

SESSION: OUR SOLAR SYSTEM

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To improve children's memory retention
- To explore the solar system and the planets
- To understand about what natural resources we use on the earth
- To improve children's concentration through balancing poses
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Overview

In this session we will explore the solar system and link yoga poses to different parts of the solar system.

Discussion point 0.32 seconds:

What are the 8 planets that orbit the sun?

Mercury, Venus, Earth, Mars, Jupiter, Saturn, Uranus, Neptune.

This can be memorised by the following acronym:

My Very Easy Method Just Speeds Up Names.

Discussion point 10 minutes & 16 seconds

The sun gives off light and heat; can you think of other natural resources that give off light and heat?

1. **Fire**
2. **Lightning**
3. **Volcano**
4. **Solar panels** - these take the light and heat from the sun and transform it to energy.



Discussion point 31 minutes & 7 seconds

What natural resources can you think of?

Natural resources are materials or substances that are produced by the environment. Humans use natural resources to survive. They can be used to heat our homes, transport us around the world, feed us and clothe us.

Earth's natural resources include:

- Light
- Air
- Water
- Plants
- Animals
- Soil
- Stone
- Minerals
- Fossil fuels (coal, oils and natural gases)



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.

This week we will take children through a space themed visualisation, it will last for just under 5 minutes and will enhance children's creative imagination, as well as help them to focus.