

SESSION: OUR RAINFORESTS

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To improve children's concentration through balancing poses
- To understand the importance of our rainforests for the planet
- To understand key facts about the Amazon rainforest, where it is located, it's size and it's function on the planet
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme:

This class will focus on the Amazon rainforest, children will learn key facts about its importance for the planet, the species that live there and the affect humans are having on it. We will link yoga poses to all of this.

Discussion Point: 21 seconds:

What is the largest rainforest in the world?

The Amazon Rainforest

Discussion Point: 43 seconds:

Where is the Amazon Rainforest?

The Amazon rainforest is located in South America.

Discussion Point: 9 minutes 50 seconds:

What do trees and plants need to survive?

- Sunlight
- Nutrition (food)
- Water
- Air



Discussion Point: 18 minutes 34 seconds:

Why are we chopping down the rainforests?

- Use the trees for paper and furniture
- Mining
- Palm oil extraction
- Live stock
- To build on



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.