Contents

GAMES: ......................................................................................................................... 7

I went to visit my grandmother: .................................................................................. 7
Yogopposites: ................................................................................................................. 7
Flower Bowling: ............................................................................................................. 7
Patchwork class: ............................................................................................................ 7
Beanie Yoga: .................................................................................................................. 7
Learn to Draw an OM Symbol: ..................................................................................... 8
Ride Your Bumpy Camel: ............................................................................................. 8
Vinyasa Flow Poses: .................................................................................................... 8
Giggle Snake: ................................................................................................................ 8
Feather weather: .......................................................................................................... 9
Invent a Pose: ................................................................................................................ 9
Worry Tree: .................................................................................................................... 9
Jump Jump Pose: .......................................................................................................... 10
Cotton Candy: ................................................................................................................ 11
Play Teacher: .................................................................................................................. 11
The Plow Pass (two versions): .................................................................................... 11
Life Raft Teamwork: .................................................................................................... 11
Hot Potato: ................................................................................................................... 11
Duck Duck Goose: ........................................................................................................ 11
Take a Pose!: ................................................................................................................. 11
4 Corners or 4 Poses: ................................................................................................. 11
Hopscotch Yoga: .......................................................................................................... 12
Bean Bag game: ............................................................................................................ 13
Sleeping Lion: ............................................................................................................... 13
Hula game: .................................................................................................................... 14
Follow the Yoga Mat Road, OR Fortune Cookie Yoga, OR Yoga Mat-stacle Course: 14
Math Karmival: ............................................................................................................ 14
Fortune Tellers: ............................................................................................................. 14
Matchbox cars: ............................................................................................................. 17
Energy Balls: ................................................................................................................ 17
Parachute Games: .......................................................... 28
Beanie Baby Pompom Pedi: ............................................. 28
Emotion Ball: .................................................................. 29
Brown Bear, Brown Bear Activity: .................................... 30

THEMES: ........................................................................ 32
Jungle Family Theme (Amanda James): .............................. 32
Art (Amanda James): ............................................................. 32
Star Wars: ......................................................................... 32
Space (Amanda James): ...................................................... 32
Tropical Island (Amanda James): ....................................... 33
Trains: .............................................................................. 33
Sports/Olympics (Amanda James): ..................................... 33
Hurricanes: ....................................................................... 33
Oct. 1 is Farm Animal Awareness Day (Cassie Dixon): ............ 34
Or: ................................................................................. 34
Super Heroes (KT): ............................................................... 35
Valentine’s Day: ................................................................. 35
Love: ............................................................................... 35
Mardi Gras Theme: .............................................................. 35
St. Pat’s Class ideas: ........................................................... 35
Easter: ............................................................................. 38
Hot "egg" (for Easter): ............................................................ 39

SPRING CLASS THEME IDEAS (Katie Poti): ....................... 39
Karma Yoga or for Earth Day (Katie Poti): ............................. 39
Earth Day: ...................................................................... 40
Bring your stuffed animal to yoga day: .................................. 40
Chakras: .......................................................................... 40
Spa Day/Tea Day (Linda Bristol): ........................................ 40
Bugs: ............................................................................ 40
Winter Olympics: ............................................................... 41
Me and My Favorite Doll Class: .......................................... 41
Frozen Themed Yoga Class: .................................................. 43
CRAFTS: .................................................................................................................. 45
Mind Jar: ................................................................................................................. 45
Door Hangers: ......................................................................................................... 45
Lavender Eye Pillows: .............................................................................................. 46
Sharpie Tie Dies: ...................................................................................................... 46
Beaded bubble wands: ............................................................................................. 47
Peace Signs: ............................................................................................................. 47
Pixie Circles: ........................................................................................................... 47
DIY Kaleidoscope: .................................................................................................... 47
Secret Garden Drawing: .......................................................................................... 48
Affirmation fortune cookies (Katherine Auger Laurendeau): ................................ 48
Spell out Yoga Words with Crafts: .......................................................................... 54
Yoga Book Markers: ................................................................................................. 55
Dream Catchers: ....................................................................................................... 56
3-D Mandalas: .......................................................................................................... 56
Talking Stick Duct Tape: ......................................................................................... 57
Pompom Spiders (for Halloween): .......................................................................... 58
Wishing Stones: ....................................................................................................... 59
Goodie Bags: ............................................................................................................ 60

BLISS: ...................................................................................................................... 60
Valentine BLISS (Linda Henning): .......................................................................... 60
Halloween BLISS (KT): .......................................................................................... 61
Vacation BLISS (Katie Poti): ................................................................................ 61

BEHAVIOR MANAGEMENT: .................................................................................. 61
Disrespect: ................................................................................................................ 61
"Pom-Pom Shower" to soothe the emotional child (Madeline Reyes Lopez): .......... 61
Special Attention: .................................................................................................... 61
Too many young kids (Discipline): ....................................................................... 61
Large group, No Mats: ............................................................................................ 62

QUOTES/POEMS FOR CLASS: .............................................................................. 62
SONGS: ..................................................................................................................... 63
STORIES: ................................................................. 73
  The Holiday Party (Jai): ............................................... 73
  New Year’s Eve: .......................................................... 73
  The Last Day of School: .................................................. 73
  Winter Walk: ................................................................ 74
  Wizard of Oz (Yogi of Oz) (Linda Henning): .................. 74

EVENTS: ........................................................................ 64
  Ziplock Pompoms & Pipecleaners: .................................... 64
  Festival Basket: ................................................................ 64
  Booth and Demo: ............................................................ 65
  Yoga Pose Wheel: ........................................................... 65

BIRTHDAY PARTIES: .................................................... 65
  A very purple birthday party (KT): ..................................... 65
  Pop a Balloon: ................................................................. 66

MEDITATION: .................................................................. 66

INFANT YOGA: .................................................................. 67

2-4 YR OLDS: .................................................................. 67

8-12 YR OLDS: ................................................................. 68

TEENS: ........................................................................... 68

30 MINUTE CLASSES: .................................................... 68

FAMILY YOGA: ................................................................. 69

PROPS: ............................................................................ 69
  Diaphragmatic breathing Prop: .......................................... 69
  Scarves: ......................................................................... 70
  Masks (SarahHawks): ....................................................... 71
  Toss n’ Talk Ball: .............................................................. 71
  Magic Feather: ................................................................. 72

STORIES: ........................................................................ 73
  The Holiday Party (Jai): ............................................... 73
  New Year’s Eve: ............................................................ 73
  The Last Day of School: .................................................. 73
  Winter Walk: ................................................................. 74
  Wizard of Oz (Yogi of Oz) (Linda Henning): .................. 74

Wheels on the Bus: ............................................................ 63
  Ring around the Rosie: ..................................................... 63
  Rock-A-Bye Baby: .......................................................... 63
  My Mother and Your Mother: .......................................... 63
  Old MacDonald had a farm: ............................................. 63

EVENTS: ........................................................................ 64
  Ziplock Pompoms & Pipecleaners: .................................... 64
  Festival Basket: ................................................................ 64
  Booth and Demo: ............................................................ 65
  Yoga Pose Wheel: ........................................................... 65

BIRTHDAY PARTIES: .................................................... 65
  A very purple birthday party (KT): ..................................... 65
  Pop a Balloon: ................................................................. 66

MEDITATION: .................................................................. 66

INFANT YOGA: .................................................................. 67

2-4 YR OLDS: .................................................................. 67

8-12 YR OLDS: ................................................................. 68

TEENS: ........................................................................... 68

30 MINUTE CLASSES: .................................................... 68

FAMILY YOGA: ................................................................. 69

PROPS: ............................................................................ 69
  Diaphragmatic breathing Prop: .......................................... 69
  Scarves: ......................................................................... 70
  Masks (SarahHawks): ....................................................... 71
  Toss n’ Talk Ball: .............................................................. 71
  Magic Feather: ................................................................. 72

STORIES: ........................................................................ 73
  The Holiday Party (Jai): ............................................... 73
  New Year’s Eve: ............................................................ 73
  The Last Day of School: .................................................. 73
  Winter Walk: ................................................................. 74
  Wizard of Oz (Yogi of Oz) (Linda Henning): .................. 74
GAMES:
I went to visit my grandmother:
“... and I taught her the crow pose!” Next child says: “I went to visit my grandmother and I taught her the crow and the tree.” Etc., etc.

Yogopposites:
Challenge your students by doing a forward bend and allowing them to try to figure out what a backward bend is. A Twist in one direction and then the other direction.
Up/Down: Upward Dog/Downward Dog
Backwards/Forwards: Camel/Child’s Pose
High/Low: Mountain pose/Rag Doll
Big/Small: Star/Wind breaking

Flower Bowling:
Sit in flower pose, children facing the teacher and plenty of space between them. Teacher rolls softball/large beach ball or Pilates-Yoga ball toward the children – they must keep themselves in flower pose without falling over. Or depending on their age make appropriate rules... no toes touching the floor... no falling out of the pose. Etc.

Patchwork class:
Just like you did in your KAY training. Hand out cards entitled: Opening chant, Opening meditation-teach your friends how to meditate, 3 Salutations to the Sun, Lead a game, Lead a song, Organize some partner poses, Massage Train, Secret Garden, Closing circle-talking stick, Closing chant. Kids love to be in charge. Let them teach the class!

Beanie Yoga:
Bring a bag of beanie babies for younger kids and have them do Yoga with their doll, or meditate with them on their heads, or to use in tightrope boogie. Always have one at the front of the Massage train!
Learn to Draw an OM Symbol:

Ride Your Bumpy Camel:
Helps you digest your food. Directions:
Begin by sitting with your legs crossed.
Take hold of your outside ankle. This is your saddle. We are going to ride our camel across the desert.
Breathe in deeply as you stretch your body forward, chest and stomach out. Breathe out as you slump back, spine is curved, chest is caved in.
Keep moving this way and get faster and faster.
Remember it is very hot on the desert and we want to get across it quickly! (20-40 seconds)....very similar to what we call riding the motorcycle.

