



Theme:	Spring Kids Yoga
Ages:	3-12
Materials:	<p>Colored plastic eggs Basket Kids Yoga Challenge Pose Cards for pose visuals Have the following poses typed or written, cut, and put one in each egg.</p> <ul style="list-style-type: none"> • Robin: Airplane Pose • Duck: Duck Pose. Encourage students to flap, quack, and waddle around like a duck. • Sun: Mountain Pose with arms outstretched to the sun • Spring Hat: Down Dog • Spring Tree: Tree Pose • Rainbow: Bridge Pose • Spring Basket: Boat Pose • Flower: Lotus Pose. Make petals by having the children hold their arms above their heads. • Caterpillar: Locust Pose. Have the students raise and lower their heads as if eating leaves. • Butterfly: Butterfly Pose. Fly butterflies fast and then slow. • Bunny: Hero Pose. Have the children make bunny ears with their hands.
Welcome:	What is your favorite thing about spring? Why?
Breath Work:	Bunny Breath: Students sit up tall in Hero Pose with hands resting open on their knees. They take three sniffs in with their noses (like a bunny) and then one large exhale through their mouths.
Sun Salutation:	Sun A: Reach up high as if reaching the sun (Sunrise) and then bow forward with your hands at your feet (Sunset). Repeat several times breathing in and out.
Active Movement:	Spring Egg Pass: The children sit in a circle and play music. The children pass one plastic egg as quickly as possible around the circle. When the music stops, the child holding the egg makes the yoga pose that is written inside the egg. As the children master this game using a single egg try using two or three eggs at a time.



<p>Theme Poses:</p>	<p>The students take turns picking an egg and learning and demonstrating the pose (listed above in Materials) that they find inside. Select 3-5 poses per class.</p>
<p>Game:</p>	<p>Spring Egg Balance: Each student selects an egg. Everyone lines up on one side of the room and tries walking across the room with these different balance poses.</p> <ul style="list-style-type: none"> • On outstretched hand • Under the chin • In between shoulder and ear • In the crook of elbow • In between knees with bunny hops
<p>Partner/Group Challenge Poses: (10 minutes) OR Inversion/Balance: (10 minutes)</p>	<p>Spring Egg Gather: In partners, have one student make a spring basket (Boat Pose). The other student places eggs in their “basket.” Try to gather as many as possible without the plastic eggs falling out.</p>
<p>Community Closing: (2 minutes)</p>	<p>Spring Egg Pass: Sit in a close circle. One student puts an egg in between their feet. They must then pass the egg around the circle with their feet. This is great teamwork and core strengthening.</p>
<p>Stillness and Savasana: (5 minutes)</p>	<p>Have the students see how still they can lie with an egg on their stomachs. Tell them to relax and watch their stomachs rise and fall as they breathe deeply.</p>