

SESSION: A TRIP TO THE FARM

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To recognise what animals live on a farm
- To understand that animals have basic needs and the farmers have to keep them happy and healthy
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme

Children will pack their bags and get ready for a trip to the farm where they will meet Mr and Mrs Giles, the farmers and they will explore the farm, meeting lots of farmyard animals and learn how to keep them happy and healthy.

Discussion Point: 16 minutes 35 seconds:

What animals will you find on a farm?

- Chickens
- Hens
- Cows
- Pigs
- Goats
- Llama
- Alpaca
- Deer
- Barn owls
- Sheep
- Horses
- Donkeys
- Rabbits
- Fish
- Turkeys

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 an enchanted forest visualisation.