

Earth Day Yoga!

Class Supplies: Ball, real flower, blue & green tissue paper, glue & earth day yoga craft printouts.

1 Min	<u>Expectations:</u> Respect, Safety, and Fun!	
2 Min	<u>Introductions:</u> April 22 is Earth Day! A special day to celebrate our planet. What does earth day mean to you? What is special about our planet? Why do we need to look after our planet? What harm is being done to our world? (<i>oil spills, pollution, chemical farming, garbage, global warming, deforestation, animal extinction</i>). What actions can we take to make a difference? What are some friendly earth-actions that you already do at home? (<i>you can make this into a brainstorming map, see our sample in the photos</i>)	
10 Min	<u>Coming together:</u> <ul style="list-style-type: none"> • Making Energy (1. Bang floor, 2. Rub hands, 3. Clap hands, notice the sensations in your fingers) • Earth Connection Name ball pass – Share your name & the part of the earth you feel most connected with (ex: mountains, streams, animals, wind, sun, etc). Then pass the ball to someone else. • Earthscapes – create landscapes and scenes in partners or groups or as a class (ex: mountain range, river, lizard on a rock) • Sun Salutations 	
1 Min	<u>Breathing Basics:</u> 1. Inhale= breathe in, Exhale=breathe out. 2. Inhale & exhale through your nose. 3. Take slow and deep breaths.	
3 Min	<u>Breathing:</u> <ul style="list-style-type: none"> • Smelling Flowers – NEED A REAL FLOWER – pass the flower around your circle, on your inhale, smell the flower on your exhale thank the trees, the plants & animals for sharing our beautiful earth. • Flower Breath – become the flower, start in seed pose (child’s), inhale - raise up high onto your knees as your stem (arms) extend up to the sky and your petals open outwards, exhale – back down to seed. 	
10 Min	<u>Games:</u> <ul style="list-style-type: none"> • Crossing the Line (p. 2) • Earth, Water, Sky, Yoga (p. 2) • 5 Elements – what are the elements that make up everything in the earth? (p. 2) 	
15-20 Min	<u>Poses:</u> Be an Earth Day Detective! We will discover ideas on how to save our planet through yoga.	
	<ul style="list-style-type: none"> • Use a stainless steel water bottle instead of a plastic one – Mountain w/ arms raised • Lamp - Turn it off to save energy – mountain w/ goal post arms • Windmill - creating wind energy – mountain while spinning arms & wide leg FF, spin arms side to side • Walk to school to reduce gas pollution – walk in place • Tree – plant one & watch it grow – reach & squat to plant, then grow into a tree. 	<ul style="list-style-type: none"> • Tractor – Be a farmer driving through your chemical-free fields – Chair, hands on the wheel. • Waterfall – Clear rushing fall, safe to drink • Fish – swim through the clean ocean waters • Washing Machine- twist like an energy efficient machine • Cloth bag – use one to carry groceries instead of plastic – boat pose • Book – Read about ways to save the earth – butterfly, opening feet up. • Bicycle – Ride to school to reduce pollution • Kids Create!
5 Min	<u>Relaxation:</u> <ul style="list-style-type: none"> • River washing over you – using a blanket, “wash” it over each person. • Save our planet guided relaxation (p. 3) • Earth Poem (p. 2) 	
10 Min.	<u>Craft:</u> My Earth	

Crossing the Line

Begin this Earth Day game by making a line on the floor using masking tape or a yoga strap. Next, asking children questions related to taking care of the earth.

- Do you recycle?
- Do you turn off the water when you are brushing your teeth?
- Do you turn off your computer at night?
- Do you use a re-useable water bottle?
- Do you turn off the lights when you leave your bedroom?
- Do you use re-useable containers when packing snacks?
- Do you use re-useable bags at the store?
- Do you walk or ride your bike to school?
- Do you clean up after yourself, and put your garbage in the trash bin?

Even if you answer no to some of these questions, it's never too late to change our habits and take care of the earth!

Earth, Water, Sky, YOGA!

Create a circle with your mats, if your class isn't set up this way already. The inside of the circle is Water, the mats are Earth & the outside of the circle is Air. The teacher (or a student) calls out one of the 3 animal habitats & everyone must do a pose of an animal that lives within the called habitat. If water is called, everyone does a pose within the circle of mats, if earth is called the poses are done on the mats, if air is called the poses are done outside the circle.

For more fun (and less confusion when working with new groups who may not know many poses just yet), add beanie babies (or photos of animals) to the party! Place all your water loving friends in the center, your land animals on the mats, and your air friends outside the circle. Give each child a chance to choose an animal from the habitat you call, then do the pose together as a group.

5 Elements

Blue mats = water, green mats = earth, corners of the room = fire, lifting up a partner = air (or jumping in the air), and going back to your own mat = metal (where we would do a yoga pose). The instructor calls out the different elements in random order. After an element is called, the instructor counts down from 3; any children who do not make it to the appropriate space in time have to sit out for a round. This can be adapted in many different ways – have fun!

Earth Poem (call and response):

The earth is ours,
Yours and mine,
Ours to live on, ours to share,
Ours to guard, regard, and tend with gentle care –
The earth is ours,
Yours and mine.

Save our Planet

Imagine you are in a spaceship flying in space. You look out the window and see our planet earth spinning in the galaxy. It is a perfect round blue and green circle. As you get closer you notice the mountainous ridges and rocks that make up the earth. Your spaceship lands on a mountaintop. You look up above you and see the infinite blue sky and white cotton candy clouds. As you hike down the mountain you see all different types of animals, insects and plants that live in, under, and between all the rocks. At the base of the mountain there is a river. There is a sailboat waiting for you. The gentle wind helps steer the sailboat down the river. The water is crystal clear and you can see below the surface. You notice fish, plants and other organisms living in the water. Then you see something floating in the river. It looks out of place and you realize it is a plastic bag. You reach your arm into the water to retrieve the plastic bag. Your journey through the sky, mountain and water has helped you recognize that you share this earth with every other living creature and it is your job to help care, protect and love the earth so we can all live together in harmony.