

Sample Strength Lesson Plan

Date: September 21, 2014 **Population:** Elementary School
Teacher: Lynea Gillen
Time: 30-40 minutes

Yoga Calm Principle/Lesson Goal: Strength

LESSON PLAN

Words: “I can change my thoughts and feelings”

CALM

- *Hoberman Sphere Breathing* – “Notice how watching your breath slows your mind down?”
- *Pulse Count* for 30 seconds. Then run in place for one minute. Feel the pulse and count for 30 seconds. Feel the pulse slow down. We can change our heartbeat and the way our body feels by what we choose to do.
- *Changing Channels* – Use images that children can relate to.
- *Volcano Breath* – Three times then three more times with Heart Thoughts: “Think of how you would like to feel today. Get that thought strongly in your mind, then as you exhale, spread that feeling around you.”

ACTIVE

- *Wild and Calm* – Children get “silently wild” with fast beat of drum, then they put their heads down and calm their bodies for 10 beats of the drum. You can also allow students to walk around the room like satellites for 10 beats, then come back to their desks for 10 beats. Words: “I can go from wild to calm quickly.”
- *Warrior I or II* – 15 beats on each side. “I can be strong, even if I feel afraid or confused sometimes. I can choose to be strong; sometimes difficult things make me stronger.”

CALM

- *Twist* in chair or on mat (depending on setting)
- *Relaxation* – Mindful Moment card on Strength.

