



<b>Theme:</b>	<b>Lucky Leprechaun Kids Yoga (St. Patrick's Day)</b>
<b>Ages:</b>	3-12
<b>Materials:</b>	Gold coins with the Leprechaun Poses written on them (see themed poses below) and a "pot of gold" bucket or something to hold coins.
<b>Welcome:</b>	What do you know about Leprechauns and St. Patrick's Day?
<b>Breath Work:</b>	<b>Rainbow Breathing:</b> Inhale and reach your arms to one side of your body, on the exhale raise your arms overhead and lower to the other side.
<b>Active Movement:</b>	<b>Gold Coin Balance Relay:</b> Divide into two groups. Each person must balance a gold coin on their head and deliver it to the Pot of Gold. See how many coins you can get in the allotted time.
<b>Theme Poses:</b>	Have the children take turns drawing out a gold coin from the bucket and learning the following poses: <ul style="list-style-type: none"> <li>• <b>Rainbow</b> (Bridge Pose)</li> <li>• <b>Pot of Gold</b> (Boat Pose)</li> <li>• <b>Leprechaun</b> (Duck Pose) Leprechauns are short, happy and light on their feet! Move your head from side to side as if looking for a pot of gold.</li> <li>• <b>4 Leaf Clover</b> (Star Pose)</li> <li>• <b>Horseshoe</b> (Horse Pose)</li> </ul>
<b>Game:</b>	<b>Irish Jig Freeze:</b> Play music and dance around the room. When the music stops, freeze into one of the learned yoga poses.
<b>Partner/Group Challenge Poses:</b>	<b>Pot of Gold Game:</b> Have children take turns holding a strong Boat Pose. How many gold coins are they able to hold in their "bucket?" Walk around putting the coins into students' buckets.
<b>Community Closing:</b>	<b>Make a Rainbow:</b> Make a Group Rainbow with everyone. See how quickly you can do it. Can it be made another way?
<b>Stillness and Savasana:</b>	Be a rainbow fading into your mat or the ground. Lie as still as possible waiting for the next rainstorm.