



## **OBJECTIVE**

Celebrate spring with a beautiful garden that also helps your neighbor relax and feel good after a long winter.

## **AGES**

2-6, 7-11

## **KEY ELEMENTS**

Ecological Echoes

## **MATERIALS**

- i-pod
- mats
- yummy smelling spray
- scarves
- real or fake flower petals and/or leaves

## **DISCUSSION POINTS**

The children will have fun while we discuss how yoga helps us grow and help others along the way.

## **CREATE THE MOOD AND TONE**

Talk about what it takes to grow a flower. What are their favorite types of flowers, veggies, fruits?

## **CONNECTING CIRCLE**

1. The YogaKids Pledge together
2. Introduce the Theme “growing a garden”



3. Let's grow a garden: I would like to start by sitting in a circle and turning to your right, and then doing a few of the gardening massages below. Or better yet, ask kids for ideas too!
  - Prepare the soil - "Rake" or scratch your partner's back.
  - Plant the seeds- Knead your partner's shoulders.
  - Cover the seeds - Gently rub their back.
  - Water the seeds - Finger Dancing/Salutations to Me
  - Sunshine - Rub your hands together creating energy and let them hover over your partner.
  - *Now, it is time to wait patiently for the first bloom* - Sit in lotus.
  - Time Passing - Sunrise/Sunset
  - *The sun helps your garden grow* - Sun Salutations
  - *Butterflies help to pollinate your flowers* - Butterfly with Antennae
  - *Soon you see your flower begin to gown* - Tree
  - *Let's sit criss cross applesauce and send peace to our beautiful garden* - Peace Breath

## **POSES AS PATHWAYS/INTEGRATE THE ELEMENTS**

*Every pose we will do today will help us learn how yoga can help us grow into happier, healthier people.*

- Untying the Knots – *Let's pretend to be little bugs and birds that flutter around the garden as we admire all the beautiful flowers.* Body Benefits.
- Sun Salutations – *Feel the sun on your face. Did you know that flowers actually turn to face the sun? It feels good and it gives your vitamin D. But don't forget your sunscreen!* Ecological Echoes, Body Benefits
- Twist and Blow - *The wind helps pollinate the flowers. This pose also gives your kidneys, liver, stomach and intestines a massage.* Awesome Anatomy
- Candle – *Let's pretend we are a head of broccoli slowly growing towards the sky. Just like broccoli, this pose is so good for your heart!* Awesome Anatomy



- Plough - *Farmers plow their fields in order to grow crops. How many fruits and veggies have you eaten this week? Let's count!* Math Medley
- Table of Contents – *Now it's time to sit down and enjoy the feast that we planted together. This pose opens the front of our bodies. Body Benefits, We All Win*

## **QUIET QUESTS**

*Corpse - Lay in the sun. Listen to the ocean waves. Enjoy being in the sun. Settle your body into the warm sand. Remember all the fun you had today. Lie still and think of your favorite flower. Let the smell and colors of this flower surround you. Try to really experience the flower as you breath.*

## **CLOSING**

- Fountain of Oms
- Namaste Song