

## SESSION: AMAZING AFRICA

### 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 about Africa, to compare the human and physical geography in Africa
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

### Theme:

Children will explore the continent of Africa, comparing human and physical geography. Children will recognise the differences between British and African culture. They will learn through yoga poses.

### Discussion Point: 5 minutes 19 seconds:

How many African countries can you name?

There are 54 countries in Africa, named below in alphabetical order:

- Algeria
- Angola
- Benin
- Botswana
- Burkina Faso
- Burundi
- Cabo Verde
- Cameroon
- Central African Republic (CAR)
- Chad
- Comoros
- Congo, Democratic Republic of the
- Congo, Republic of the
- Cote d'Ivoire
- Djibouti
- Egypt
- Equatorial Guinea
- Eritrea
- Eswatini (formerly Swaziland)



- Ethiopia
- Gabon
- Gambia
- Ghana
- Guinea
- Guinea-Bissau
- Kenya
- Lesotho
- Liberia
- Libya
- Madagascar
- Malawi
- Mali
- Mauritania
- Mauritius
- Morocco
- Mozambique
- Namibia
- Niger
- Nigeria
- Rwanda
- Sao Tome and Principe
- Senegal
- Seychelles
- Sierra Leone
- Somalia
- South Africa
- South Sudan
- Sudan
- Tanzania
- Togo
- Tunisia
- Uganda
- Zambia
- Zimbabwe



## 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 an elephant visualisation.