Vinyasa Flow Poses:
3 or 4 pose sequences
Tree/Dancer/Eagle
Pigeon/Cow Face/Totally Cool Dismount/Cow Face/Pigeon
Dancer/Toe Hold Twist/Knee Hug
Crow/Chataranga/Upward Dog/Child’s Pose
Break into groups and invent a Vinyasa Flow.

Giggle Snake:
Lying in a zig – zag formation with head on the belly of the person before you.
Start to laugh together – as you laugh your head also feels the person you are laying on laughing.
Feather weather:
Give each child a feather and have them spread out around the room. Remind children that focus is very important.
While the children are blowing their feathers above their head, give verbal instructions: "There's a hurricane outside and things are blowing all over!", or "What a slight breeze there is! I can barely feel it on my skin" or "The hurricane is almost over, it's only a little bit breezy. ORRR be creative and come up with your own story..."it's a blizzard" or"it's a tornado blowing your feather in circles around and around \", etc.

Invent a Pose:
Make one up together/or break into groups/partners...be creative. It’s fun!

Worry Tree:
If there is a tree (or use a jewelry tree) in your space have everyone hang their worries on the tree when they come in. They can give their worries to the tree and they can move on past that fear. Or use any other item to create the same concept. Worry chair....etc.
Jump Jump Pose:
Do 2 jumping jacks and a pose...say: “JUMP, JUMP, blah”....3 ways to do this
1-You name the pose-“Jump, Jump, Warrior”
2-You let them pick the pose- “Jump, Jump, pick a pose”
3-Invent a pose- “Jump, Jump, Invent a pose”
We like to do ALL three ways in that order.
Cotton Candy:
Kundalini Style hip opener and warm up. Seated in simple pose hands on your knees. Tell the kids to pretend their spine is the stick and they have to roll it around and around 3 or 4 times in each direction to get the cotton candy on the stick. Makes a great BLISS.

Play Teacher:
Using a Yoga card deck, each child picks a card and teaches the pose, based on what is written on the card. Works best with older kids, age 8 to 12.

The Plow Pass (two versions):
1-Make two lines of kids spaced apart generously. Get two small balls. The first person at the front of the line puts the ball in between their feet and moves into the plough pose and passes the ball backwards and so on and so on.....the last person goes into the Plough pose and then runs to the front and starts over....OR the last person passes it back up the line. Make sure everyone is spaced properly so nobody gets a bloody nose!
2-Our fave: Have the kids sit in a TIGHT circle with their legs straight out toes touching. One person holds the ball first probably the teacher.....everyone says together: “Do the plough, Do the plough, pass to BRIAN and take a bow”. You don’t talk during the pose so you say the first part, then do the pose THEN say who you pass it to.

Life Raft Teamwork:
Split the kids into two groups. Count off 1, 2 and all the 1s are in one group and all the 2s are in another. Each group stands on a mat and they hold another mat. Using only the two mats as life rafts they have to get across the room with no one stepping on the floor (which was shark infested waters!)

Hot Potato:
When the music stops, the child holding the "hot potato" (beanie baby, bean bag, ball, etc.) has to stand up and do a pose. Everyone gets up and then does that pose. Simple and Yoga-fied.

Duck Duck Goose:
Using a watering pitcher like duck duck goose, but water water grow & then the kids would choose what to grow into... Yep even animals need water to grow! “Duck duck duck duck... GROW!” “I grow into a Tree (Eagle, Butterfly, Cow, Warrior, etc.)!”

Take a Pose!:
Play a song like "yellow submarine" -- each time yellow submarine is said in the song, kids do the child’s pose (boat, tree, plank, etc.).

4 Corners or 4 Poses:
Designate 4 areas in the room (the "corners") and each corner has a specific pose (let's say Warrior 2, Dog, TV watching, and Forward Fold). The leader gives the cue - maybe say "om" and when the Om is finished everyone should be in the corner of their choice doing the specific pose. Then the leader either picks a pose out of a hat or is blindfolded and calls out a pose. The group in that pose corner is out. The game continues in the same way until one person is left (at the end you have to make sure only 1 person is in each corner, or they will huddle together, making it impossible to get a winner). It'd be a great way to get kids to hold poses longer, building their stamina. It would also be a fun way to introduce some new poses. Better yet it should be a forward bend, a backward bend, an inversion and a twist....So: Downward dog, Bridge, Camel, Pretzel. The "out" kids could try to hold a balance pose, adding more to their circle each time (like a circle raqolivia pose, or group tree pose).

Hopscotch Yoga:
Great for balancing poses or basics for little ones (mountain, tree, cow face arms only). Then on the way back...what you did on one side you have to do on the other! I think we should make plastic baseball base / ground marker yoga pose cards for various games! And of course the song must be 'hip hop' music.

Instructions: A basic yoga mat for these measurements, yard stick, sharpies: If you use 6 levels of 10" squares you can fit an 8-block hop scotch. I left 4 inches blank at the bottom. When laying the yard stick across, I used the 7" and 17" marks as my position for the single blocks (would-be blocks 1, 2, and 5) and positions 2", 12" is center line, and 22" for the double blocks (3/4 and 6/7). For the semi circle I marked 10 inches up from center, then made dots in one inch "degrees" to finally play connect the dots. Using these numbers leaves about 4 inches at the top also. Havent decided if I want it to have numbers or poses so I'm leaving it blank. : ) happy hop-scotching!
Bean Bag game:
The kids all stand in a circle and each child takes a turn going into the middle to do his/her favorite pose while balancing the bean bag. The kids in the circle do the pose too. It’s a great way to get them to slow down, getting into the pose and really concentrate on what they’re doing. And balance!

Sleeping Lion:
Kids sit in a circle. One child is a lion (child's pose) in the center asleep.
Place a "bone" (make one, use rolled up tube sock, or dog bone) behind the lion's feet.
Pick one child to steal the bone & hide it.
Once bone is hidden, all lions ROAR together to wake up the sleeping lion!!
Then, said lion must pick who the bone thief was. If they guess right, then that person moves to center as sleeping lion. And so on...

**Hula game:**
Do hula moves within different poses. Like warrior hula, tree hula, dog hula, etc.

Follow the Yoga Mat Road, OR Fortune Cookie Yoga, OR Yoga Mat-stacle Course: It flows kind of like "yogalympics" from mat to mat. You come into class with pre copied sheets of paper with the options for the kids/a sticky note pad and pens for everybody. The sheets of paper have THREE categories and we will make this PDF for all of us to use and have it in the forum. Something like this:

**Poses Action Affirmation**
Do the crow. Do 8 Jumping Jacks. Say: I am perfect in every way.
Do the triangle. Balk like a chicken. Say: Peace begins with me.
Do the Bow. Do 3 summersaults. Say: I am an A student.
Then you put a sticky note on each mat and give everyone a pen and their own list. They spend 2 minutes creating their own flow by picking one thing from each category, writing it on the sticky note and tape the sticky note to the top of their mat...for everyone else to do!
The Affirmations could also have a few funny ones in there...but should mostly be positive. And the Actions could be hilarious....chicken dance, gangum style dance, snort like a pig, laugh really loud, etc.
Then they go around like in Yoga Olympics and just imagine the crazy in the room.

**Math Karmival:**
Pom Pom Basketball - how many baskets in one minute with blow one/throw one - graph your data! (Did you score more by blowing or throwing?) Combine kid's individual data for more accurate information and generalization statements.
Penny Game - concentrate and focus! Make a box and whisker plot that will show the clustering of how many pennies we can balance on their edges.
Plank Pose - stem and leaf plot of the individual "seconds scores" we can hold a plank pose.
Let 'er fly - be creative and design a catapult to shoot pom poms. Use rulers/tables/plastic spoons/tape measures, etc. Shoot 5 and find the maximum, minimum, range, median, mode, and mean of the five shots.
Good Karma - 90 seconds to brainstorm/word splash as many ways you can make the world a better place. Then organize those into categories (environmental, social, volunteer, etc.), total the number of ideas and make either a bar graph or a circle graph. Who says math is boring?!

**Fortune Tellers:**
A good "partner yoga" activity as it might take too much time to go around the room picking poses in a larger.
Look at the pictures below. First they pick a word (peace, begins, with, or me) and count those letters. Then they pick from the inside and count those letters. Then they pick the inside pose. Totally fun and the big kids can make their own!
To make one: http://www.youtube.com/watch?v=ccrwvGYlqyg. And check out Sacha Demby’s fortune tellers:
Matchbox cars:
They can "drive" along kids' legs, over their back in down dog, jump off the ramp from bridge pose, etc. Have the whole group make poses along a line of mats and one car at a time drive over the obstacles on the road. Balance them on your belly in reverse table. Push them along with your nose moving from child to cobra. Seated forward fold, the cars are pushed along the legs as the kids stretch toward their toes.

Energy Balls:
Kids sit facing each other and each child rubs their hands together quickly (like you would if they were cold). Once they have gotten some heat built up, they put their hands together either palms facing each other, or they can slowly pull their own hands apart, keeping their energy ball steady (you really can feel this!). Then move their hands with space between them enough that the other person can put their ball on top. So, each person's hands are parallel to each other--one up and down, and other side to side. Then they can move their energy ball around, make it bigger, etc.

Trick or Treat:
Divide kids into 2 groups. One group sits in circle facing the center. Other group stands behind them. The standing group “knocks” on the “doors” as they move around. If the sitting child says “trick” then they stand up and do a yoga pose of the sitting child’s choosing. If they say “treat” then the standing person gives them a massage! Switch groups if there is time so everyone gets a chance!

Heads up - 7-up:
1. 7 people get picked
2. Everyone else goes into child’s pose with ONE hand out with the thumb up
3. Once everyone has their head down with their thumb sticking out, the 7 people go and push down their chosen person's thumb (1 for each person)
4. Once that is finished, everyone puts their heads up and the 7 people who got their thumbs pushed down try to guess who picked them.
5. If they get it right they get to be one of the new people, if not then they sit back down
6. Then 7 people get to do it again
No noise is to be made during the putting people's thumbs down

Moon Ball:
A beach ball is tossed from kid to kid, they plant roots (mountains don't move) and we count the number of bumps to keep it in the air.

