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):**

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....

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

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