

## SESSION: AROUND THE WORLD

### 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 different animals found in the jungle and the sounds they make
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

### Theme

Children will be taken on an exciting adventure to Africa to explore the jungle and find some jungle animals.

### Discussion Point: 1minute 20 seconds:

Name some ways to travel across a river?

- Boat – all kinds speedboat, canoe etc
- Raft
- Swim
- Stepping stones
- Build a bridge

### 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 visualisation.

