



Go Go Yoga for Kids Lesson Plan

Theme:	Let's Go Camping
Ages:	3-10
Welcome:	Who has gone camping before? What did you do? What did you see?
Breath Work:	Smore Breath: Sit up straight and pretend to cool off your marshmallow with your deep breath. Breathe in through your nose and exhale slowly through your open mouth.
Sun Salutation:	Sun A
Active Movement:	Going on a Bear Hunt: This familiar song is perfect for kids to pretend to hike. Check out goo.gl/2ovEHh if you are unfamiliar with the lyrics and movement.
Theme Poses:	Tent: Down Dog Pose Canoe: Boat Pose Fire: Firelog Pose Compass: Triangle Pose Moon: Half Moon Pose
Game:	Bears in the Forest: This yoga game is perfect for active movement and balance work. Half of the kids work on tree pose while the other kids bear walk through the trees. See if the "trees" can keep their focus while the bears walk between them.
Community Closing:	Fire Pit: Turn the lights off. Everyone rolls up their yoga mat into a log shape. Take turns adding a log to the fire. Everyone can sit around the "fire" and share a favorite part of class.
Stillness and Savasana:	The moon and stars are out and it is time for stillness. Lay down quietly on your yoga mat sleeping bag. You deserve this yoga break after all of your adventure.