



Theme:	Lucky Leprechaun Kids Yoga
Ages:	3-12
Materials:	Gold coins with the Leprechaun Poses written on them (see themed poses below) and a “pot of gold” bucket or something to hold coins.
Welcome:	What do you know about Leprechauns and St. Patrick’s Day?
Breath Work:	Rainbow Breathing: Inhale and reach your arms to one side of your body. On the exhale raise your arms overhead and lower to the other side.
Active Movement:	Gold Coin Balance Relay: Divide into two groups. Each person must balance a gold coin on his or her head and deliver it to the Pot of Gold. See how many coins you can get in the allotted time.
Theme Poses:	Have the children take turns drawing out a gold coin from the bucket as they learn the following poses: Rainbow: Wheel Pose Pot of Gold: Boat Pose Leprechaun: Chair 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. 4 Leaf Clover: Star Pose Horseshoe: Horse Pose
Game:	Irish Jig Freeze: Play music and dance around the room. When the music stops, freeze into one of the learned yoga poses.
Partner/Group Challenge Poses:	Pot of Gold Game: 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.
Community Closing:	Make a Rainbow: Make a Group Rainbow with everyone. See how quickly you can do it. Can it be made another way?
Stillness and Savasana:	Be a rainbow fading into your mat or the ground. Lie as still as possible waiting for the next rainstorm.

