



<b>Theme:</b>	<b>Winter Holiday Yoga Kids</b>
<b>Ages:</b>	3-12
<b>Materials:</b>	Music
<b>Welcome:</b> (3 minutes)	What is your favorite thing about Winter? Why?
<b>Breathwork:</b> (2 minutes)	Breathe in and out through your open mouth as if you are fogging up a window
<b>Sun Salutation:</b> (3 minutes)	<b>Make it Snow!</b> Breathe into Mountain pose with arms out stretched to the sky. Now dive forward as if you are a snowflake landing to the ground. Repeat while using your breath.
<b>Active Movement:</b> (5 minutes)	Go sledding with your yoga mat. Have the children sit cross legged near the front of their mats and hold onto the top. Rock and roll on the mat while hanging on.
<b>Theme Poses:</b> (5-10 minutes)	<ul style="list-style-type: none"> <li>• <b>Holiday Tree</b> (Tree Pose)</li> <li>• <b>Flying Elf</b> (Warrior 3)</li> <li>• <b>Reindeer</b> (Chair Pose)</li> </ul>
<b>Game:</b> (10 minutes)	<b>Freeze Dance:</b> Dance around the room and when the music stops everyone freezes into a favorite yoga pose they just learned.
<b>Partner/Group Challenge Poses:</b> (10 minutes) <b>OR</b> <b>Inversion/Balance:</b> (10 minutes)	<b>Sleigh Ride:</b> Each child sits on floor with legs in front of them with a “V” shape. The next child sits directly in front of them. Announce that we need everyone’s help to get the sleigh off the ground. Each student says “Heave” and leans forward. They say “Heave Ho” and lean back. Keep this going by working together.
<b>Community Closing:</b> (2 minutes)	<b>Sharing Circle:</b> Let each student take a turn sharing a word or phrase that describes how they are feeling at this moment at the end of class. Often times I am surprised at the insightfulness of the students as they relay words of calm, peace, content, strong, relaxed... This exercise helps promote a good feeling of self-awareness, peace and empathy toward others. They are simple words, but they are powerful in carrying that feeling and awareness outside of class.
<b>Stillness and Savasana:</b> (5 minutes)	Pretend you are a snowflake falling from the sky. Be as still as you can as you lightly land on the ground and stay.

