



YOGA LESSON PLAN

THEME: SAYING HELLO TO THE BODY (LEARNING THE BODY PARTS)

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.

Our lessons are freely available but we retain copyright so please do not republish this content. However, you are welcome to link back to our site.

Please consider donating to support the work we do and the development of further resources: [Earthchildproject.org/donate](https://earthchildproject.org/donate)

Additional lesson plans, games, songs and a Seed Pack guide to teaching holistic education can be found at: [Earthchildproject.org/teaching-resources](https://earthchildproject.org/teaching-resources)

Saying Hello to the Body

Intention	Learn the body parts; encouraging body awareness and appreciation.
------------------	--

Resources needed	None
Opening ritual	<p>(5 mins) Coming into a circle. Intro to the lesson – “When we do yoga we move our bodies and so it is important that we know the names of different parts of the body. Today we are going to be learning some of these names and some of the fun ways we can move each of these different parts.”</p> <p>Yoga Pledge (See Earthchildproject’s Games, Songs and Resources)</p>
Ice-Breaker	<p>(5 mins) Body part ‘shake up warm up’ – Clicking your fingers and counting out loud start with “shake your head,2,3,4,5,6,7,8, shake your shoulders, 2,3,4,5,6,7,8, shake your elbows 2,3,4,5,6,7,8, shake your hands,2,3,4,5,6,7,8, shakes your back 2,3,4,5,6,7,8, shake your hips 2,3,4,5,6,7,8, shake your knees,2,3,4,5,6,7,8, shake your feet,2,3,4,5,6,7,8, shake your whole body,2,3,4,5,6,7,8, and again,2,3,4,5,6,7,8. <i>(throughout this get the children to count and click with you)</i>. Now standing with your feet hip distance apart, stand still, closing your eyes, put your hand on your heart and feel your heart beating fast. Start to take deeper and slower breaths and maybe you can feel your heart slowing down as you relax. <i>(hold this for a few seconds)</i> Slowly take you hand down and open your eyes.</p>
Class	<p>(30mins) FEET Why are your feet important? (Let the children suggest answers) Toe raises heel raises heel – toe raises Heel raises, knees bent – count to 10</p>

KNEES

Why are our knees important?

Knee circles – with the feet and knees together, bend your knees and hold them with your hands. Make big circles with your knees in one direction a few times and then change direction.

LEGS

Why are our legs important?

“We are going to do some yoga poses that make our legs strong and flexible.”

Warrior postures, hold each pose for 5 counts, all saying together “I am strong” in each pose.

Warrior 1 “I am strong” | Warrior 2 “I am strong” | Warrior 3 “I am strong”

HIPS

Why are our hips important?

Hip rotations – standing with our legs wide and placing your hands on your hips, make big circles in one direction and then pause and change direction.

“Now we are going to use our feet, legs and hips...”

“Big step, big step

Hop hop hop, hop hop hop

Run run run run run run run

Now we stop”

(big step = deep lunges forward and back)

(hops = hop on one leg 3X and then the other)
(running = running on spot, knees up high to chest)
(stop = one step forward, another step forward so feet are together, hands in Namaste at the heart)

SPINE

What is the spine and why is it important?

Spine curls - Roll down and up for the count of 8, counting forwards and then backwards. Repeat X2

On the 3rd roll down come all the way down onto all fours...

Cat/cow stretch. Repeat a few times.

Coming back to sit on the feet in Vадrasana.

HANDS, ARMS & SHOULDERS

Look at your hands – why are hands important?

Look at your arms – why are our arms important?

Feel your shoulders – why are our shoulders important?

Now bring your hands to your shoulders and make big shoulder rotations forwards and then backwards.

NECK

Why is the neck important?

(Supports the head, it's the start of the spine. We must be very careful with our necks.)

Repeat a few gentle neck stretches. Chin down and up, ear to shoulder.

(Use these exercises to start winding down, using a softer, slower voice.)

HEAD

Why is our head important?

Eye exercises – squeezing the eyes shut and then opening wide, repeat.

(Looking up, down, to the left and right, repeat a few times)

Lions breath – in through nose and out through wide open mouth, sticking the tongue out. Repeat 3 or 4 times.

Gently lie down for final relaxation.

Meditation

(5 mins)

Now is the time to just relax your whole body. Relax your head, your eyes, your mouth, your whole face. Take a deep breath in, and breath out. Pause.

Relax your neck, relax your shoulders, relax your arms, relax your hands. Take a deep breath in, and breath out. Pause. Relax your chest, relax your tummy, relax your back. Take a deep breath in, and breath out. Pause. Relax your hips, relax your legs, relax your knees, relax your feet. Take a deep breath in, and breath out. Pause. Relax your whole body, relax your whole body. Pause. Keep your eyes closed, but imagine you can see your belly button. Imagine you are watching your belly button. When you breathe in it moves up, when you breathe out it moves down. Slowly moving up and down and you breath in and out.

Leave them in Savasana for a while longer and then gently bring them back, rolling onto one side, slowly sitting up, gentle breathing in and out, becoming aware of their body and their breath.

Closing ritual

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

Homework

“It is very important to keep this amazing body of ours moving to stay healthy and have lots of energy. So, our homework for this week is to do something every day that moves your body. When you get home from school, instead of watching TV rather play games or sport with your friends, dance, or do some yoga. Do you think you can all do that this week? Great!”

“Also, remember to keep drinking lots of water. Especially if you are doing exercise and while the days are still hot during summer.”