

## SESSION: THE 7 CONTINENTS AND THEIR ANIMALS

### 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 key facts about animals in the 7 continents
- To give children techniques to help them relax, feel calm and deal with stress/anxiety

### Theme:

This class will focus on animals you can find within the 7 continents of the planet.

### Discussion Point: 5 minutes 16 seconds:

What are the names of the 7 continents?

- Europe
- Asia
- Africa
- North America
- South America
- Australia
- Antarctica

### 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 elephant visualisation.