Pom Pom confetti:
Throw pom poms in the air instead of confetti.

Yoga Uno:
Using a normal pack of Uno cards, assign each color a pose or activity (red=hop in tree pose, blue=walk in dog pose, etc.) and the number represents how many times to do the activity. So a red 3 would require the kiddo to hop 3 times in tree pose. The "skip" card means the child skips around the room, and the "reverse" means to walk backward around the room. A wild card means "Yogi's choice" and the child picks their pose. The "Draw 4 Wild" means the child picks a pose and 4 people to do it with them. You could hold all the cards and let each child, in turn, pick a card and do the activity. Or, hand out
a few cards to each child; face down in front of the mat. Then all at once, they flip 1 card and do the activity. Good practice for colors and counting, too. It could be one stop in the Yoga-Olympics, as well.

Fruit Trees:
Hold red pom poms. “I have apples growing on my tree”! Just imagine all the different fruits that could be growing on your kids TREES!? Can also use leaves, real or fake.

Non-Elimination Musical Yoga Mats:
A variation on the traditional Musical Chairs. You can use any fun upbeat song for this activity (“Jump in the Line”). You want the mats to be smaller, so I suggest folding them in half two times. To start put out enough yoga mats for everyone and then start to take a few away each time you stop the music. Talk about ways to include everyone and ask them how we can do this...hopefully they will suggest to share yoga mats...they love trying to fit as many kids as they can onto one or two mats!

Yoga dice:
My idea was to have kids sit in seated angle pose with their feet touching to close the circle and take dice and have them roll it around. Each number represents a pose. The dice-roller demos the pose, or all the kids do it depending on class size. Maybe a six is the crow!

CLEAR POCKET DICE (4)
http://www.carlexonline.com/
They work for partner poses, songs, limbo pose choices, tight rope walks, etc. Mostly the kids just like to throw them and then learn the pose. I have one set w/ pictures and one set w/ words. That way the little guys can "read" them and the big kids won't feel like little kids. Maybe a pic on one side of the card and the words on the other then the edges or background can be in the color code. Maybe with the color coding add a
theme as well. Animals for the jogging in the jungle, Pirates for boys with beach and boat poses, Yoga slide poses to teach before the song. (Thank you, Sarah Hawks)

Princess pose:
Use the mat as the train of a dress.

Pin the pom pom on the Chakra:
I wanted to introduce the chakras in a fun way and this worked. Print out a pic of the chakra (enlarge it) and do pin the tail w/large pom poms or whatever you have, stickers etc. Then you can discuss the chakra - the color, how the colors are like the rainbows and the emotions involved and then teach a pose to balance each chakra.

Go, Stop, Back-2-Back:
Great for preschoolers who are learning how to follow directions!
To Play: using music or not, have the kids pair up & stand back to back. Then, when you say "GO ______" they crawl, march, skip, hop, roll, crab walk, or whatever you call out. When you say "STOP" they stop, then you say "Back to Back" & they run to their partner (or anyone if you aren't a stickler. 4-5 rounds should be plenty!
Toobaloos:
Using a toobaloo or whisper phone which you can make yourself, this helps kids better know how to feel and understand inhaling and exhaling. As they hold it up to their ear they can hear what their breath sounds like as they breathe in and out.

Bolster forts:
Get bolsters, blankets, & kids who love to build forts. You can do Secret Garden in a fort. You can also have sandbags for pillows and eye pillows in there.

Yoga Pictionary:
Whisper the name of a pose or animal to one of the kids who then draws in on the board or on paper, and everyone needs to guess which pose it is. They don’t answer with words, but with their bodies by actually doing the pose. You can let the kids choose their own pose to draw.

Talking Stick Poses:
The person with the Talking Stick chooses the pose or stretch and the whole group holds the pose while the child Talks and then the next person with the stick changes the pose and talks. It moves quickly but keeps the focus on the person talking.

Mixing the Dough:
Straddle partner pose, feet to feet. Hold hands and make circles with your upper body going forwards and backwards and side to side. BIG circles. Mixing the dough! Maybe do this and then make pizzas with your partner instead of in a big circle!

Colorful Scarves:
Hold them while doing Warriors, Natarajasana and other asanas. It can also be quite challenging for them to hold the scarf open while holding the posture. Or they can be a sailboat with colorful sails! Make butterfly wings, move with our hearts, and use as blankets for the secret garden, and lots of other movement activities. Use them in hip hop yoga bop, too, just to twirl about.

Butterflies:
To encourage the children (little ones especially) to stay still and quiet during the Secret Garden, tell them that if they are very still, a butterfly might land on them. Then place a plastic butterfly on their foot, belly, or hand. http://www.amazon.com/24-Plastic-Butterflies/dp/B005QFWEZS/

Shark Game:
Everyone lays down in fish pose. One kid, or the teacher, is the shark. Maybe do Namaste hands behind their backs. As the shark walk towards the fish making “dun dun, dun dun” sounds, the kids quickly turn into boats to stay safe from the shark. As the shark "swims" away, they turn back into fish.

Body language:
Two teams have to spell out a word using their bodies and make the other side guess their word. Works best with older yogis.

Hearts Hide & Seek:
The kids walk around with eyes closed and arms extended in front. Try to find each other, just touch fingertips, say Namaste (or something sweet), and move on...idea is they are "feeling" rather than seeing...leading with their hearts.

Yoga Cheer:
Split up 2 groups. Do a chant/cheer "we've got yoga yes we do, we got you how about you!" and then you hold a pose. Then the other side does it too w/another pose, back and forth to see whose louder etc. Use tree, eagle, warriors, dancers, or any standing, squatting balance pose.

Red Light, Green Light, Hiney Hustle:
Just like Red Light, Green Light and the Hiney Hustle. Have your kids line up on one side in Staff pose. Then call out “green light” and have them do the hiney hustle to the other side.

Hop Scotch yoga:
Rings placed on the floor like a hopscotch board. When you get to the single ring, do the tree/dancer/eagle.
Pom Pom Ping Pong
Create a "net" with a bump in your mat, like for putt putt pranayama. Get a partner and blow the pom pom back and forth over the net.

I Spy With My Yogi Eye
A bag is filled with small toys from around the classroom that represent different poses, and each child gets a turn to use a magnifying glass to spy into the bag and pick out a toy/pose. Lots of fun!

"And the rainforest grew all around"
3-4 year olds, and 5 - 8 year olds, and it went over best with the older set. The kids had fun with the animal pictures (each kid got a set, lined them up at the back of their mat, and brought them forward one by one as I read the story, and then we did the corresponding pose). Here's a link to the book:
http://www.amazon.com/Rainforest-Grew-All-Around/dp/0977742385
And the images below. Poses are fairly straightforward; for vine we did eagle, frog we became frogs, seed was child, etc. It was a good way to incorporate loads of poses into a short amount of time! The story is quite redundant, so I didn't read out the repeated list each and every time, but at the end, we did do all the poses one after another.
Koo Koo Bird:
"I explained that when you feel koo koo in the head that you have too many thoughts happening at once, and that you need to do something to help you to clear your mind and focus..........after all you don’t want to look like KOO KOO Bird! I give the puppet a shake and all of his glorious blue “hair” frizzes and flies out like a crazy bird!"

An alternative to doing Crazy Monkey before PBWM, I brought out a super cute puppet that I named KOO KOO Bird! (doing the koo koo head talking all at once exercise I felt wouldn’t work with this age of children). I explained that when you feel koo koo in the head that you have too many thoughts happening at once, and that you need to do something to help you to clear your mind and focus..........after all you don’t want to look like KOO KOO Bird! I give the puppet a shake and all of his glorious blue “hair” frizzes and flies out like a crazy bird! And the best part is that he has a sound maker inside his beak that makes a crazy squawking noise, so when I sing “squawk” in the song, he actually does! Then I made a song, piggybacked from the traditional Kookaburra children’s song:

Koo koo bird sits on my yoga knee
Squawking at all the yogis that he sees
Squawk, koo koo bird
Squawk, koo koo bird
Let’s go crazy! (we all go koo koo - jump up and go wild!)

Freeze! (then......)

Koo Koo bird sits in my yoga tree (tree pose)
Squawking at all the yogis that he sees
Squawk, koo koo bird
Squawk, koo koo bird
Let’s go crazy! (we all go koo koo - jump up and go wild!)

Freeze!

Koo Koo bird sits in my yoga tree (tree pose other side)
Squawking at all the yogis that he sees
Squawk, koo koo bird
Squawk, koo koo bird
Let’s go crazy! (we all go koo koo - jump up and go wild!)

Freeze! (and to seated pose)

Koo Koo bird sits on my yoga knee
Searching for something to calm me
Peace, Koo Koo bird
Peace, Koo Koo bird
Peace Begins With ME!
After all this action, the children are ready to meditate!

4 Girl Chair Trick:

Ten Apples Up on Top:
We read Ten Apples Up on Top and then we stacked apples (bean bags/ eye pillows) on our own heads and tried to walk the tightrope (yoga belt laid out flat on the mat) adding yoga poses in to challenge.

Fingers Kiss Thumbs (PBWM):
I usually teach younger children (preschool) and they sometimes have trouble getting the pbwm and putting the fingers together. Not sure if others have this problem but, I tell them to pretend that their thumb is giving each finger a big kiss. We will start by kissing each finger so they get it down. It seems to work and after that, their pbwm is spectacular

Follow the Yoga Mat Road w/ Dice:
You could use the 3 dice (mine came in a 3-pack) for each of the categories: Poses, Actions, Affirmations. Of course having a document for them to pick from is great, but I am always trying to think of other ways to use all this stuff in my bag of tricks! So, one dice with 6 poses, one with 6 Actions, one with 6 affirmations. They roll each and put what they rolled on their post-it. It's up to you teachers whether you let them roll again if they don't like what they get.

