

Springtime

Kids Yoga Lesson Plan



GO GO
Yoga for Kids



THE YOGA RESOURCE FOR CHILDREN

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Sara J.Weis at Go Go Yoga for Kids



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 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 in yoga.

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 have 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 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

A handwritten signature in black ink that reads "Sara Weis". The signature is fluid and cursive, with the first name "Sara" and last name "Weis" clearly legible.

Theme:	Springtime Kids Yoga Lesson Plan
Ages:	3-12
Materials:	<ol style="list-style-type: none"> 1. Colored plastic eggs 2. Basket 3. Kids Yoga Challenge Pose Cards for pose visuals Have the following poses typed or written on paper, cut out, and place one in each egg. <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 Pose • Spring Tree: Tree Pose • Rainbow: Wheel Pose or Side Plank 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:	Children sit in a circle. Take turns sharing: 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 Salutations:	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.



Theme Poses:	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.
Game:	<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
Partner/Group Challenge Poses:	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.
Community Closing:	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.
Stillness and Savasana:	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.

Kids Yoga Lesson Plan Bundle



Teach Yoga to All Ages

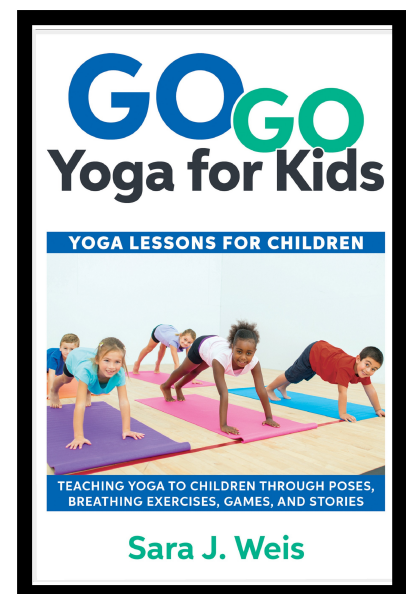
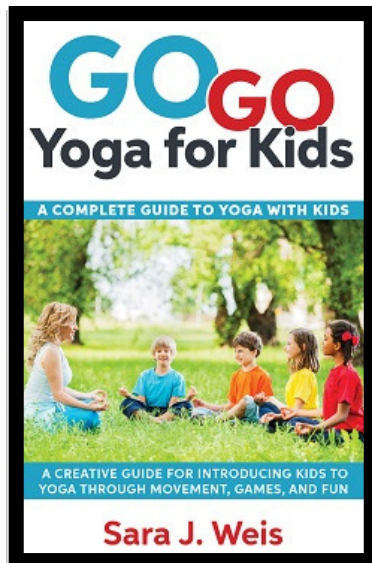
Have your kids yoga classes ready to go with these engaging step by step lesson plans

This Bundle Includes:

- Yoga for Young Children
- Fun Yoga for Energetic Kids
- Building Confidence in Teens through Yoga
- Our best TIPS for Teaching Yoga to Children

GoGoYogaKids.com/bundle

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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 school 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 teacher training has been implemented in over 100 gyms and health clubs across the US. She has taught thousands of adults all over the world in her online courses including her master class titled the **Kids Yoga & Mindfulness Teacher Training**.

Learn more at GoGoYogaKids.com

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