



### Purim Class Outline

- **OM** (or shalOM in) (Yoga is A-OK) 3 OMs
- **Meditation discussion** (*Mashuguna Monkey/Koo Koo Head*) Meditation "Shalom Begins With Me"
- **BLISS: NOSH, NOSH A HAMENTASH**

Who loves hamentashen? Me too! Let's make some right now! Grab the ingredients and put them in our bowl (legs wide, backs straight). What do we need? (Let children shout out ingredients.) Mix it all up, stir left then stir right. (Remind them to keep their tummies tight when they lean back). Ok, I think it's perfect. Let's roll out the dough (TOOTSIE ROLL). What are we going to put in the center of our hamentashen? (Legs wide, backs straight & reach for ingredients.) Apricot! Poppy seed! Cherry! Yum! I think it's time to fold the dough. (Standing up.) What shape is a hamentashen? Is it a square? (Menorah pose.) That is SO SILLY! Of course, it is a TRIANGLE! Let's sit in our CHAIR & eat our yummy hamentashen!

- **Sun Salutations** (*Salutation to the Sun/Sergeant Salutation/Rolling Salutation*)
- **SONG:** The Yoga Slide
- **OM Workshop:** TEACH/REVIEW: Triangle / Hamentashen, Hero/ Queen Esther & Mordechi/ Tootsie Roll / Megillah
- **GAME:** I Went to Visit my Bubbe (what did you put in your Mishloach Manot basket?)
- **SONG:** Yogi Shake (get your Purim Costumes on & shake it up!!)
- **The Secret Garden** (play Shalom Aleichem Dreams)
- **Pranayama:** Aleph Bet Breathing or Bumble Bee Breathing
- **Meditation:** Shalom Begins With Me or Shira: *Play a piece of music that only uses 2-3 instruments. (Yoga Yeladim's "Shalom-Alechem Dreams is a beautiful choice or a traditional Purim song)*
- **Mitzvah Circle:** talking stick/yad: Suggested question: Queen Esther was a hero and stood up for what she believed in. What makes YOU a hero? How can you help others?
- **Closing Chant:** Shalom Closing Chant
- **Closing Wish:** **May the whole world be filled with peace and joy, love and light, and lots of peaceful children! Namaste..... Namaste.... Namaste..... SHALOM!**