Parachute Games:
Call and repeat sun salutations, then playing cat and mouse (google it) and especially using it for secret garden - they can either lay on top of a colour (head out) or underneath - if they can manage not pulling on it. During secret garden our parachute becomes a hot air balloon and we float up and away, or we visit a rainbow and float through all the colours.

Beanie Baby Pompom Pedi:
Give your beanie baby a pompom pedicure!

Emotion Ball:
Purchase an emotion ball here: http://smile.amazon.com/gp/product/B0027HGQHA/
Use it to create scenarios. Have them act out their emotions or discuss them.
Pair it with yoga dice to have them perform a pose with an emotion.
Brown Bear, Brown Bear Activity:
You'll need Eric Carle's book Brown Bear, Brown Bear...and the attached printable - print and cut out a copy for each kid in your class (ideally onto card stock, or else mount on card stock).

Just before you start reading the story, hand out a stack of cards to each child, and model how to lay them out, face up, at the BACK of their mat. Every time a new animal is introduced, they head to back of their mat, choose the appropriate card, put it to the front of their mat, and then all do the pose together.

Many poses are modifications (ie Bear is similar to Lion, but have big claws out, and then gather berries, salmon, then hibernate) Bow pose worked well for horse (good luck with sheep!).

The best part is, at the end of the story, all the poses repeat themselves. So so simple, but so much fun - it's like this story was made for a KAY class! Let me know if you try this too, or have any additional ideas. Have a great week everyone!
THEMES:

Jungle Family Theme (Amanda James):
1 -Starting with "monkey mind meditation" (parents pretend to try and read a book while kids behave like silly monkeys being stung by scorpions), then we all "om" and watch the monkeys settle down. A nice visual for the kiddos.
2 - Then we move in onto our jungle expedition - I put index cards in a bowl, each card with the name of an animal or object you can find in a jungle (like "snake", "river", "volcano", "tree", "tiger", etc.). We pretend to pack backpacks, fly to the jungle, drive up the mountain, and hike through the jungle. Then, on your turn, you pick a card and we get past the animal/object by doing the corresponding pose.
3 - "Jogging Through the Jungle", of course, and now they already know the poses from the earlier story
4 - Secret Garden
5 - Humming Bird Breath - Plug your ears and hum your exhale. Feel the vibration

Art (Amanda James):
1-Start with a 4 finger meditation about something beautiful and unique about you (b/c you are a piece of art, too), like "I'm a graceful dancer" or "I'm a fast runner".
2-Then we're going to read/sing "I ain't gonna paint no more" by Karen Beaumont. When the child in the story paints her neck, we'll do a rabbit pose, when she paints her chest, we'll do camel, etc.
3-We're going to do partner poses by being mirror images of each other.
4-Then it is Sculpture Freeze Dance, where we dance around and when the music stops we have to be statues of warriors (hip hop yoga bop)
5-My favorite part is a drawing meditation by Thich Nhat Hanh where we draw a pic of a flower, a mtn, water, etc. and meditate on their special properties. I think he also calls it his pebble meditation, I think.
6-Our closing will be about sound art (Om) and the art of music (kirtan).
7-I plan on bringing some example of pertinent, famous art (like the Degas ballerinas and Greek sculptures of ancient heroes).

Star Wars:  
http://www.youtube.com/watch?v=SZLXQyF58i8&feature=related

Space (Amanda James):
The story was imagining that you had just completed your long training to be an astronaut and were about to lift off on your first mission. So of course there is half moon, TV watching pose (all the training videos), hero, rocket (warrior 3), seat belt (chair with a twist to each side), breathing with a helmet (ujayi breath), boosters ignite (shoulder stand), engines roar louder than a lion, flying (locust), spacewalk (very fluid, lift 1 leg and touch the toe to your hand, switch legs, like you are weightless), land on the moon (bridge with slow lower down), look around (neck circles), star. I might also
include some spinning (like planets spinning in orbit) and Jim Gill has a song called "Spin Again" that is really fun. How about a sun salute (or make up a meteor salute)? Oh, and they are on their backs, legs up in the air, they could follow the meteor with their feet - lots of core! Using the "4 corners" game calling it "4 planets" instead. And when you are out, you do warrior 3 (like a rocket flying) and hold hands in a circle as more people are out. The 4 poses are Mars (warrior), Neptune (fish), Earth (eagle), and Saturn and did pretzel (the twist being the rings).

Tropical Island (Amanda James):
Our Minute Meditation is with the Japa beads (like a Lei from Hawaii) to list things that make us happy. We are going to do "A Yogi Went to Sea" (of course), then move on to a Yoga Limbo, and a song called "Bananas" by Jim Gill. We are doing partner boat poses and a Surfing Warrior (Warrior 2) Freeze Dance (with "Wipeout"). For Secret Garden, each person will get a seashell to hold while they float away to their garden. And for our closing Om, we are doing "underwater Om's" - which is exactly what it sounds like.

Trains:
Choo Choo Tushy walking. In Staff pose, reach forward with left arm and move right leg forward along the ground. Then reach with the right arm and move the left leg forward. I let the kids practice going forward and backwards on their mats, then we have a race. "Line up" and pass a ball or beanie, over under kid to kid inhale arms up, exhale fold and pass through the legs. Or instead of the down dog with snakes slithering under it could be a tunnel and the train has to pass through it. "Conductor / Engineer says" and bring in a conductor hat. Deliver "karmic" gifts via train!

Sports/Olympics (Amanda James):
We will pull sports out of a hat and work with poses, games, songs, etc. that represent each. We'll be passing the orange to build teamwork and doing some 4-finger meditation designed to build confidence. And I have a cheer to use using a pompom and Om. Present everyone with a gold medal. THEY get to pick what they are the best at (like best at telling jokes, eating pasta, etc.). Then I will invite their families what they think each other should win a gold for. Maybe I'll make some medals? Or maybe use the meditation beads? You can sometimes buy gold paper cake-size party plates. Or white & spray paint back side gold. Staple ribbon to them or use glue dots & voila! I just did this.
http://kidsyogaguide.com/2012/08/07/kids-yoga-summer-olympics-go-for-the-gold/

Hurricanes:
We are going to hop on a Hurricane Hunter plane to explore the local weather and then jet off to other kinds of weather around the world (rolling snowballs, sledding, saluting the sun, raining, spinning tornadoes, playing a lightning game). Added a round of "Big Wind Blows". Plus some pompom "tumbleweeds" being blown across the prairie (the mat).

Halloween:
Do Toe-ga with orange and black only pom poms...some stores sell bags of them just in those two colours! Toss some plastic spiders in the mix, and you're good to go!

Oct. 1 is Farm Animal Awareness Day (Cassie Dixon):
BLISS- "Did you know I grew up on a Farm?"
Song- Old MacDonald had a cow, Peace Begins with Me...
Game- I'm going on a trip to my Grandmother's farm, and I'm going to see a cat. I'm going on a trip to my Grandmother's farm, and I'm going to see a cat, and a three-legged dog...
Closing Circle- I'll have them share ways to show kindness to animals.

12 Days of Christmas:
1) Partridge in a pear TREE
2) Two TURTLES (vs. turtle doves)
3) Herons
4) Scaredy CATS
5) Golden rings (wheels)
6) CROWS a crowing
7) SWANS a swimming
8) COWS a milking
9) KINGS a DANCING
10) LORDS a LEAPING
11) LIONS RROARING
12) Drummers drumming (in chair pose on your thighs)
Or:

At the end do a winter wonderland secret garden.
Super Heroes (KT):
In our secret garden today we were super heroes and our yoga mats were out capes. I asked the kids to imagine what kind of super hero they would be, and how they would help others. I also asked them to think of what their outfit would look like and what are their special powers? After the SG, with the talking stick, I asked them what kind of super hero were they? Who did they help? What kind of good did they do for the world? Since super heroes are always doing good for the world around them!

Valentine’s Day:
Use the Book BLISS from the manual & pretend they are Valentine Cards instead of books.
Play Om Namah Shivaya while playing musical mats or a game like Hearts Hide & Seek.
MC Yogi has a fun, upbeat song called "Give Love" that could be fun for Freeze Dance.
You could write a Valentine's Day story with Bow/Arrow, Dancer. There could always be Cupid, Tootsie Roll for Candy, heart mudra, etc.
Throw in some heart openers.
With my preschoolers, I will be doing the movements to "Skinnamarink" before/in the closing circle.

Love:
Talk about how our heart chakra (anahata) was like superpowers... it has the ability, with a hug, kiss or smile, to make people feel loved, and what could be more powerful than that! We massaged it thru Om nimah shivaya and some other songs which gave it even more power. During our closing circle we spelled L-O-V-E in lieu of P-B-W-M.

Mardi Gras Theme:
Stir your pot of Jambalaya...meditate with your beads...Show me your yoga pose to earn another necklace  Brought all my scarves, sarongs, scarves dressed up (wish I had masks) and danced to Blow your horn and Conga yoga...made a king cake (pizza) Threw a beanie BABY in the middle of it with all of the scarves and sarongs as frosting...had all the kids gather up the scarves to see who got the baby in their cake..happy baby...Dancer pose, moon pose, secret garden at a festival on a float music...laughing...sweet smells in the air and lots of fun. Mindful mixer and end with talking stick sharing one thing you do to have fun!!!! It needs work but so far has been fun. Family yoga liked it! laissez les bon temps! We discovered that beads , between the toes feels good too

St. Pat's Class ideas:
The shamrock, according to Celtic lore, is said to represent "Belief in your heart. Faith in your mind. Trust in your body."
Warm-up/BLISS: dance a jig (hop in and out of TREE), go over a rainbow (wheel, slide, etc.), kiss a blarney stone in BRIDGE pose (Google it...similar body position had to be taken to reach the stone), meet the Lord of the Dance (DANCER), etc.
Sun Salutations: Leprechauns are full of shenanigans...so you can do a backwards sun
salutation. here's what can look like:
DOWN DOG/PLANK/KNEES, CHEST, CHIN/COBRA/DOWN DOG/LOW LUNGE/RAGDOLL/BUTTERFLY UP/BUTTERFLY DOWN/LOW LUNGE/DOWN DOG
Games/Activities: Irish Hot Potato, Freeze Dance a Jig, Play Sherlock OMMs but put a gold coin under the "boss's" mat so they are finding a Pot of Gold, use a strap to draw a rainbow OR do Rock & Roll Plow like they are drawing a rainbow with their feet.
OM WORKSHOP: work on backbends some...camel, bow (pot of gold), wheel (rainbow), and Irish potato (knees to chest), could do pretzel pose like you are twisting around to look for the leprechauns.
Closing circle: Use the talking stick (or the gold coin from earlier), and have them share one-three things they are lucky to have in their lives.
Closing Chant: sing "May the Long Time Sun" since it is of Irish origin.

