

GRACE + ZEN: PRESCHOOL AGE YOGA CLASS OUTLINE:

Note that preschool class times vary. They are often 30 or 45 minutes instead of one hour. Use your judgement to run the class accordingly. Use more songs and games in preschool to keep them engaged. You can use the monthly themes in class, but for the bulk of class, repetition is expected for this age group and encouraged. Here are some ideas:

CALM INTRO (5 MINUTES)

- Start in seated circle, go over classroom rules, few deep breaths, kids can share name with a ding on the singing bowl (rules: raise your hand, keep body parts to yourself)
- Read 1 orange “breathe” card

UPBEAT POSES (10 MINUTES)

- **SING** Old Macdonald had a farm song while clapping knees. Use “POSE” cards to show kids the animal poses, and demonstrate yourself. (dog, cat, mouse, snake, frog)
- Sun Dance (to Kira Wiley SunDance Song)
- Butterfly pose:
 - Make a sandwich or ice cream sundae on your feet and gobble it up.
 - Rock side to side singing ‘row your boat’
 - Flap arms and knees like a flying creature.
- Straddle pose:
 - Make a Pizza
 - Mixing Bowl
 - Paint A Rainbow
- “Vooooo!cANO!” pose (chair to star) x3
- “Shooting Star” Pose: Stand in star pose, rock body side to side, sing “TWINKLE TWINKLE LITTLE STAR”
- Wide leg forward fold. Push each arm up to the sky.
- Cross body Star. Stand in star, then practice touching down to the opposite foot.
- Balancing Poses: Tree, airplane, Warrior 1, Warrior 2, Eagle, low lunge.
- “Sleeping mouse” pose break. gently rub the kids backs from top to bottom with gentle push on lower back to help round the spine.

UPBEAT GAMES (10 MINUTES)

- Choose 1-3 “PLAY” cards.

CALM COOL DOWN (10 MINUTES)

- “Sleeping mouse” pose break. gently rub the kids backs from top to bottom with gentle push on lower back to help round the spine.
- Lay on backs for ‘relaxing pose’: Hug knees tight and rock side to side, lift legs up to air and draw pretend shapes on ceiling with feet, spinal twist moving knees side to side.
- Read 1 blue “calm” card. Play soft music while you read.
- Allow them to relax 1 more minute while playing “Namaste” song by Kira Wiley
- You can gently sway the students’ legs side to side, or give their shoulders a gentle push into the floor as they exhale.
- Read 1 purple “mantra” card (skip the questions if they are too complex for preschoolers to grasp)
- Finish with Namaste and hugs
- Finish class with a traditional ‘namaste’ hands folded on top of heart not ever in prayer pose in schools. We say namaste is our way of saying thank you and goodbye at the end of yoga.

- If the class is 45-60 minutes, you can have 5-10 minutes of coloring at the end. We only use picture coloring sheets for this age group, not fill in the blank journal pages.

Grace + Zen: ELEMENTARY AGE 60-MINUTE YOGA CLASS OUTLINE:

10 MINUTES CALM INTRO TO CLASS:

1. Greet each child with a smile and warm welcome. Always remain positive and calm. Simply being in your presence is beneficial to the children. Your calm energy will rub off onto them. If you are anxious, nervous, angry, or low energy, the children will pick up off your energy and act the same way - it will not be a fun class! Tell them to quietly put all their belongings against one wall, take off their shoes and socks, and set their yoga mats out in a big circle. All other belongings must be left at wall, other than a water bottle, to avoid distractions.
2. Take roll. Go over rules
3. Start playing one of the yoga playlists. Only G+Z pre-made playlists from spotify.
4. Opening circle share name and ask 1 questions. Each child gets 30 seconds to share or less.
5. Set out yoga cards in color of the rainbow, which is the order of you class: red, orange, yellow, green, blue, purple.
6. Tell the students that whoever is sitting quietly following the rules can help you design today's class. Choose cards from each pile as instructed below.
7. Once all cards are chosen, say: *"Let's all sit quietly on our mats and settle into a calm classroom. Close your eyes, roll your shoulders and neck around a few times, and just breathe quietly."* (pause for about 10 seconds) *"Today's quote says: (read quote on card). Let's all take a few more slow quiet breaths and think about that quote for a moment. (pause 10 seconds). Great. Slowly open your eyes."*
8. Follow the below outline for the rest of class:
 - **INSPIRE**: Read 1 red "inspire" quote card - quiet music
 - **BREATHE**: Read + demonstrate 1 orange "breathe" card - quiet music

30 MINUTES, UPBEAT MOVEMENT PORTION OF CLASS:

9. **POSE**: Use as many "pose" cards as you want. Have a student choose 5-10 and put them in order of their choice, laying out for everyone to see. This will be the 'flow' portion of your class where you flow from one move to the next, to upbeat music. You can repeat each 'flow sequence' a few times. You can do a few different flow sequences, to fill up about 15 minutes of class.
10. **PLAY**: Choose a few "play" cards. These should take 10-15 minutes of class.

20 MINUTES, CALM ENDING TO CLASS:

11. **CALM**: 1 blue "calm" card. Have the student lay quietly on their mats and listen as you read the guided meditation written on the card. Play soft music in the back. Allow them to lay quietly after you read the card, for about 5 minutes. After 5 minutes of relaxing to soft music, softly tell them to open their eyes and come up to seated. Ask if anyone wants to share how they feel right now, or what they were thinking about. Remind students to always respect their classmates while sharing. If a large group, you can tell them to share with a neighbor instead of going around 1 by 1.
12. **MANTRA**: 1 purple "mantra" card. Recite the mantra as a group a few times, in a seated criss cross position, hands on knees. Choose 1 question related to that mantra to read to the group, and ask them to either share their thoughts with their neighbor (if a big group), or to share out loud if they want.
13. **JOURNAL**: Last 10 minutes of class are spent working on yoga journals. This is a quiet activity. Play soft music in the background.
14. **PACK UP**: 5 minutes before class is supposed to be over, have the children start to pack up and line up nicely at the door. No child is every allowed to just walk away from class. You must see that their parent picked them up, or walk them to after school care if instructed to do so, or wait in the front of the school for their parent. If the parent is not there after 10 minutes, look at your role sheet and nicely call the parent.