

One Hour Class Outline

Date \_\_\_\_\_ Location \_\_\_\_\_

- 1. Kids go to bathroom/snack and water before class
- 2. Place socks in shoes on the SCHMAT mindfully at the entrance
- 3. **Warm-up** : \_\_\_\_\_
- 4. **Bubble Gum** :1. Mats stay on floor 2. You stay on mat 3. Yogatta have fun!
- 5. **Meditation** :Do Koo-Koo Head, Yoga is A-OK, and Peace Begins with Me

6. **BLISS**

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7. **Salutation to the Sun** - Sergeant Salutation / Rolling Salutation/ Dance for the Sun/ \_\_\_\_\_ (circle one)

8. **OM Workshop: Learn / Review 2-4 poses in depth (individual poses or partner)** \_\_\_\_\_

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9. **Story/ Game/ Activity/Song**

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11. **The Secret Garden** : Shavasana Pose on mat, Spray Lavender spray while reading about Tinker bell’s fairy dust and place wishing gem on foreheads after reading the Secret Garden

12. **Pranayama( Breathing Activity):**

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13. **Meditation:** Tibetan Singing Bowl/ Peace Begins with Me/ Calming Jar (circle one)

14. **Closing Circle:** Talking Stick/ Orange you Grateful (circle one)

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

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- Put glitter on hands “Don’t let anyone ever dull your sparkle!”
- Craft/Take Home Activity:

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