Random Acts of Kindness (RAK):
It's time to share our kindness!!! This week we will be talking about RAK's (random acts of kindness) and how it can change someone's day/life... the kids will be placing small clay hearts around school and the community for people to randomly find as a treasure... we will be making RAK "cootie catchers" to play and share with our friends and once again hanging our pull apart signs up for people to take one or give one. This is always a fun week!!
1. Print and cut out round outside of cootie catcher
2. Fold in half and in half again
3. Open out, turn over so top is blank and fold each corner into the middle
4. Turn over and repeat
5. Turn over so you can see the pictures
6. Slide your thumb and your finger behind 2 of the pictures and press together so they bend round and touch
7. Turn over and repeat with the thumb and finger of the other hand for the other two pictures
8. All the pictures should now be at the front with centres touching and you are ready to use your cootie catcher!

www.downloadablecootiecatchers.wordpress.com
Easter:
You can have an egg hunt and they can find the poses inside! I am adding a pom pom too.

Take one you need
OR
Take one and give to a friend!!

Patience  Laughter  Hope  Peace of mind  Courage  Forgiveness  Inspiration  {Hug}  Happiness  Peace  Love  Smile

www.letzplaynamaste.com
FB: www.facebook.com/LPNyoga
Hot "egg"(for Easter)
Instead of hot potato. Have to pass the egg holding a pose and the one out gets to pick the next pose.

SPRING CLASS THEME IDEAS (Katie Poti):
1. Helping others: Spring is a great time to do some Karma Yoga! Do a partner/family class so they can learn about respecting/helping others and then go do a service project!
2. Spring has Sprung: Write a story for this. Skip Round the Room is a fun "springy" song you can use...also "If you're Happy & You Know It" or Every Little Cell (because it's spring!). Great class to use Flower Bowling, Flower Pot (circle of kids in flower pose), and Down Dog Tunnel (be an animal coming out of hibernation), BLISS could be life of a plant, gradually coming to standing for Sun Salutations. So much to do!
3. Down on the Farm: Write a story for this too. Talk about plowing the fields, planting seeds, watching them grow, of course animals, etc. Let the kids pick their crop as you walk around "inspecting" and they hold it (princess flowers, pickle trees, silly stuff). Also Rock 'n Roll Plough.
4. Earth Day! Talk about recycling! Haris Lender has some great books in the KAY shop that teach about that stuff. You could talk about water as a resource (use FISH, DOLPHIN, TURTLE, Starfish, etc.). Trees, flowers, birds, etc.
5. Outdoor Sports: Let the kids teach you warm-ups and moves they do in their sports to see how they could use yoga poses to help! Also, if you have a yoga ball and an outdoor/large space, you can play YOGA SOCCER! Each time the kids touch the ball they have to stop in a yoga pose for 20 seconds before they move again!

Karma Yoga or for Earth Day (Katie Poti):
Go outside for Om In & do a walking meditation in the yard. I told the kids to see if they noticed anything that really jumped out at them--beautiful or not. After the walk through the yard, one boy said, "Each blade of grass and each flower are so beautiful on their own. Isn't life amazing?" NOT TYPICAL, RIGHT? The sister says, "There's a lot of trash out here!" And there was. We went inside for a short movement period: Sun Salutations (used song), OM workshop with some poses of things we find in spring that were from the Spring has Sprung story I posted recently, played flower bowling & Big Wind Blows, story, secret garden. They opted to finish class outside cleaning up trash & drawing pictures of things from their SG on the concrete. It was FUN! And their parents liked getting to hear about their SG and seeing their kids help clean up the studio yard.

Earth Day:
Yogi-locks story (oka-Goldilocks), talk about things we can do to clean up the earth. Ride a bicycle, use windmill energy, no pollution in the forests-trees, seas-fishes, or skies-stars! We made Truffula trees w/pipecleaners and big pom poms (from the Lorax) for our craft.

Bring your stuffed animal to yoga day:
Can take them to the zoo or walk in a park or forest w/you. They can sleep with you in your secret garden (like beanie babies. But kids get to bring their own).

Chakras:
We identified the chakras, colored them in on a gingerbread man type backline and did little activities for each one. Used a book called The Day the Crayons Quit (soooo cute - a great book) and also added in MCYogi's Chakra Beatbox. Today we went prehistoric and talked about yamas and niyamas by finding poses for 9 dinosaurs from a book called When a Dinosaur Came with Everything the doing a Jog through the Jungle to share our dino-poses. I love using books to inspire lesson ideas. I hope these two titles can help you out too!

Spa Day/Tea Day (Linda Bristol):
Have a "tea party"....Japanese tea set using warm lemon water and "savoring" our apricots, strawberries, and dark chocolate. Add a "spa" treatment after the tea party. We had the girls use coconut oil to spread onto their skin and then they lay down to relax with cold cucumber slices on their eyes with soft music playing. And soak feet in warm water with a drop of lavender aromatherapy. Yummy...

Bugs:
"Ten Little Ladybugs" book. This one is chalk full of yoga poses ('four little ladybugs climbing up a TREE, along came a TURTLE and then there were 3'). Even the youngest got into it. For the rest of the class we did "The Ants go marching 1 by 1"...etc) practiced Bees breath, did "La Cucaracha" and I did SUN A to Itsy-Bitsy spider.
Winter Olympics:
I thought of poses or games/songs/activities for a bunch of the sports, threw them in a knit cap and the kids took turns picking one. We did chair pose as we imagined going down the ski jump. Pompoms were snowballs. Lots of warriors for snowboarding (with jumps). Sledding was tushy train, leaning left, right, front, back. Dancer and balance poses for ice skating. Basically use imagination to create the story around the pose. I made up a song, too. Use row your boat: ski ski ski the slope, it's fun in the snow.
Merrily merrily merrily, breathe and just let go. The following verses were: skate on ice, snowboard fast, light your candle, roll snowballs (roll like a ball). snow snowshoe (big marching legs), ride snowmobiles (cowface legs).
Partner pose was a sled ride past lots of animals.
Snowglobe meditation - your thoughts and worries are the snowflakes shaking up all day. As you breathe watch the thoughts settle to the bottom (craft? Make snowglobes out of babyfood jars, water, and glitter).
Snowflake mandala.
And the pompoms were a "blizzard" that had to be cleaned up.

Me and My Favorite Doll Class:
They will be making a yoga mats for their dolls. I’ve used a pose cube and had the kids put the doll into the pose, then their own body into the pose. Also would be cute to have them lead doll through a savasana. They can change their doll's poses now and
then. You could have them put their dolls into partner poses, too!
Frozen Themed Yoga Class:

Do you wanna build a snowman? (goddess)
Come on, let’s go and play! (partner see-saw)
I never see you anymore. Come out the door
It’s like you’ve gone away. (lean back)
We used to be best buddies (partner dancer’s pose)
but now we’re not.
I wish you would tell me why... (”Y” pose)
Do you wanna build a snowman? (goddess)
It doesn’t have to be a snowman (other side)
“Go away, Anna.” “Okay, bye!” (triangle)
I think some company is overdue.
I’ve started talking to the pictures on the walls (r.i.v. watching pose)
“Hang in there, Joa!”
Troll Salutations
There once was a Queen name Elsa (mountain pose) and she had a sister named Princess Ana (Mountain with hands making a triangle on top of the head) who was friend with lots of Trolls (rolling 1..2..3 to stand up to princess pose)
""""Mirroring"""" to LOVE IS AN OPEN DOOR Song
all say together JINX JINX again fingers
and at the end when he say will you marry me all get on one knee and the b-day girl say yes being (ANNA)
Making crowns for Coronation Day!!!! Crowns and Mala's ... Announcing Queen.....
To the:::: Frozen Hearts Song song 1
All chop in the beginning with arms(like your chopping ice) then march and skip to start obstacle course. Balance on Floating ice (blocks) hop over them and do tree pose on them

Trip to Mexico:
La Cucaracha, the Mexican Hat Dance and then ended with a siesta savasana in Mexico!
CRAFTS:

Mind Jar:
http://www.sunhatsandwellieboots.com/2012/04/mind-jar.html?m=1

Door Hangers:
Kids who are in their room doing yoga can tell family members if they are doing an energetic yoga dance game or if they are meditating in their Secret Garden. (Thanks Sacha Demby)

Lavender Eye Pillows:
What you need: (per eye pillow)
1 clean adult size long sock
2-3 tbsp. dried lavender
1-2 cups flax seed or rice, depending on the length and size of your sock (I used Japanese rice since it’s thick and ‘round’)

Sharpie TieDies:
http://www.momscraftyspace.com/2011/07/sharpie-tie-dye-shirts-tutorial.html. If you stretch the t-shirt over a yogurt cup and hold it with a rubber band it works really well.
Beaded bubble wands:

Peace Signs:
Coffee Filters, regular markers and spray bottle with water.

Pixie Circles:
Maybe combine this with our "SHMAT". We re-purposed some of our older yoga mats into custom decorated Pixie Circles!

DIY Kaleidoscope:
Wishing Stones:
Here is a fun craft idea. I place wishing stones on the kids heads during secret garden...all their good thoughts that they think about during the secret garden go into the special stone. They get to take the stone home with them and hold it in their hands when they are having a tough day and all good thoughts from the garden will come back. They love this! So I decided to take it a step further and for a group of girls I am having them make one of their stones into a necklace so they can have it with them always.

