



YOGA LESSON PLAN

THEME: LAW OF ATTRACTION & AFFIRMATIONS

This lesson is part of a series used by the [Earthchild Project](https://earthchildproject.org) which teaches in under-resourced schools in South Africa. They are designed to be culturally inclusive and are appropriate for classes of up to 40 children.

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Law of Attraction & Affirmations

Ages	9 – 13 years old
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Resources	<ul style="list-style-type: none">• Doll
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- 'good' & 'bad' bowls with plain and colourful pins
 - Earthchild Affirmation Cards

Opening ritual

(5 mins) Coming into a circle for the Yoga Pledge (See Earthchildproject.org/teaching-resources/games-and-songs)

Ice-Breaker

(5 mins) "I'd like to introduce you to my friend 'Thandi'. A few days ago she taught me something very special and exciting. But... I don't think we can tell you... it's quite a secret... can you keep secrets? Are you sure? (pretend to ask the doll in her ear and then listen to the reply). Thandi, should we tell them? Ok, we'll tell you!"

"A few days ago I was feeling very sad. I was feeling so sad that I couldn't do my homework, which made me feel worse. I was so grumpy that I got into a fight with my sister and then I felt even worse! I was sitting outside my house feeling super sad when 'Thandi' walked by. She said hello and asked me how I was. I told her how my day had been and how everything seemed to be going wrong. That's when Thandi told me the secret and my whole day changed. She showed me how when I think bad thoughts, it makes me feel bad, which makes me think more bad thoughts, which makes me feel worse, which makes me think MORE bad things and it just goes on and on!! (hold the doll over 'bad' bowl, attract pins and then as removing them ask the class for examples of bad thoughts and bad things that happen – for example: thinking you are not good enough, feeling stupid, not doing well at school, getting sick, having no one to play with at break time.)

“Then Thandi told me the real secret which is that if I want to feel good, then I just need to think and say good things. It’s called the ‘Law of Attraction’ which means that what we think, feel and say has the power to attract those things we want. What are some examples of good thoughts, feelings and things?” (Thinking you are a good & kind friend, doing well at school, feeling happy, going on a fun outing) Hold the magnet over the ‘good’ bowl and attract colourful pins.”

“Isn’t this cool? We’re going to practice how to use this special ‘Law of Attraction’ during today’s yoga class.”

Postures

(30mins) Before each posture, read out the affirmation and translate it into their 1st language. Ask the children to say it once and then to repeat in English.

Sun Salutation:

Do two rounds of Sun Salute. Repeat the following three affirmations throughout. One affirmation per pose.

“I am awesome!”

“I am open!”

“I am special!”

At the end of the two rounds come to standing mountain, with their hands over their heart, feeling their heartbeat and feeling how awesome, open and special they are, closing their eyes if they feel comfortable to do so.

Half moon – “I like to learn new things”

Warrior II – “I am strong”

Triangle – “I am full of good ideas”

Dancer – “I am beautiful”

Cat/cow – “I am healthy”

Camel – “I am honest”

Child's pose – “I am perfect”

Bridge – “I am creative”

Happy baby – “I am happy”

Savasana – “I am calm & relaxed”

Meditation (5 mins) During savasana, walk around spraying the lavender oil spray and affirming them through your gentle words:
“You are feeling calm and relaxed. Pause. You are so beautiful. Pause. You are very loved. Pause. Your body is strong and full of energy. Pause. You love learning new things. Pause. You are kind and gentle. Pause. You are safe and protected. Pause. You are feeling peaceful and relaxed. Pause.”
Gently bring them out of Savasana.

Closing “Rub your hands together, bring them to cover your eyes, slowly open eyes

ritual

and bring hands down.” Breathe in and stretch up tall, breath out arms coming down in circle ending with prayer position hands. Keeping hands in prayer position the children turn to one another and say “the light in me sees the light in you, the light in me sees the light in you.” Turning to the teacher and saying “thank you”.

Song

This little light of mine
I’m gonna let it shine
This little light of mine
I’m gonna let it shine
This little light of mine
I’m gonna let it shine
Let it shine X 3

Homework

One volunteer child chooses an affirmation that the whole class must use for the week. They must say it each day. If they want, they can also make up their own to say each day as well.