

SESSION: GARDEN ADVENTURE

Learning Outcomes

- To introduce children to a variety of yoga poses through an engaging theme
- Learning and exploring plants, insects and animals found in the garden
- To improve children's concentration through balancing poses
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme

Children will explore the bottom of the garden, learning about different plants, insects and animals found there.

Discussion Point: 5 minutes and 05 seconds:

What might you see in the garden?

Opens discussion among the children and teacher, which could include:

- Pond
- Insects
- Birds
- Trees
- Flowers
- Hedge

Discussion Point: 26 minutes and 24 seconds:

What colour does your butterflies wings have?

Teacher can select a few children to say the colour of their butterfly wings

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 lovely spring visualisation.