

Little Yogis Lesson Plan

Theme: _____

Date: _____

Age Group: _____

1. WELCOME & CENTERING

Focus: Deep breathing & Icebreaker

2. WARM-UP MOVEMENT

Activities: Dynamic stretches / Yoga game

3. POSES & FLOW (MAIN SEQUENCE)

Pose 1 (Sketch/Name)
Pose 2 (Sketch/Name)
Pose 3 (Sketch/Name)
Pose 4 (Sketch/Name)
Pose 5 (Sketch/Name)
Pose 6 (Sketch/Name)
Pose 7 (Sketch/Name)
Pose 8 (Sketch/Name)

4. SAVASANA & STORYTELLING

Quiet reflection / Guided visualization

NOTES / MATERIALS NEEDED

Yoga Class Template & Mindful Movement for Kids