

LESSON 4: Adaptation

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 learn how adaptation is the key to survival

In this class, we will explore how different animals have adapted to change in order to survive. The ability to change is important for success in life. Use some of the quote cards. How have you have to adapt in order to get better at something?

We are always learning and changing.

<p>1.</p>	<p>WOODLOUSE</p>	<p>Woodlice have a hard exoskeleton on their backs and when they are threatened by a predator they can curl up into a tight ball to protect their soft under body and its 14 legs</p>	<p>See Rock 'n' Roll Card</p> <p>Try rolling from left to right.</p>	<p>Rock Around the Clock</p> <p>Bill Haley & His Comets</p>
<p>2.</p>	<p>ANGRY CAT</p>	<p>When a cat feels threatened it arches its back and may hiss. This is in order look bigger and scare the threat away.</p>	<p>See Cat/Cow Card</p> <p>As you arch your back breathe in and as you lift into Cow pose make a long 'Hisssss' sound.</p>	<p>Everybody Wants to be a Cat</p> <p>Scatman Crothers, Phil Harris and Thurl Ravenscroft</p>
<p>3.</p>	<p>COBRA</p>	<p>A Snake slithers on the floor through long grass quietly so as not to disturb its prey. It is long and thin so it can fit through mice holes to capture its food. They also have fangs that injected its prey with venom.</p>	<p>See Cobra Card.</p> <p>Breathe in with your forehead on the floor and as you come up widen your mouth showing your fangs and breath out from the back of your throat.</p>	<p>Trust in Me (The Python's Song)</p> <p>Sterling Holloway</p>
<p>4.</p>	<p>CHAMELEON</p>	<p>Chameleons can change their colour to blend into their environment and escape predators. They have very long tongues to catch their prey. Their eyes move in different directions so they can detect predators.</p>	<p>See Lizard Card.</p> <p>Your knee can be on the floor or lifted.</p> <p>You can try adding 'Eyes around the Clock' from the B-Calm Bag whilst Sticking your tongue out as far as your can.</p>	<p>Chameleon</p> <p>Lost & Found Music Studios & Ella Farlingers - Callin' Callin'</p>

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<p>5.</p>	<p>FLYING FROG</p>	<p>Most frogs can swim and hop but the Flying Frog can also climb trees with its sticky webbed feet. It uses its webbed feet to fly glid down from the trees.</p>	<p>See Monkey Jumps Card.</p> <p>After jumping into the air you could also try 'Flying Pose' from the B-Balanced Bag.</p>	<p>Sing Five Little Speckled Frogs or Axel F Crazy Frog</p>
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<p>6.</p>	<p>PIGEON</p>	<p>Pigeons have adapted to Urban life in the city. Buildings absorb the heat from the sun and our heating systems and help keep pigeons warmer in the winter months.</p>	<p>See Pigeon Card</p> <p>Try the 'Cooing and Pecking' pigeon sequence.</p> <p>Finish with sleeping pigeon by resting forehead to floor. Do 3 breaths in and out here</p>	<p>Feed the Birds</p> <p>Julie Andrews</p>
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Discuss

Think of your own animal and how it may have adapted to its environment and how it manages to survive. Make your body into the shape of your chosen animal. How might your animal move? You might also like to make the noise the animal makes as you breathe out or just chose to be still and breathe in and out for 3 breaths. You might like to show your new animal pose to the class or your partner.

Relaxation

Chimes/Singing Bowl x 3. Final Stretch and breathing Technique - See B-Calm Bag.
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.

Imagine you are an animal. What animal would you choose to be? What would you look like? Would you have fur? Would you have 4 legs? Would you be patterns? Would you be soft? Would you be quiet? Close your eyes and imagine what you would look like.

Imagine now where you may live. Would you live on the land or sea? What would be around you? Trees? Water? Mountain? Sand? How would you travel? Would you run, jump, hop, swim, fly or slither? Close your eyes and imagine yourself travelling around in the place you live. How would you move? Slowly, quickly, smoothly, gracefully, erratically?

How do you survive in the place you live? What is special about you? What can you do that other animal can't do? Animals show us that we are all different. We all adapt to suit our environment in our way. We all learn different lessons in life. Your friend is different because they have learnt different lessons. When we are growing up we make a lot of mistakes until we find the best way we can survive in our environment. We learn ways to adapt to any changes. As we learn more about ourselves and who we are we are more able to fit into our surroundings. When we can easily adapt to our environment like animals we can grow stronger.

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 sit.

<p>7.</p>	<p>GOODBYE</p>	<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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