

Lesson Plan 1

-Discuss importance of wellness

-Ask 'What are some things we can do to take of ourselves?'

-Explain that sometimes nervous, angry, or scared this can sometimes also make your body feel bad like making your head hurt or your belly hurt or making it hard to pay attention in school

-Yoga is a type of fun exercise that can help you feel happy and help your body and your health

-Start by having kids stand up and spread apart

-Jellyfish

-Windmills

-Balloon breaths

-Feel your heart

-Crow squats while facing partner

-Tree pose

-Dog stretch

-Frog pose up to forward bend

-Sun salutation

-Warrior 1

-Warrior 2

-Sit down and do Shoulder twists

-Ocean breaths

-Closing with 'Namaste' –expressing our gratitude for our body and for being able to practice yoga today

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