

SESSION: AUGUSTUS THE TIGER

Learning Outcomes

- **CL:** Children listen to instructions and follow them correctly
- **PD:** move with confidence, imagination and in safety

Theme:

This class we take the children on a story adventure of Catherine Rayner's book Augustus and his smile. Children will act out the story with the teacher through yoga poses.

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.

Children will listen to a lovely elephant visualisation.