



Go Go Yoga for Kids Lesson Plan

Theme:	Theme Park Fun
Ages:	3-10
Welcome:	What kinds of things would you see at an amusement park? Which food or rides?
Breath Work:	Balloon Breath: Inhale and bring your arms up and out to your side creating a large balloon. Then on the exhale let your balloon go while bring your hands back to heart center.
Sun Salutation:	Ferris Wheel: Bend over in Rag Doll Pose with elbows grasped. Breathe in and reach your arms overhead in a circle as if you are riding on a Ferris Wheel.
Active Movement:	Pop Popcorn: Hug your knees and squeeze your body into a tight ball like a popcorn kernel. When you get nice and hot, jump into the air as if you are popping. Lemonade Stand: Roll back and forth on your yoga mat as if you are a lemon rolling, then sit up and squeeze your legs tightly as if you squeezing a lemon and making lemonade. Then release all of the muscles in your body.
Theme Poses:	Pretzel Pose (Lotus Pose) Sit cross-legged. Take each foot and place it on the opposite thigh. Carousel: (Horse Pose) Can you make your horse move up and down as if on a carousel? Water Slide: (Reverse Plank) Sit with your legs straight out in front of you. Point your toes as you lift your hips. Relax your head and neck.
Game:	Ride the Roller Coaster: Everyone sits closely in a line and spreads their legs in a “V” shape. Act as if you are heading up a hill and lean back, then move forward as if going down the hill. Lean left and right as if going around curves.
Partner/Group Challenge Poses:	Down Dog Tunnel: Make your own ride with this pose. Everyone goes into Down Dog Pose next to one another. Begin with the child on the end and have he or she crawl



	through and then resume Down Dog Pose on the other side. Continue on until everyone has made it through.
Community Closing:	What was your favorite part of class?
Stillness and Savasana:	Corn Dog Pose: Lay on the end of your yoga mat, with your arms at your side. Have someone else roll you up in your yoga mat.

