



<b>Theme:</b>	Let's Be Thankful: Learn about gratitude and being thankful all year long.
<b>Ages:</b>	3-11
<b>Materials:</b>	Smooth rock
<b>Welcome:</b>	What are you thankful for?
<b>Breath Work:</b>	<b>Turkey Breath:</b> Sit cross legged and make turkey feathers by breathing in and outstretching your arms up overhead. Clasp your hands at the top and bring them to heart center with a "gobble, gobble, gobble"
<b>Sun Salutation:</b>	<b>Sun A:</b> Give thanks for the sun as you reach your arms up overhead and dive forward.
<b>Active Movement:</b>	<b>Turkey Trot:</b> How would a turkey move? Move around the room and get the wiggles out before learning our Thankful Themed Poses.
<b>Theme Poses:</b>	<p>We are thankful for all of these things on our earth.</p> <p><b>Mountains:</b> (Mountain Pose) Reach your arms overhead and look between your hands.</p> <p><b>Flowers:</b> (Lotus Pose) Sit cross legged and make petals with your arms overhead.</p> <p><b>Birds:</b> (Warrior 3 Pose)</p> <p><b>Trees:</b> (Tree Pose) Bring your hands to heart center or stretch your arms up toward the sky.</p> <p><b>Moon:</b> (Half Moon Pose)</p> <p><b>Stars:</b> (Star Pose)</p>
<b>Game:</b>	<b>Planksgiving:</b> Make a Thanksgiving table together as a group. Demonstrate <b>Plank Pose</b> . Have all of the children practice the pose. Next have the students practice <b>Chair Pose</b> . Bring it all together by having the children take turns being the table and chairs for the perfect Thanksgiving feast.

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<p><b>Community Closing:</b></p>	<p><b>Gratitude Rock:</b> We have so many things to be thankful for. Take turns passing the gratitude rock around the circle with everyone taking a turn saying what they are thankful for.</p>
<p><b>Stillness and Savasana:</b></p>	<p>Have the children lie on their backs while hugging their knees in tight and giving themselves a hug. Then have them lie still and slowly squeeze and relax each body part beginning with their toes and moving up their legs, hands, and eyes. Finally relaxing into their final resting pose.</p>

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