

LESSON 3: Weather

Use alongside Flexibility Cards



Introduction/Welcome

Chimes/Singing Bowl x 3

What is Yoga good for?

'Yoga is good for my Body, Yoga is good for my Mind, Yoga is good for my Spirit.'

'Yoga is good for me, Yoga is good for you, Yoga is good for everyone.'

WARM UP - 5 mins

Sun Salutation Sequence

Let's do our Sun Salutation Song

Benefits - Stretches and strengthens the whole body.

Begins to teach linking the movement with the breath.

Learning Objective: To how our emotions can change like the weather

The range of our emotions can be vast like the changes we have in the weather. Sometimes we feel calm, like a day with no wind. Sometimes we feel angry, like a torrential storm. Sometimes we feel cheerful like a sunny day. The weather shows us that nothing is constant and this can be reassuring when it comes to feeling stuck in a negative emotion. We explore how balance our emotions and maintain equilibrium within the body and mind.

<p>1.</p>	<p>SUN</p>	<p>Imagine it is a beautiful sun shines day. You feel joy deep in your heart. Your body feels relaxed from the warmth of the sun. Think of a time you have felt really content.</p>	<p>See Gate Card</p> <p>Breathe in and reach arm up towards the sun and breathe out slowly stretch it over your head.</p>	<p>Getting it on Rick James</p>
<p>2.</p>	<p>COLD STRESS</p>	<p>Sometimes the weather is cold. How do you feel when you are really cold? We may feel tense, worried, stressed, protective, confused?</p>	<p>See Hug Card</p> <p>Move your spine forwards and backwards like a willow tree gentle blowing in the breeze.</p> <p>Tool for stress, see 'Ha' breath in Breathing card Pack.</p>	<p>Icicle Tori Amos</p>
<p>3.</p>	<p>TORNADO ANGER</p>	<p>Imagine a small feeling. If we ignore or suppress our emotions they grow bigger and bigger inside us. We have do not have control over our feelings. We only have control over how we respond to them</p>	<p>See Porridge Card.</p> <p>Start by stirring up a small mini tornado. Think of a feeling. Imagine it growing and getting bigger. It gets so big until it runs out of energy. make a supine star.</p>	<p>Horizon Danny Olson</p>
<p>4.</p>	<p>LIGHTNING FEAR</p>	<p>Thunder and lightening can be scary and frightening. We are often scared of something we can't control. We can control how we respond to our emotions. This brings back a sense of safety.</p>	<p>See Sitting Archer Card</p> <p>Follow the instructions on the card and as you breathe out, make the noise of thunder.</p> <p>To calm your fear try 'Mantra' breath in Breathing card pack.</p>	<p>Thunder and Rain Pro Sound Effects Library</p>

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<p>5.</p> 	<h3>RAIN SADNESS</h3>	<p>How do you feel when it rains? Do you let it stop you from going out? Do you let your feelings stop you from being the best version of yourself? What do you do when you are sad to help yourself feel better?</p>	<p>See Sandwich Card.</p> <p>Bring your arms over your head. Tap your head, then work your way down your body as you tap and singing the different parts. End at the toes.</p>	<p>Raindrops are falling on my Head</p> <p>BJ Thomas</p>
<p>6.</p> 	<h3>RAINBOW HOPE</h3>	<p>Sometimes you need some rain to make a rainbow. Yoga is a journey of self discovery. It is in moments of sadness and uncomfortable feelings we often learn the most about ourselves.</p>	<p>See Rainbow Card</p> <p>Follow instructions. Breathe in and out as you apint each colour.</p>	<p>Sing the Rainbow Song</p> <p>'I can sing a Rainbow' Kidzone</p>

Discuss

Although the weather like our feelings cannot be controlled, how we respond to them can be. Talk about how children respond to the weather/emotions. For example, some might feel sad and low on a rainy day and this might stop them from going outside. Some may not like the weather stop them, by adapting like wearing the correct clothing. Think of yourself as the blue sky (constant) and your feelings are the weather. A hurricane or tornado can not damage a blue sky. Your feelings can not damage you and they will pass.

Relaxation

Chimes/Singing Bowl x 3. Final Stretch and breathing Technique - See Breathing Technique cards.
MUSIC - Fly Away Lullaby - Gary Stadler

Lying down on your backs, on the floor. Close your eyes or look at the lights. Try to keep your body still and begin to relax it down into the mat. How still can you keep your body? Take a deep breath in and a long slow breath out X 3.

Feel your body becoming lighter and lighter. See all the colours of the rainbow. Feel your body becoming all the colours of the rainbow. Slowly, your body relaxes and fills with the colour red. Breathe in red and breathe out red. Your whole body feels safe and supported. "I am safe. I am supported". Slowly your body relaxes and fills with the colour orange. Breathe in orange and breathe out orange. Your body feels full of happiness and joy. "I enjoy life. I learn and grow". Slowly, your body relaxes and fills with the colour yellow. Breathe in yellow and breathe out yellow. Your body feels full of confidence and strength. "I am confident. I am strong". Slowly your body relaxes and fills with the colour green. Breathe in green and breathe out green. Your body feels full of love and gratitude. "I love myself and others. I am balanced".

Slowly, your body relaxes and fills with the colour blue. Breathe in blue and breathe out blue. You recognise your feelings and can communicate your need. "I express my needs. I can listen". Slowly, your body relaxes and fills with the colour indigo. Breathe in indigo and breathe out indigo. You see clearly and know what to do. "I trust myself. I am wise". Slowly, your body relaxes and fills with the colour violet. Breathe in violet and breathe out violet. You filled with deep contentment and peace. "I am. I am. I am".

You are now the rainbow. You are filled with its beauty and the colours spread out from within you. You spread your energy, happiness, intelligence, friendship, peace, gentleness and beauty. You spread out even farther and become even bigger. Now your colours of light are spreading throughout the whole universe. These qualities continue to grow within throughout the day as you share them.

Now begin to bring some movement back into your body. Wiggle your fingers and your toes. Stretch your body into a long piece of spaghetti, bring your knees into your chest and gently roll yourself up to sitting.

<p>7.</p> 	<h3>GOODBYE</h3>	<p>Move thumb over fingers - See Breathing Technique cards "Peace Begins With Me"</p>	<p>Goodbye Song</p>	<p>Yoga's Over X 2 It's time to go X 2 We've had fun learning X 2 Let love grow Let peace grow.</p>
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