposites

OPENING/WARM UP

-Om in & do silly oms (high/low).

-Koo Koo head/crazy monkey

-meditation & talk about how it feels the OPPOSITE of Koo Koo head.

-**BLISS**--could use the book one for open/close. I had little guys so we just kind of did jumping jacks (in/out), run fast in place/run slow, stomp/tip toe, etc. For older ones you could go for a motorcycle ride (Gomukasana legs) & go left/right, up & down mountains, fast & slow, start engine loudly/shut off it's quiet, etc.

SUN SALUTATIONS: talk about opposites here—up/down, down dog/upward dog, bow rock left & right, etc.

OM WORKSHOP: Use this time to teach a few poses that are opposites of each other! Let the kids try to guess what body parts have to be on the floor to do opposite, or even just figure out the opposites directionally. Be sure to incorporate a twist too!

-plank/slide

-down dog/boat

-knees to chest/star on floor or get up to wear em down

-warrior 2/reverse warrior

-bow/bridge

-Dandasana/Legs up the Wall

GAMES:

-we did Sherlock OMs cause they screamed for it! So I made them do 2-sided poses. After the game & while still in a circle, I had them face a partner across from them. That person would move/do a pose & they had to do same thing on opposite side of their body!

-Choo-choo tushy walking cause you use opposite arms/legs!!

-Could always play Red Light, Green Light. Do a few rounds—once like a turtle & once like a rabbit (fast/slow). Or even instead of saying a light color you say "Turtle, Rabbit..."

-Lion in a cave to teach in & out

-Dog/Snake Tunnel to teach over/under as well as in/out

SONGS:

The Yoga Slide has lots of 2-sided poses, My Little Light song/activity, "The Opposite Song" by Dr. Jean is cute for preschool ages

CLOSING

Om-work was to try and remember their meditation this week when they felt a negative emotion...the point being that the meditation would make them feel the opposite way :)

*P.S. for my really little ones I read "Opposites" by Sandra Boynton to introduce the concept.