Secret Garden Drawing:
What if kids trace each other in their savasana/secret garden pose on butcher paper, cut them out, and then after each savasana session they take a few minutes to quietly draw or write about their garden on the paper? By the end of the camp (or a few classes) they can bring home their pictures. Or if you have space, hang them in the yoga room. They can be reminders of the gardens they have created and a nice way to remember that the gardens are always there inside them.

Affirmation fortune cookies (Katherine Auger Laurendeau):
I sewed for my 5th/6th grade class. They got to pick a cookie and pull out an affirmation for themselves for the week. Below is a pic of the affirmations I printed out and rolled inside the cookie. Kids LOVED it. (they wanted to keep the cookies but I explained I would re-use them every week for them to go home with an affirmation. They were very easy to make... I do NOT sew and did 30 of them in an afternoon for little $$$ I will have them make their own (pink below) out of craft foam (no sew / easy & fast) so they can take one home.

I layered material over felt, traced a circle on it with a marker from a container lid in my kitchen cabinet. cut the circle out (cutting both material & felt) sewed the two circles together all the way around with right side of material out. cut around the circle with pinking shears so it wouldn't fray. then folded in half and sewed a straight line from the middle to about 1/2 inch from the edge (see photo) then you fold & shape into a fortune cookie. It was so easy my 4yo was making them on her own with me. My kids at home are picking from my stash and keeping the affirmations on their nightstand.
I used teeny brads that I bought at a craft store and just poked it thru the foam. used the same color braid as I did foam so it wouldn't stick out.
Spell out Yoga Words with Crafts:

PEACE
BEGIN
WITH
ME
YOGA
Yoga Book Markers:
Card stock covered with peace sign tape and then they added stickers and wrote their names and peace, love, etc on back. Tied ribbon on top.
Dream Catchers:
The outside circle is paper stem wire/ Floral section 18 gauge/// middle is pipe cleaner peace sign///// then I wrapped yarn around everything/// peace sign heart pipe cleaners hanging below. then ribbon and beads little glue for feathers. Seriously cheep craft. Prob take 45 min to hr. I usually do 1hr craft when I do camp

3-D Mandalas:
Create mandalas using objects: stones, feathers, pipecleaners, pompoms, etc.
Talking Stick Duct Tape:
Use those beautiful funky, patterned duct tape to create fast and easy talking sticks.
Pompom Spiders (for Halloween):
Purchase a kit or make your own using felt and pipe cleaners.
Wishing Stones:
6-11 year old class absolutely loved making their wishing stones for their secret garden! I had them use paint pens to decorate their rocks. Here are 2 examples, some wrote joy, peace, love, yoga or drew poses. They all had their rocks resting on their forehead while in their secret garden so all of their good thoughts would go into their rock. They were
all so excited and their rocks were the first thing they showed their parents at the end of class!

Goodie Bags:
Bubbles: Breathe in through your nose and out your mouth. (It’s better for your heart!)

Straw & Pom Poms: Move the pom poms across the floor by blowing through the straw. (Breathe the same as for the bubbles - in your nose & out your mouth.)

Pom Poms: Play Toe-ga / Pick them up with your toes – no hands allowed!

Magic Feather: Use it to make a wish, but remember, it only works when you make a wish for someone else!

Sidewalk Chalk: Just because it’s fun!

BLISS:
Valentine BLISS (Linda Henning):
We 'opened' and closed our 'valentines' in our BLISS, similar to reading a book (said "open your legs if you love your mommy, daddy, teacher, veggies..etc").
Halloween BLISS (KT):
Come Hither all Witches and Wizards to Stir your Cauldron of Witches Brew or Wizard Spells/Potions (Have everyone say what they are putting in...switch directions with every student) Every good witch/wizard needs some FUR of a Three Legged Dog, Whisker of black CAT, Toenail of Spotted Cow, crusty Eyelash of Turtle and the Molting or Shed Skin of Cobra, a wing of a DEAD BUG, Bark of the gnarly worm wood TREE from the top of the Mountain, finish it off all with a sprinkle of MOON light some maniacal Laughter! Options, depending on time, age, gender....can stir by light a candle, add the scale of a fish, the feather of a crow/eagle, and spit of a CAMEL.

Vacation BLISS (Katie Poti):
It's summer & vacation season. Kids have a TON to share when they come back to class. Instead of a BLISS you can have each child share up to 3 sentences about their vacation but incorporate yoga 1-3 yoga poses! They loved it because they got to share & we were warmed up by the time the last 2 used TREE pose to get us to standing. 2 sisters went to NYC and they did Elevator UP as their pose.

BEHAVIOR MANAGEMENT:
Disrespect:
Say that you want to share some really fun, cool stuff with them. But if there isn't respect in the class, then you just won't be able to teach them anymore. Explain that yoga is for "big kids" who want to be strong, creative, and happy - not kids that hurt other people's feelings and disrespect this special time.

"Pom-Pom Shower" to soothe the emotional child (Madeline Reyes Lopez):
Pour a basket if pom-poms over a child to cheer them up. It works! They start laughing and rejoined the group.

Special Attention:
"I chose you for the ___ helper today because I needed someone responsible...can you show me how responsible you are with your kind actions?"

Too many young kids (Discipline):
- Get a helper.
- Have the kids facing the teacher instead of in a circle.
- Make an example of 2 or 3 children with your discipline strategy (i.e.: out of the room, removed from class, have them write an apology. If there is 1 or 2 who start the problems, remove them immediately and do NOT let it continue and spread to the others. I'm assuming it's a small number who start the problems and the others see there are no real consequences so they join in.
- Offer stickers at the end of class. Be firm and ONLY give them to the good ones. Put the stickers on a chart for the classes, reminding them if they didn't get one this week there is always a chance the following class. You could also use a Pom
Pom to reward them at the end of the session if they have a certain number of stickers by their name.

- Reinforce-I really like the way Jane has straight arms in SG. I see 3 friends following directions... Etc.

Large group, No Mats:
Sargent Salutations! Big Wind blows, relay races, Sherlock OMS, Group yoga (partner yoga). You could split into a few groups and have them do group tree, dancer, flower etc. Or some kids could be trees, some could be flowers some could be butterflies and you could make a small play out of it have dogs and elephants walk through the forest. You could do the same and make an underwater theme: Some kids are sea grass (kneeling with arms up palms together). Tree pose could be fan corals or something. Some kids are crabs and fish and turtles dolphins and a surfer could ride the wave through. The mirror game- pick a partner- have them face each other- start with only moving the face-- person 1 makes the faces- person 2 mirrors--- then add neck movements--then arms--then hips, then legs (standing still though if not too much space) -- it's a fun one and always brings lots of laughs & good concentration practice.

QUOTES/POEMS FOR CLASS:

"Today you are YOU,
That is truer than true.
There is NO ONE alive
Who is YOUER than YOU"
-Dr. Seuss

I very much count on young people to learn things that are not taught at school, such as mindful breathing, mindful walking, learning how to look deeply, and learning how to take care of anger.
-- Thich Nhat Hanh

The Sun, The Sun,
I salute the Sun,
I offer my heart,
To everyone.
The sun rises,
The sun sets,
and in the world, my heart rests.
Again I rise
Ready to live,
Happy to be,
And able to give,
The sun, the sun,
I salute the sun,
I offer my heart,
to everyone.

SONGS:

Wheels on the Bus:
A toddler/preschool song: Wheels on the Bus. "Round and round"= roll like a ball, "Up and down" =forward fold, the driver can bow and say "Namaste", there can be animals on the bus, yogis on the bus breathe in and out, etc. so we sat in dandasana, buckled up (twist), started our engines, wipers w/knees, babies on the bus (happy baby), kids yelled out dogs, then cats...it was just kinda whatever for this first class.

Ring around the Rosie:
We put them on the floor and the kids can do like a freeze dance or Skip around them and when they get to a ring, they have to do that pose. Maybe a "Ring around the rosie, pocket full of "poses", Yogis, Yogis, we all do our pose!"
Ring around the Rosie
Do the chair posie
Breath in breathe out
We all fall down
OR
Ring around the yogi...
Pocket full of sunshine...
Shanti shanti...
We all do Tree...Chair etc...

Rock-A-Bye Baby:
Rock-a-bye baby, (rocking the baby)
on the treetop, (tree)
When the wind blows, the cradle will rock, (come down to navasana)
When the bough breaks, the cradle will fall, (fall back to mat)
And down will come baby, cradle and all. (Happy baby pose rock side to side)
*Use the no lyrical music in the background and do it 2 or 4 x's... enough for both sides of the body. You could incorporate a fun ending w/the "changing baby's diaper" too!

My Mother and Your Mother:
My mother and your mother were hanging up clothes,
My mother asked your mother "what's your favorite pose"
What pose did she pick? (Then point to a mom or kid).

Old MacDonald had a farm:
Old MacDonald had a farm, Peace Begins with Me.
And on that farm he had a cow. Peace Begins with Me.
With a moo moo here. And a moo moo there.
Here a moo. There a moo. Everywhere a moo moo. 
Old MacDonald had a farm. Peace Begins with Me. 
(Cat, dog, rabbit, etc.)

**EVENTS:**

**Ziplock Pompoms & Pipecleaners:**
Use ziplocks with your business card inside and give one to each of the kids. Then play Toe-Ga to fill the ziplocks and everyone goes home with their own baggie of the pom poms they collected and your card.

**Festival Basket:**
Booth and Demo:
For the booth, I set up 8 mats with different yogic activities on each (toe ga, balance a beanie baby and walk across the yoga strap, a Bilibio (google it - so fun!), a thera band foot roller, hoberman spheres. It was standing room only! For the demo, I started with a variation on the crystal bowl meditation / koo koo head, hoberman sphere breathing, sargeant salutations, jogging through the jungle (and we jumped off the stage and ran through the audience, collected all the kids on the way we so all ended onstage), then meditation and relaxation.

