

SESSION: THE GRUFFALO

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To improve children's concentration through balancing poses
- To explore the setting of the woods and the creatures that live there
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme:

This class is the story of the Gruffalo written by Julia Donaldson. Children will follow the teacher in acting out the story of the little mouse walking through the wood and meeting the different characters.

Discussion Point 5minutes & 40 seconds

Can you name the characters in the Gruffalo story?

- The Little Brown Mouse
- The Fox
- The Snake
- The Owl
- The Gruffalo

Relaxation

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.