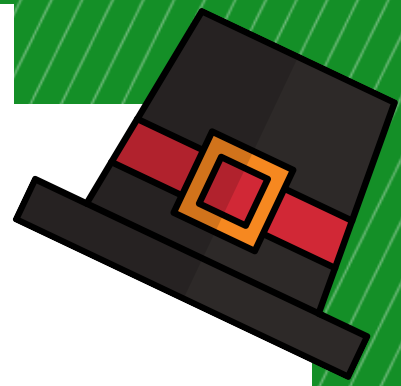


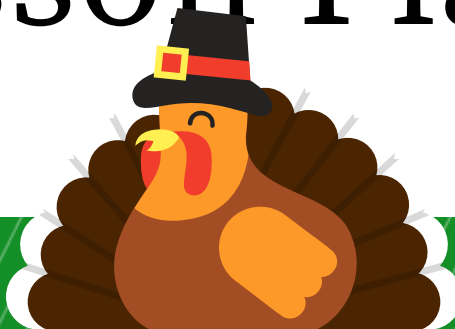
# GO GO Yoga for Kids

THE YOGA RESOURCE FOR CHILDREN



# Let's Give Thanks

Kids Yoga  
Lesson Plan



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Sara J.Weis at Go Go Yoga for Kids



THE YOGA RESOURCE FOR CHILDREN

## Welcome to Go Go Yoga for Kids!

Hello!

Let it be easy. With **Go Go Yoga for Kids**, I wanted to make it simple for you to introduce yoga and mindfulness to children.

Go Go Yoga for Kids was created because of a need. I know how busy you are, and I want you to make the most of your time. Let me save you hours and hours of planning and guesswork and instead show you with what truly works in teaching yoga to children.

When I first started teaching yoga to children, I would spend hours and hours trying to create the most engaging, active, and memorable lessons plans. These lessons would revolve around kid-friendly themes, poses, and games that would get kids' bodies moving and pique their interest.

We became superheroes, jungle animals, and ninjas while learning about yoga and having fun. The kids loved the classes and were able to show and tell what they learned. As a classroom teacher, I know the retention part is incredibly important when teaching children and I was thrilled with what they were learning and doing.

Fast forward to the present day. After thousands of kids, yoga lessons, and classes, I can say with confidence that I truly do know what works for introducing and engaging kids through yoga. I am excited to share my knowledge with you so you will easily be able to empower the kids around you with all the benefits and fun that yoga can provide. Breathe deep and let it be even easier with the resources created by Go Go Yoga for Kids.

Our popular **Kids Yoga & Mindfulness Teacher Training** is our certified online teacher training which will fully prepare you to to teach yoga and mindfulness to children ages 3-12. This can be completed from the comfort of your time and space.

Get rid of the guesswork and stop wondering how to introduce children to yoga. You have now found what really works. From breathing exercises to poses and games, your kids will be truly engaged, stronger, and more mindful. Now let's have some fun introducing yoga to children!

All My Best,  
Sara



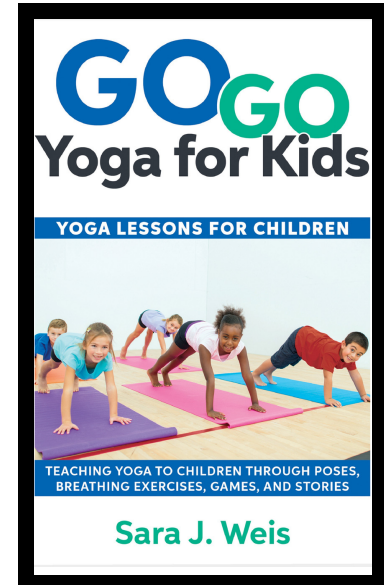
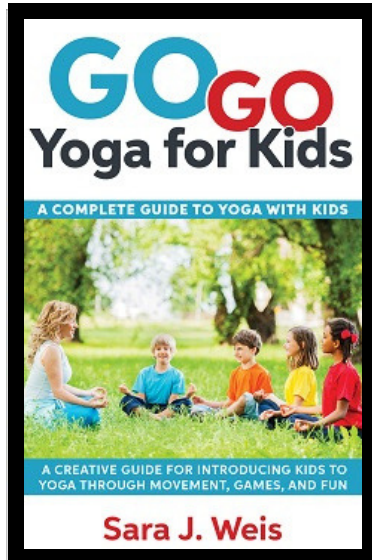
**KIDS YOGA**  
& *Mindfulness*  
**TEACHER TRAINING**





Theme:	<b>Let's Be Thankful:</b> Learn about gratitude and being thankful all year long.
Ages:	3-11
Materials:	Small Rock, <a href="#">Kids Yoga Challenge Pose Cards</a> (for the themed poses listed below)
Welcome:	What are you thankful for? Have each student take a moment to share.
Breath Work:	<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."
Sun Salutation:	<b>Sun A:</b> Give thanks for the sun as you reach your arms up overhead and dive forward.
Active Movement:	<b>Turkey Trot:</b> How would a turkey move? Move around the room and get the wiggles out before learning the thankful themed poses.
Theme Poses:	<p>We are thankful for all of these things on our Earth. Use the pose cards as visuals. After learning and practicing each pose, flow them all together into a Thanksgiving Yoga Sequence.</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> (Airplane 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>
Group Yoga Pose:	<p><b>Planksgiving:</b> Make a Thanksgiving table together as a group.</p> <p>Demonstrate <b>Plank Pose</b> yourself or by using a <a href="#">pose card</a>. Have all of the children practice holding Plank Pose. Depending on the different ages have them hold it for varying lengths of time.</p> <p>Next have the students practice <b>Chair Pose</b>.</p> <p>Put this all together by having the children take turns being the table and chairs for the perfect Thanksgiving feast.</p>
Community Closing:	<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.
Stillness and Savasana:	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 until finally relaxing into their final resting pose.

# CLICK ON IMAGE TO LEARN MORE



Best-selling author, Sara J. Weis, is a creative and passionate teacher who has inspired children for over twenty years. In *Go Go Yoga for Kids* Sara has combined her experience as a classroom teacher and certified kid and adult yoga instructor to introduce children to yoga in engaging and child-friendly ways. She is passionate about helping children receive the many mental and physical benefits yoga can provide them throughout their lives.

Her popular resources and trainings have been implemented in over 100 gyms and health clubs through the U.S. Sara has taught thousands of adults all over the world in her online teacher training: **The Kids Yoga & Mindfulness Teacher Training.**

Learn more at [GoGoYogaKids.com](http://GoGoYogaKids.com)

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# KIDS YOGA LESSON PLAN BUNDLE



- Click on image above to learn more

## Everything available in the bundle:

- Yoga for Young Children
- Fun Yoga for Energetic Kids
- Building Confidence in Teens through Yoga
- PLUS: Tips for Teaching Yoga to Children

**Everything for \$17**

Learn more at [GoGoYogaKids.com/bundle](https://GoGoYogaKids.com/bundle)

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