Yoga Pose Wheel:
I rented a booth at an elementary school. The white wheel is dry erase board so I can do the lines or write/draw anything and anyway I choose on it!!! This will be at my booth and kids will try to hold the poses for 20 seconds.

BIRTHDAY PARTIES:
A very purple birthday party (KT):
We started the party off with some YOGA Limbo, then we opened our usual way with OMs and meditation then crazy monkey mind bitten by scorpion then we took a purple moped ride complete with purple helmet cuz it was a purple birthday party. The we jogged thru the jungle and learned the rest of the poses for the bday story then we played toega and made pictures with our pom poms and blew our pom poms on our mats over mountains then we took a break... then we hip hop yoga bopped, learned the crow then Olivia (my little friend and helper) wanted to teach everyone the wild thing, then we read the birthday story and took a very long secret garden. We got on a purple unicorn pegasus who flew us to a crystal castle where in the middle of the castle in the sky was a beautiful courtyard filled with lavender flowers and lilacs and every other shade of purple I could muster up and everyone joined together around a big table to celebrate Anna Marias Bday party with lavender cake and purple candles. Anna Maria was smiling so big in her relaxed state! It was very nice then we closed and made our talking sticks.

The timing was a bit challenging for me because half way through class everyone was really thirsty and I said go get a drink and then they all ran outside and started eating and playing but I wrangled them back in with hip hop yoga bop and got the parents to join in as well. After the craft all the kids ran in and started eating so I didn’t get a chance to do the birthday blessing until after they all ate but then we all sat down and praised Anna Maria. I love Anna Maria because... I think Anna Maria is totally awesome because...she was glowing and beaming from ear to ear. She was so grateful she wanted her turn to talk with the stick so she could say what good friends she had and how lucky she was!

I then gave her, her purple KAY shirt which she immediately ran to the bathroom to put on!

Pop a Balloon:

Fill balloons with yoga poses scrolled inside them and blow them up. Play hot potato w/balloon. Whoever is stuck w/balloon has to pop the balloon. They then have to do the yoga pose that was inside the balloon. Fun fun game for camp or bday parties!

**MEDITATION:**

Imagine that you have found a genie or a wizard that can make any wish come true. It is a different kind of genie that does not grant physical things like money or power, but gives feelings.

Take a moment and then be really wise about what you wish for. You can wish for any feeling you like. It might be more peace, or more joy or more love. To make your wish come true you have to imagine the feeling inside your heart. Imagine it like a ball of light like the sun and then feel the light is shining that feeling through every part of you. Can you feel it in your throat? Your fingertips? Every heartbeat spreads that feeling around your body.

Now, once you are filled with this feeling you've chosen, imagine that with each exhale you are sending that same feeling out into the world. Each inhale brings it back to you. Back and forth, the whole world sharing your feeling. Doesn't your heart feel full?
INFANT YOGA:

I finally got some pics to post. In my infant classes, as you can see, there are some other daycare workers on hand to help keep the kids around, or maybe even put them in some poses. Some are too young to even sit up on their own, but I follow the KAY outline everytime. They range from 6 to 14 months so routine is their life. I always begin w/Every lil Cell (Chris Carbone's version) and then we say Yoga is aok and do PBWM..if any of the kids cry, I do an OHM to settle them down. I do Om Namah Shivaya for a SUN A variation and the bliss may include bubbles or just animal poses or every now and then I read a story (and definitely open/close the book). The class is only 30 min and my kids have just woken from nap when I see them, so we do not do secret garden per usual, but we always calm down with "Long Time sun" and then do our closing circle w/PBWM again. You can use any nursery rhyme and incorporate stretching and poses. Even if I am the only one doing it, the kids watch, and eventually they spread their arms out and try it too! It is challenging, and 'snotty or stinky' but can be fun if you are looking into infant care facilities.

2-4 YR OLDS:
Crazy monkeys, PBWM, read a book-bliss, Sargent salutations, and a couple partner poses (they will laugh and love it), Jogging through jungle, Secret Garden, bunny breaths, closing circle.

Head, shoulders, yoga pose, skip, skip, skip 'round the room. Make a ring of "flowers" or a "forest" of trees and have them take turns trying to blow them down with big breaths. In a 2 year old class I had, we used the beanie babies to balance on our heads. Then we "taught" the beanie babies how to do poses. Lesson in Non-Attachment.

Be prepared to LET GO!

They love to balance on blocks. I uses to do obstacle courses & they would walk the strap (older ones picked up Pom poms), frog hop over bolsters, yogi yogi pose (like duck duck goose), GO-Stop-back to back is something I do. You pick something like run, gallop, hop like a kangaroo, frog hop, crawl, etc and they stand back to back with a partner. When you say go, they do the activity you called out. When you say stop, they have to get back to back with their partner. That was a regular game with my 3s as it's great to develop ability to follow directions. If you have bolsters & blankets, build a fort for them to do SG inside! Always worked! I built it prior to class usually or had a mom do it while I led an activity. They love love love blowing Pom poms. Make tunnels with blocks, mountains in the mats, etc. teaching jumping jacks is great. I always had them stand w/hands on hips and jump feet out saying "out" and jump in saying "in." Do that 5-10 times, then let legs still & do just arms. Then give them a chance to put the moves together. I usually did this prior to meditation as a way to get their monkeys out if it wasn’t a day I was using the song.

8-12 YR OLDS:

Red light, green light; yogi says; zip, zap, zop; freeze dance are popular with that age group. Yoga Slide, hip hop yoga bop, here comes a little yogi. Sargent Salutation with 10-12 year olds, loved Sherlock oms, 4 corners (takes a little more time), and they actually made up a few games this summer (which I've yet to post) that we played. They love a quick yogalympics too. Story writing, silly stories. I found myself using much less music with this group--though they still love it. My group just really wanted to learn poses like crazy! Really worked on a challenging destination pose and taught the prep work in om workshop...then they always practiced at home all week! Amazing what they did by the end of summer. My group was unique, as they all are. Also you may find this group is more into the meditation or longer secret gardens.

TEENS:

"Just Say Om" is a meditation book written for teens.

More Sun Salutations

30 MINUTE CLASSES:

Don't OM first class...just start with Peace Begins with me.
Then describe why we do it/Koo Koo Head.
The above will take 4ish minutes.
Motorcycle Bliss or Diaper Bliss. Make sure it's REALLY Fun!... 2 minutes
2 Sargent Salutations... 4 minutes
TOE-GA... 5 minutes
Pom Pom Basketball... 2 minutes
SONG of YOUR CHOICE.: Yoga Slide/Every little cell/depends on age and sex... 5 minutes
EIGHT minutes for a 6 min SECRET GARDEN and closing circle.

FAMILY YOGA:
Toe-Ga in family teams.
Downward Dog tunnel parents are the dogs kids are the hissing snakes.
Have each family come up with a dance move (you should take 2 minutes in prep time for each family to practice a move) and do Hip Hop Yoga bop having each family in the middle with "their" move during a segment.
Pass a laugh for sure cuz parents love it and will see how awesome we are.
Talking stick for sure!
Massage train in families (or not)

PROPS:
Diaphragmatic breathing Prop:
Make a model lung & diaphragm! This is a lung (inner balloon) and diaphragm on the inhalation. The other (deflated balloon) is the exhalation. Used this with kids too & they loved it!! It's a 20 oz. bottle, bottom cut off. One large balloon w/roll cut off & taped to a straw. Other balloon has whole neck cut off & stretched over bottom of the bottle. Use clay or silly putty around straw & neck to seal. Pull down to breathe, release to exhale.
Scarves:
Play “Down by the bay” and Dosey Doe with each other with scarves in your hands waving them in the air. Put them on your faces in the SG. It helps to get them to calm down. Pre-spray them with Lavender!!
Then when you get up from the SG, use them like a Yoga Strap and do the wide arm stretch. Say, "I love to stretch my arms when I wake up from a nap". You can also use during the Yoga Limbo....any dance song really.
Masks (SarahHawks):
Joggin Through the Jungle with these masks. No brainer fun!
http://www.amazon.com/gp/product/B001HEB0R0/ref=oh_details_o02_s00_i01?ie=UTF8&psc=1

Toss n’ Talk Ball:
This would be fun with Yoga poses or instead of the yoga test, they could answer the question on the ball
Magic Feather:
At the end of a class yesterday I presented a magic feather. This magic feather helped wishes come true, BUT it really only worked when you made a wish for another person, maybe the person next to you. (had moms/guardians sitting next to their little ones). The children made the most amazing heartfelt wishes for other people. They made wishes for their moms and dads, whoever they cared about and felt needed their wish. One girl kept kissing and hugging her mom, who later told me that she was amazed at her daughter during our class. It was a nice way to end the class and leave everyone, including me, floating out on air! The magic feather definitely created some wonderful magic for sure.
STORIES:

The Holiday Party (Jai):

Once upon a time, there were (# of kids in class) little yogis named (their names). Since it was the holiday season, these (# of kids) little yogis wanted to throw a holiday party to celebrate. Each yogi decided that they would be in charge of one part of the party. (Name) decided that s/he would be in charge of the decorations. S/he bought STARS and CANDLES to make the room sparkle and shine. (Name) decided that s/he would set the TABLE and provide CHAIRS for everyone to sit on so that they would be nice and comfortable. (Name) decided that s/he would be in charge of the food. S/he bought PRETZELS to snack on and FISH for the main course. (Name) decided that s/he wanted to be in charge of the music. Here is one of the songs that she chose to play! YOGA SLIDE (or other song from CD). (Name) decided that s/he would be in charge of the games. Here is one of the games that s/he chose to play. (TOEGA or YOGA LIMBO). The day of the holiday party finally arrived and everyone spent the night eating, dancing, playing and having the best time! Everyone was so exhausted from all of the fun that they that by the time they got home, they climbed right into bed and drifted off to sleep. SG...

New Year’s Eve:

It's New Year’s Eve on the farm and the animals are all gathering around for their yearly celebration.

