

SESSION: SEASONS

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 different seasons that we experience in our country
- To understand how the different seasons affect the weather and the animals
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme:

Discussion Point: 10 minutes 45 seconds:

What events do we celebrate in autumn?

- Harvest
- Halloween
- Bonfire night
- Diwali

Discussion Point: 26 minutes 46 seconds:

Name some animals that have babies in the Spring time?

- Foxes
- Swans
- Cows
- Sheep
- Deer
- Rabbits
- Goats
- Skunks
- Birds

Discussion Point: Why do these animals have babies during Spring?

Many animals have their babies in Spring. This is because there is lots of food available and the longer days mean that they have more time to find food for their young. The warmer days and regular rainfall during spring means plants such as grass grow well. Warmer weather makes it easier for small babies to survive.

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 visualisation about Spring and the opportunity for change in our lives.