

SESSION: EXTREME EARTH

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- To improve children's concentration through balancing poses
- To learn about Earth being an active planet with its destructive powers of nature
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme:

This class will focus on Earth being an active planet. Children will learn about tsunamis, volcanoes, thunder & lightening, and tornadoes.

Discussion Point: 6 minutes 16 seconds:

How many different destructive forces can you think of?

Children will suggest things which could include:

- Tornadoes
- Hurricanes
- Storms
- Tsunamis
- Earthquakes
- Volcanoes

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 bodyscan visualisation that will help them relax their whole body.

