

SESSION: OUR BEAUTIFUL BLUE PLANET

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 the ocean and how important it is for the survival of our planet
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

Theme:

Children will explore the ocean and the marine life that lives in them. Looking at how humans are putting the ocean under threat, and way they can help prevent pollution in the future.

Discussion Point: 12 minutes 34 seconds:

What are the five oceans on the planet?

- Pacific
- Atlantic
- Indian
- Southern
- Artic



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 starfish visualisation.