

SESSION: A TRIP TO THE BEACH

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To improve children's concentration through balancing poses
- To explore creatures found on the beach and in the sea
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme

Children will be taken on an exciting adventure to Australia, where they will explore the beach and take a dive into the ocean to try to find an oyster at the bottom of the sea.

Discussion Point: 7 minutes:

What would you pack to take to the beach?

- Sun tan cream
- Sun hat
- Sunglasses
- Bucket and spade
- Beach ball
- Swim clothes
- Towel
- Goggle
- Food and water (picnic)
- Surf board

Discussion Point: 11minutes 15 seconds:

What would you find at the beach?

- Sea
- Sand
- Shells
- Seaweed
- Rocks
- People /children
- Ice cream seller
- Surfers
- Crabs
- Boats

Children may also suggest creatures such fish, starfish, shark, whale, dolphin



Relaxation Time

Children should lay down on their back and close their eyes, if they feel comfortable to do so.

If possible, turn off the lights to help with the ambience of the room.

Throughout this part, children should try to stay still and quiet and practice their breathing in through the nose and out through the mouth, this helps them to feel calm and relaxed. We will play relaxing music throughout the relaxation.

At first children may find it difficult to relax and stay still, but over the weeks you will notice the difference and the length of the relaxation will increase.

This week, the children will listen to a starfish visualisation.