



YOGA LESSON PLAN THEME: VISION BOARDS

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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VISION BOARDS

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| Ages | 9 – 13 years old |
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| Resources | <ul style="list-style-type: none">• Large sheet of cardboard |
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- Different coloured markers

Opening ritual

(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.”

Yoga Pledge (See [Earthchildproject's Games, Songs and Resources](#))

Song: I'm Free (See [Earthchildproject's Games, Songs and Resources](#))

Introduction

(20 mins)

Remain in the circle. “Today we are going to be talking about our goals and dreams for the future and the different ways we can make them come true. Remember last time we learnt about Thandi’s secret ‘law of attraction’ which shows us how powerful our thoughts and words can be. To make our dreams come true we first need to get our thoughts clear on what we want and so we are going to do a short exercise to help get really clear.”

“Sitting comfortably, resting your hands in your lap or on your knees. Gently close your eyes. Take a deep breath in, and out. (Pause). Relax your whole body. (Pause). Take a deep breath in, and out. (Pause). Breathing in and lengthening your spine, and breathing out, relaxing your shoulders. (Pause). Let your mind become more and more relaxed, more and more quiet. Take a deep breath in, and out. (Pause). Now you start to take a journey into your future. Now is a time you can dream about the person

and the life you would like for yourself. In your imagination, see your self as a grown up man or woman. (Pause). First spend some time seeing what you look like as an adult. Where are you living... what do you do for a job... are you married... do you have children... are you healthy... what are your hobbies and the things that make you happy... really get a whole picture of who this future self is. Imagine what it feels like to be this person. (Pause). Take a deep breath in, and out. (Pause). Now if you like, you can go up and introduce yourself to your future grown up self. Perhaps they have a special gift for you or some important advice to share with you. (Pause). Take a deep breath in, and out. (Pause). Once you are ready, you can say goodbye and slowly and gently come back from your visit. Take a deep breath in, and out. (Pause). Become aware of the sounds you can hear around you. Take a deep breath in, and out. Slowly and gently, you can open your eyes.”

“How was that? Did you enjoy dreaming about and meeting your future selves?”

“Now we’re going to make a big Grade ‘4B’ Vision Board with some of the things you imagined for your futures. We are going to go around in a circle and each share one thing that you dreamt for your future. Who would like to go first?”

Go around the circle with each child sharing one detail. It may be things like living in a nice house, having a nice car, having a good job, going to university, being married or having children, playing sport etc). As they say some of these items, you write them down on a big board at the front of

the class in big colourful words. Keep the pace going and if a few children repeat the same thing then tell them no one else can share that thing again, it has to be something new.

Share your story: Once all the children have spoken you can tell them that it is very important that they know that you REALLY REALLY BELIEVE that they can make all their dreams come true. If they are positive and work hard then anything is possible. Then you can share your own story about a dream that you had which you achieved through having a vision, believing in yourself and working towards it.

Postures

Ask them all to come to standing but remaining in the circle. Share how an important way to reach our dreams is to know what steps are needed to achieve our goals. We can see with our yoga postures. There are steps we need to take to get into each pose correctly.

Take them through Warrior I into Warrior III, making it very clear which exact poses we go through to get into these postures correctly. Warrior III could also be used to speak about looking forward and having a clear vision of where we are headed. If they wobble in the pose it can represent how there will be challenges along the way and sometimes need to ask for help or use affirmations to keep focused and positive. "I CAN DO IT!"

Repeat on the other side.

This time use one of their goals on the board and as you do the steps to get into the pose, ask them what steps they can take this year to help reach this dream. For example, if their dream is to have a good job some steps

along the way could include, working hard at school, staying focused and not getting involved with children who are a negative influence, finding good older positive role models, going to university etc.

If there is time, you can repeat the poses using other dreams and breaking them down into step by step processes.

Once these are complete, standing in the circle, take a few moments in mountain pose, with their hands on their hearts and their eyes closed. Becoming aware of their breath and heartbeat. Taking a moment to repeat silently “anything is possible” deep breath in and out, “I believe in myself” deep breath in and out, “my dreams can come true” deep breath in and out. Slowly bringing their hands down to their sides and opening their eyes they can repeat these three lines out loud.

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”.