

Let's Go Camping

Kids Yoga Lesson Plan



GO GO
Yoga for Kids



THE YOGA RESOURCE FOR CHILDREN

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Hello!

Thank you for choosing this lesson plan! My name is Sara and I am so excited to introduce you to be a part of *Go Go Yoga for Kids*! We are now familiar with all of the benefits surrounding children who practice yoga and I love that you want to give these lifelong skills to them!

I can't wait to help you introduce and teach children to yoga through engaging, memorable, and exciting ways! After 20 years of teaching, I can proudly say that these are strategies that *truly* work with children.

Let it be easy with *Go Go Yoga for Kids*! We are here to help you make kids yoga enjoyable, engaging, and memorable!

- Proven and Engaging [Kids Yoga Lesson Plans](#)
- Bestselling [Kids Yoga Books](#)
- [The Kids Yoga Challenge Pose Cards](#)
- [The Kids Yoga Pose App](#)

We would love to hear from you on anything you like or need to help make teaching yoga to children a breeze.

Until then, go have fun introducing yoga to children!

All my best,

A handwritten signature in black ink that reads "Sara Weis". The script is fluid and cursive, with the first letters of "Sara" and "Weis" being capitalized and prominent.

GoGoYogaKids.com

Theme:	Let's Go Camping
Ages:	3-12
Welcome:	<p>Gather children in a circle with their yoga mats. Allow a few moments for sharing and getting to know one another</p> <p>Example discussion questions: Who has gone camping before? What did you do? What did you see?</p>
Breath Work:	<p>Smore Breath</p> <p>Sit up straight and pretend to cool off your toasted marshmallow with your deep breath. Breathe in through your nose and exhale slowly through your open mouth.</p>
Sun Salutation:	<p>Sunrise to Sunset</p> <p>When you are camping you are able to more easily see the beautiful sun rising and sunsets. On an inhale reach your arms up high above your head as if you are the sun rising. Then on the exhale, sweep your arms down toward your feet as if you are the sun setting.</p>
Active Movement:	<p>Going on a Bear Hunt</p> <p>This familiar song is perfect for kids to pretend to hike. Check out qoo.qI/2ovEHh if you are unfamiliar with the lyrics and movement.</p>
Theme Poses:	<p>Place the following <i>Go Go Yoga for Kids</i>: Kids Yoga Challenge Pose Cards into a colorful "bag". You can call it your camping bag.</p> <p>Select one child sitting nicely to come and draw the pose out of the bag. Demonstrate the pose and have everyone practice it.</p> <p>Tent: Down Dog Pose Canoe: Boat Pose Fire: Firelog Pose Compass: Triangle Pose</p>



	Moon: Half Moon Pose Tree: Tree Pose
Game:	Bears in the Forest This yoga game is perfect for active movement and balance work. Half of the kids work on tree pose while the other children bear walk through the trees. See if the “trees” can keep their focus while the bears walk between them.
Group Challenge Pose	Create a Campground Children form a Down Dog tunnel to look like a row of tents. They can also add a fire, canoe, or any other poses that they have learned.
Community Closing:	Make a Campfire Turn the lights off. Everyone rolls up their yoga mat into a log shape. Take turns adding a log to the fire. Everyone can sit around the “fire” or a LED light and share/demonstrate a favorite part of class.
Stillness and Savasana:	The moon and stars are out, and it is time for stillness. Lay down quietly on your yoga mat sleeping bag. You deserve this yoga break after all of your adventure.

Tree Pose



I am rooted and stable.



Go Go Yoga for Kids

Boat Pose



I am strong and balanced.



Go Go Yoga for Kids

Down Dog



I am strengthening
and lengthening.



Go Go Yoga for Kids

Triangle Pose



I am fair and equal.



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Half Moon



I am exactly where I
should be for now.



Go Go Yoga for Kids

Firelog

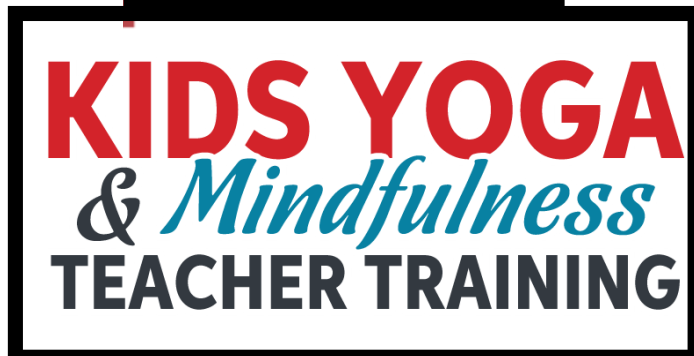
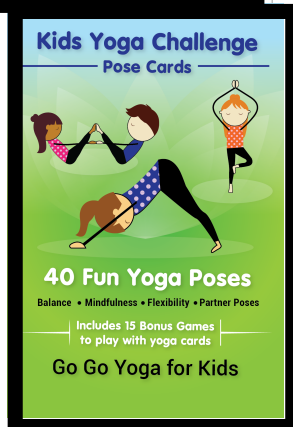
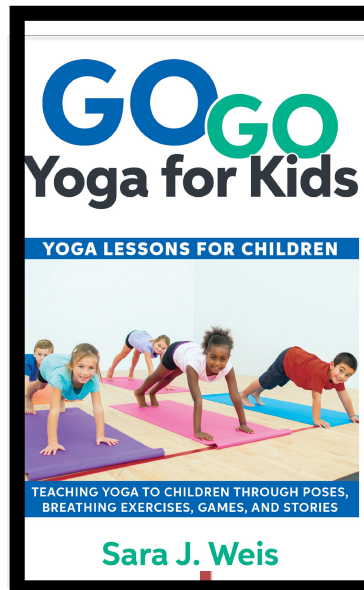
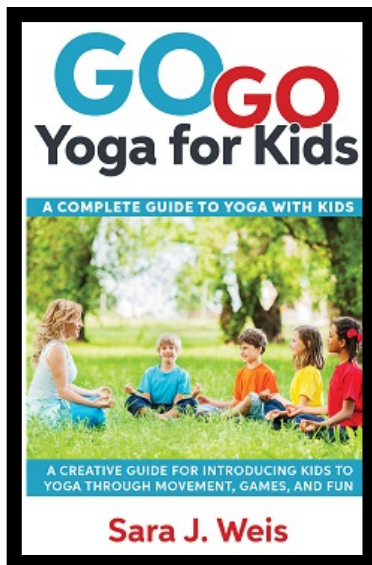


I am thankful.



Go Go Yoga for Kids

CLICK ON IMAGE TO LEARN MORE



Sara is the bestselling author of the *Go Go Yoga for Kids* books and the creator of the *Kids Yoga Challenge Pose Cards* and The Kids Yoga Challenge App. 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