

Earth Day Yoga for Littles!

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

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? There are lots of ways that we do harm to our planet (ex: littering, pollution, using up our resources, farming with chemicals, cutting down forests, poaching animals)....Why do we need to look after our planet? What are some things we can do to make a difference? What are some friendly earth-actions that you already do at home?	
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 Song (found on p. 2) • 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. • 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"> • Going on a nature hike, parachute game (found on p. 2) • Earth, Water, sky, Yoga (found on p. 2) • Tree Freeze Dance (play music & kids roam freely, when it stops, they must freeze in tree pose) 	
15-20 Min	<u>Poses:</u> Be an Earth Day Detective! We will discover ideas on how to save our planet through yoga.	
5 Min	<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 visualization (found on p. 3) • Closing: Earth Poem (found on p. 2) 	
10 Min.	<u>Craft:</u> My Earth (template found on blog!)	

Earth Song:

We've got the mountains and the valleys in our hands,
We've got the birds and the bears in our hands,
We've got the rivers and the oceans in our hands,
We've got the whole world in our hands.
We've got the future of the Earth in our hands.
We've got the whole world in our hands.

Going on a Nature Hike:

Going on a nature hike to see what we can see.
Up, up, up the hill...we see lots of **trees**.
(Lifting the parachute up, up, up and then coming into tree)
Going on a nature hike through soggy bog.
Hop, hop, hopping high with our friend the **frog**.
(Waving parachute and hopping into frog pose.)
Going on a nature hike to spy what we can spy.
Down, down, down the hill...we find **butterflies**.
(Bringing parachute down. Butterfly pose)
Going on a nature hike across the flowing water. Row, row, row the **boat** and we will get much farther. (Wave parachute like water. Boat Pose)

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.

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.

Going on a nature hike to hear what we can hear. Turn, turn, turn around....a singing **bird** is near. (Walking around in a circle. Bird pose)

Going on a nature hike past a creepy cave.
Tip, tip, tippy toe so the **bear** in there behaves.
(Walking around the circle on tiptoes. Balancing Bear under the parachute/in the cave)

We went on a nature hike and we need a place to rest. Slow, slow, slowing down...on that big rock seems best. (Walking and slowing down. Child's pose)

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.