The Barn DOG is trying to put up the streamers, but he can't reach. He reached UP (Upward Dog) really high...but then he had to come DOWN (Downward dog) to rest. He got up on his TIPPYTOES but he still couldn't reach. But he still kept trying and trying. Finally he asked the CROW to help him. CROW's are able to get to much higher places than DOGS.

She was able to FLY around the barn and put the colorful streamers all over the barn. It started to look very festive but they still needed some BALLOONS. (Everybody blow up your belly like a big balloon and then pop it with your finger).

The decorations were almost finished but the CATS and COWS needed to set the TABLE. They covered the TABLE with a cloth so when everybody arrived they could put the party food on the TABLE. Everyone ate lots of yummy food and then they all set their New Year’s Resolutions for the New Year. One guest said she wanted to be proud like a HERO.

Another said that in the sports he played he wanted to be strong like a LION. Another guest said she wanted to be bright like a STAR in school!

They went around the room until everybody made a resolution and then they all threw confetti in the air (do it) and gave a friend a great big HUG!!! (Hug your neighbor) and shouted out Happy New Year!!! It was going to be a great year filled with good health, the love of family and friends and lots of YOGA! And especially THE YOGA SLIDE....and go right into the yoga slide.

The Last Day of School:

Read a Book/LION/TIGER/CAT/DOWNWARD DOG/UPWARD DOG/COBRA/SLITHER through the DOG tunnel/ Make a Sandwich/ CAMEL / CHILD’S POSE/ FLOWER
It was the last day of school for the little Yogis and they were so excited because they learned so much this year. They read many books! Books the size of their legs, feet, arms and hands. They were about LIONS & TIGERS, CATS & DOGS, and Snakes like COBRAS that HISS. They made a DOG tunnel to slither (SNAKE) through because their favorite animals were the DOGS and SNAKES! They learned all of the vowels and sounds in a fun way! (Vowel breathing – CAMEL / CHILD’S POSE / PRANAYAMA)

The year was full of doing nice things for other people. They MADE SANDWICHES and shared them with people who didn’t have as much as they did. The little yogis visited children in different places and tried all of the YUMMY foods (YUMMY YOGA) they had in all of those places. They played games like FLOWER BOWLING and the BIG WIND BLOWS and they learned to dance the YOGA SLIDE!

The little Yogis had a year where they learned a lot of new things and helped so many people. Every day was a new experience and every day was very busy. They were so tired at the end of the day; they crawled into bed, fell asleep and had beautiful dreams in their SECRET GARDEN.

Winter Walk:
Go for a walk in the snow (walk in place); make sure to pack your BOW and ARROW in case you run into a WARRIOR. In a forest of tall TREES, climb a MOUNTAIN, look up and see an EAGLE flying overhead (you could even do Eagle & transition to Warrior 3 w/eagle arms). Along the path you see a large PLANK of wood from a fallen TREE that you balance on. Going further you see a stray DOG chasing a snow PIGEON and a RABBIT! As the MOON begins to rise (your choice of moons here), you see a TRIANGLE up ahead—it’s a rooftop to a cabin! You are cold so you begin to RUN through the snow (high knees ‘cause it’s deep) until you reach the GATE to the cabin. You are so hungry from your walk that you sit down at the TABLE and eat the SANDWICH that was just waiting for your arrival. After eating, you decide to lie down and take a REST...

Wizard of Oz (Yogi of Oz) (Linda Henning):
Basically summed up the whole story and incorporated the yoga POSES. Dorothy and Toto the DOG, lives on a farm w/COWs and CATS. Mean lady shows up on the BICYCLE. Gets taken away in a TWISTER. Lands in Oz. Mean WITCH shows up, we meet a scareCROW who doesn’t have a brain, a Tin Man who is all stiff (just did mountain pose) and a LION who needs courage. After they are chased by the WITCH and flying MONKEYS they meet the Yogi of OZ who helps the scareCROW meditate to fix his brain, makes the Tin man stretch side to side to not be so stiff and helps the Lion Roar so he can find his courage. They then lay in corpse pose and click their heels together and repeat there is no place like OHM!!! To get Dorothy home.

The Three Bears:
"Does anyone remember the story about Goldilocks and the 3 Bears? Poor Goldilocks was so hungry and tired when she found the bear's house, wasn't she? She just wanted
to go inside and sit down for a little rest...and she had 3 different chairs to choose from. Let's all try them out with her. First, was Papa Bear's Chair...big, comfy Papa Bear's chair. Open your arms out like you are hugging a big round ball, and sit down in Papa Bear's chair...ooo, that's nice. Now, let's try out Mama Bear's chair—tippy toes and sit down very gently—it's so dainty and pretty. Hmmm, look over there, Baby Bear's chair... so colorful and fun. I want to try that one out, too! But it's so little, wiggle your bottom down into the chair to see if it will fit, wiggle, wiggle, wiggle. Squeeze your arms in tight, too—can we fit? Uh oh, it broke, stand on one leg, stand on the other...RUN—here come the bears!"

St. Patrick’s Day:

KAY CLASS DESCRIPTIONS:
Short for teeny ads:
A typical KAY class incorporates singing, jogging, limbo-ing, dancing, massaging, games and so much more all woven into the original songs that we have created for our little ones. They don’t even notice that they are practicing yoga, meditation and pranayama (breathing) they are having so much fun. All classes end with the glorious trip to The Secret Garden where kids get that much deserved break from their day.

Longer:
KAY is a style of yoga that is based on the 5,000 year old science of yoga. Children are taught how to stretch and breathe and to meditate and deeply relax. If you were a practicing yogi watching a KAY class you would see and understand the beauty of our system. If you are not a yogi you might think we were just “kidding around” and playing. Kids love to sing and dance so we have more than 35 original songs on our 3 CDs that keep them moving. Jogging, Dancing, Limbo-ing, Massaging, Rocking and rolling, Laughing, Marching, you name it we have a song for it! And of course all of our classes end with a magical trip to The Secret Garden. We wouldn’t think of missing this part of class but then again our students keep us on our yogi toes and remind us when they walk in the door. The benefits of a KAY class are immeasurable. Come check it out!

KIDS YOGA MINDFULNESS MEDITATION CENTER RETREATS (By KT):
10:00-10:15 - Meet and Greet/maybe name tags, Sharing Circle
10:15 Typical KAY yoga class focusing more on mindfulness less on running around
Om (om is a sound or vibration of the universe)
Breathe through the nose, hairs that filter, keeps you calm
Breathe from your belly up to your head then from your head to your belly
Feel your belly rise then your ribs expand then your chest lift
Peace begins with me
(why we meditate...crazy monkeys; introduce concept that life is more easily dealt with when calm then scattered)
How to tame the monkey: everyone get up and act like a crazy monkey, then Freeze:
Now feel your feet touching the floor, now be aware of your hands, and now be aware of your scalp
The mind goes where you put it, that’s how you tame the monkey
Ask questions: Can you focus on school work when you’re thinking about Justin Beiber
If you are totally zoned out on TV do you taste the food your munching on
What are some other things that may distract us from our meditation? Sights, shiny, loud noises rough surfaces and sniff sniff bad smells....sniff sniff do you smell that...oh oh my I think...I think that’s your feet...OH my goodness you’ve got stinky feet!....
Stinky feet (how things distract us from meditation)
Typical warm ups: cat/cow, puppy tail, down dog, up dog, three legged doggy, pretzel, moon pose, tree,
Jogging thru the jungle or yogi says to learn poses in story: incorporate the crow
Partner/family poses: Group flower or Tree, down dog tunnel, parents lift the children into airplane
Toega
Pom pom basketball or other pranayama, pom pom poppers(focus and mindfulness)
Story on mindfulness maybe with an Earth Day theme
incorporating all of the five senses
Secret Garden: incorporating the 5 senses
Tibetan singing bowl or Orange you Grateful
Peace begins with me
Good times to practice meditation: before tests, bed, at doctor’s office, before sports games, performances
Om
Om shanti
Closing wish (loving Kindness)
Maybe another sharing circle
11:15-Potty Break/Maybe snack
11:25-11:45ish-Guided Meditation for children...YIKES!
11:45-1:30 Lunch and Prayer flags
1:30-1:50ish Walking meditation
Be aware of the sensations under the feet, texture, temperature, is there a breeze on your skin, what & how many sounds do you hear, can you feel your body expand while you breathe.
Keep placing the mind on different parts of the body, how does this make you feel?
1:50-2:30 Chalk Mandala message of impermanence, tell story how monks make sand Mandalas
Give copies of mandalas to take home and color
2:30-3:00 Snack and Story time: We are all one
3:00-4:00 Laughing meditation ~15mins ...take moment of silence
Closing sharing circle discussion, what have we learned, what was your favorite part?
Homework: Practice meditation every day for at least one minute.
What are the different ways to meditate? Peace begins with me, watching your breath, walking meditation, laughing meditation, just overall being aware (while you are eating, drawing, speaking, etc.)!
What are the benefits of meditation? Why should we do it?
NAMASTE
Mini at home Yoga Practice

Begin Sitting

1: Sit Criss Cross, Half lotus or Full lotus

2: Breathe DEEP through your nose and say Ommmm or Awww or make any other sound you want

3: Meditate PEACE BEGINS WITH ME out loud at first…Then whisper…then silently in your mind

Try it for ONE minute or longer

START MOVING

Twist into a Pretzel do some Cat and Cow

Downward Dog Upward Dog

3 Legged Dog …both sides

Flower Pose

Tree Pose …both sides
Find your inner SUN energy:

Stand in Mountain Pose  
Namaste  
...Butterfly up

Butterfly down...Rag Doll  
Jump back... Downward Dog

Upward dog  
repeat 2 times

Bow Pose  
Childs pose  
Downward Dog

Jump forward... Rag Doll  
Chair Pose  
...Butterfly up

NAMASTE

Have some Fun and try some other poses:  
Be a Crow

A Dancer
Be a Triangle

Try Martial Arts?

Be an Eagle?

Let Your Candle burn bright or melt down into the plow

Don’t forget to REST  …and Journey to your Secret Garden!