

SESSION: PIRATE ADVENTURE

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 what a pirate is and how they live
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme

This class will see children exploring the ocean on their ships, they will escape the pirates, see ocean creatures and explore treasure island to find the treasure chest.

Discussion Point: 5 minutes 36 seconds:

What is a pirate?

A pirate is someone who robs or commits illegal violence at sea or on the shores of the sea.

Discussion Point: 9 minutes 30 seconds:

What creatures do we find in the sea?

There are a lots of possible answers including: fish (jelly fish, star fish), sting ray, sharks, dolphins, whales, sea turtles, sea otters etc.

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 the Thankful turtle visualisation.