

20 Minute Class Outline

Date _____ Location _____

1. **Salutation to the Sun** – _____

2. **Bubble Gum** – 3 Rules: Our mats stay on the floor, Our Bodies stay on the mats, Yogatta have fun!

3. **What is meditation?**

- **Do Koo-Koo Head**
- **Yoga is A-OK**
- Show them **Peace Begins with Me** using their fingers in the air and saying it aloud, bring them down on your knees and whisper the mantra, and finally say it quietly in your head still tapping your fingers

4. **Bliss** -

5. **Song/Game** -

6. **The Secret Garden**/ _____

7. **Closing Wish:** May the whole world be filled with peace and joy, love and light, and lots of peaceful children!.... Namaste....Namaste....Namaste....

- Put glitter on hands “Don’t let anyone ever dull your sparkle!”
- Craft/Send home activity:
