

SESSION: ANCIENT EGYPT

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To improve children's concentration through balancing poses
- To learn key facts about ancient Egypt including its location, the river Nile and the pyramids
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme:

This class will focus on Egypt, where it is, what you would find there and how the Egyptians lived.

Discussion Point: 9 minutes 38 seconds:

Name some creature that live in the river Nile

- Nile Crocodile
- Hippopotamus
- Nile River Snakes
- Monitor lizard

Discussion Point: 26 minutes 03 seconds:

What is a Sphinx?

A Sphinx is a mythological creature with the body of a lion and the head of a person. Often, In Ancient Egypt times, the head was that of a Pharaoh or a god.

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 rainbow waterfall visualisation.