



Go Go Yoga for Kids Lesson Plan

Theme:	Birthday Yoga
Ages:	3-10
Welcome: (3 minutes)	What do you like about your birthday?
Breath Work: (2 minutes)	<p>Candle Breath: Put your index fingers together as if it they are a candle. Breathe in and as you exhale try to blow out your candle.</p> <p>Balloon Breath: Sit comfortably and on the inhale bring your arms overhead to make a balloon shape with your fingertips. On the exhale let the air out of your balloon by bringing your palms together and back to heart center.</p>
Sun Salutation: (3 minutes)	Sun A: Show how much you have grown this year by inhaling and stretching your arms up high overhead then diving forward as you exhale.
Active Movement: (5 minutes)	Make a Yoga Birthday Cake: Sit up tall and put the heels of your feet together to create a bowl to mix your cake. Ask the children which ingredients are needed to make the cake. Reach up high for each ingredient (eggs, butter, flour, and sugar) and then bring down low into the bowl. Use your arms to stir the batter. Put the cake in the oven by closing your knees. Pretend to set the timer, and tick tock back and forth. When the timer goes off, frost the cake with big sweeping motions with your arms and then enjoy.
Theme Poses: (5-10 minutes)	<p>Candlestick Pose: Bring your hands to your lower back and lift into a candlestick or Shoulder Stand with your toes pointed.</p> <p>Table Pose: Sit on the floor and plant your hands behind you, fingers facing forward. Plant your feet firmly and lift your bottom toward the ceiling.</p> <p>Chair Pose: Sit your bottom back and down as if you sitting in a chair.</p>



	Star Pose: You are the Birthday Star. Enjoy!
Game: (10 minutes)	Happy Birthday: Everyone is seated in a circle and goes into Candlestick Pose while singing Happy Birthday. The birthday child will walk around the circle to blow out each of the candles. When the song ends, whomever they are nearest becomes the next birthday child.
Partner/Group Challenge Poses: (10 minutes) OR Inversion/Balance: (10 minutes)	Group Table and Chairs: Everyone sits in a line and comes into table pose so it looks like a long Dining Room table in which to enjoy your birthday cake. Some kids can volunteer to be the chairs next to the table.
Community Closing: (2 minutes)	Pretend Presents: Take turns presenting to give a present to each child. Mix it up by acting as if some are heavy or unusually shaped. Each child takes a moment to “unwrap” their present and show how they would use it. Everyone can take turns guessing.
Stillness and Savasana: (5 minutes)	Lie down slowing as if you are a balloon losing air. Be comfortable on your back, side, or stomach.