

LESSON 5: Flexible Thinker

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 be present in order to adapt to your situation.

In this class, we will explore how being flexible starts with the mind first then the body. What would happen if you said 'Oh can't do yoga, I am not flexible?' Guess what you will never be flexible. Before being flexible, you have to be 'willing'. Being open to new things and being willing help us to learn, adapt and change. Let's explore, what being a flexible thinker is.

FLEXIBILITY

<p>1.</p>	<p>OPEN BOOK</p>	<p>Change only happens if we are willing and open. If we are closed to change we feel stuck. Imagine every opportunity, adventure and new experience is like a storybook you have not yet read.</p>	<p>See Book Card</p> <p>As you open your book say the affirmation 'I am open to change' and repeat at least 3 times.</p>	<p>Open Book (Ymusic Version)</p> <p>Jose Gonzalez</p>
<p>2.</p>	<p>LISTEN</p>	<p>Experiencing changes in our lives can be hard, like moving house or starting a new school. How we speak to ourselves is important to how we feel. Imagine that you are a friend who is upset that you are speaking to on the phone. What would you say?</p>	<p>See Rock the Baby Card to warm up</p> <p>Then 'Telephone' Card and say kind words to yourself the phone. Use the Affirmation cards to help if needed.</p>	<p>Listen (from Dreamgirls)</p> <p>Beyonce</p>
<p>3.</p>	<p>TURTLE</p>	<p>Many people don't even try yoga because they say they are not flexible. Really what they are saying is they are not willing. Flexibility begins by being willing to give something a go even if it is a challenge.</p>	<p>See Turtle Card.</p> <p>Sometimes we are scared to try something new because we think it might be hard or we will fail but then we find out it is not! This posture looks hard can you do it?</p>	<p>Listen (from Dreamgirls)</p> <p>Beyonce</p>
<p>4.</p>	<p>HELLO TOES</p>	<p>Sometimes our toes seem so far away, like some of the challenges we have to face like working out a hard sum or learning a new skill. If we practice everyday then we will get closer to our toes and learn, adapt and grow.</p>	<p>See Sandwich Card.</p> <p>It takes time to change just like it can take time to touch our toes. Challenge: Can you still touch your toes with your spine and legs straight?</p>	<p>Ten Little Toes</p> <p>Sing</p>

LESSON 4: Flexible Thinker

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<p>5.</p>	<p>FLYING FROG</p>	<p>The colours we see around us change depending on the source and quality of light. Just like when we change the way we look at things the things we look at change.</p>	<p>See Rainbow Card.</p> <p>With each colour think of good feeling. E.g. Red = Energy. Say affirmation 'I am energy', Green = Calm, 'I am Calm' etc</p>	<p>Flexible (A Tribute to The Incredibles)</p> <p>Whitney Avalon</p>
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<p>6.</p>	<p>KING COBRA</p>	<p>Keeping your spine flexible helps your brain to stay flexible too. Moving our spine in lots of different ways helps keep our nervous systems healthy. Our nervous system helps to send messages from our brain to body and body to brain.</p>	<p>See King Cobra Card</p> <p>Remember it doesn't matter if you can touch your head and toes together, it is about learning about how the pose makes us feel and what we learn about ourselves.</p>	<p>Flexible (A Tribute to The Incredibles)</p> <p>Whitney Avalon</p>
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Discuss

Let's do an experiment! Let's do a posture of our choice or one we have learnt today and whilst we are holding the posture we say can say something negative like 'This is really hard' three times. How does this make you feel? Now try the same posture but say something positive to ourselves like 'I am good at stretching'. This shows that when we change the way we look at things, the things we look at change.

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 in a playground in a large park. You look around you and see lots of lush green grass. It feels soft when you touch it. There are trees gently blowing the breeze around you. In the park, there is a roundabout, a slide, some swings, monkey bars, an activity tower, a balance bar, a climbing frame and a sandpit. Some areas of the park are busy with lots of people laughing and having fun. Some areas are quiet and peaceful. You realise the park is like a metaphor for your life. Sometimes your life is filled with fun, friends and excitement. Sometimes it is quiet, balanced and beautiful. Close your eyes and imagine what you are drawn to in the park. What would you prefer to play on? Would you like to play with lots of people, maybe only one person or on your own?

Think about what you have chosen and why? If you have chosen something relaxing and peaceful, maybe you would like your life to be more relaxing and peaceful? If you choose to be around lots of people having fun, maybe you would like to make some more friends and have more fun?

When we make changes in our mind, we make changes in our life. When we change the way we look at things, the things we look at change. I

Repeat this mantra - 'look at things with love and gratitude. I look at things with love and gratitude. I look at things with love and gratitude.'

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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FLEXIBILITY