

We Love London!

A kids yoga lesson plan with a series of postures visiting London.

Learning Goals:	Physical Benefits:
To move with confidence, imagination and in safety.	Sun salutation increases the heart rate and burns fat.
To use language to image and recreate roles and experiences.	Boat tones abdominal muscles and in turn strengthens the lower back.
	Pigeon maintains mobility in the hips and flexibility in the lower back.
	Train is good for co-ordination and working together as a group.

Additional Resources

Music: Song with a high energy beat for the sun salutation warm up.

The words to ' We're Changing Guards at Buckingham Palace' ('Buckingham Palace' on iTunes)

Activity: Photos on A4 paper sourced from Google images or similar of some of the attractions we visit during the story (see attached).

Chat: 5 mins

Ask them if anyone has been to London.

Can anyone tell me anything about London? (Olympics last year, Queen lives there etc)

We are heading down to London (the capital city of the UK) to see all the exciting sights. We are going to visit the Queen, see the Changing of the Guards and visit the scary Tower of London.

Warm up and Adventure: 25 Mins

Let's make sure the sun shines for us all day so we don't need to use our umbrellas!

Sun Salutation (funky music).

The sun is out! Its summer and we are off on a trip. Hooray! Let's make loads of **sandwiches** which we can eat on the train down. (Ask kids to suggest different fillings: Cheese slices – slap legs, jam – arms up and hands together and fold forward etc).

Now let's board the **train**.

There is loads of noise so we need a really loud train **whistle** (get kids to whistle or just do whistle type noise).

Let's look out of the window. It's fun seeing the countryside whiz by. (**Binoculars** - ask them

what they can see). I can see **cows, horses and sheep (cat stretch)**.

We arrive at a huge train station in London. Just as we get off the train we spot someone rather brown and furry who is named after that train station.

Who might that be? Paddington Bear!! He loves showing tourists round London and he comes over to us (**Bear Walk**.)

He tells us that if we hurry we can see the Changing of the Guards at Buckingham Palace. Now Buckingham Palace is a huge building (**house**). It has 52 bedrooms and 78 bathrooms! And a swimming pool.

The Palace is kept safe by the Guards who stand outside. The Guards have to stand still for hours. Let's see how hard it is to stand still and tall like them. (**Mountain**)

(Go round and blow on them and see if they move. Always makes them giggle).

They are Changing The Guards as we arrive. I know a great song about that...

High Knee Cross Marching (and sing 'Changing Guards at Buckingham Palace', for couple of verses)

Oh no! Paddington has just found out that the soldiers' big black hats are made of real bear skin! He doesn't like the sound of that so we hurry off to our next destination which is Trafalgar Square. **Bicycles** to get to Trafalgar Square. (Go up and down hills to vary cycling speed of legs)

This huge square is always full of people. Paddington loves it because there are loads of **pigeons** you can feed.

He also loves it because he likes to roar at the 4 Lion Statues that surround a very famous landmark called Nelson's column. Let's all see if we can **Lion Roar** as loudly as Paddington.

Wow! Paddington has just told us that he has got us tickets to go to The Tower of London (where they used to cut the heads off Kings and Queens who were naughty).

How exciting. Let's do a **Star Jump** because we are so excited!

We need to be there by 3pm. Just time to go and see the special horses at Horse Guards Parade and go to Hyde Park for an ice cream.

At Horse Guard Parade are the Queen's special **horses**. They are very large black horses and the Guards sit on the horses in a very special costume and shiny helmet.

Wow, it's getting hot now. Let's head to the park. Anyone know how many parks there are in London? 1700! Time to eat sandwiches. Here is a huge **tree** (both sides) we can sit underneath.

Hey, I can see a lake where you can go boating. Let's get in the biggest **boat** there is and go **rowing**. Paddington stays by the edge as he is a bit scared. (Sing 'Row Row Row your boat')

Time to leave the park and head to The Tower of London. I can hear the giant clock Big Ben chime 3 o'clock (**Windmill** - wide leg standing, right hand to left ankle, left hand in air, look up at left hand). We are late!

The Tower of London was a really scary prison in the olden days. Now it is the place where 'The Crown Jewels' are kept. Beautiful sparkling crowns which have been worn by lots of kings and queens.

Wow, I can see a huge sparkling **Diamond - Tortoise**).

Paddington says his legs are getting tired so let's head back to the train station for our train home.

Last stop on the Tourist trail is London **Bridge**. This bridge is really clever because when large boats come along the river, the bridge opens to let them through. (**Bridge with leg raises right and left.**)

(**Mouse** to counter pose back bend)

We have had such a fun day in London. Let's come back soon. And we need to give our cuddly bear Paddington a big **hug** to say thanks for showing us so many exciting things.

Let's get back on the **Train**. It is a special train called a sleeper train and we each have a little bed to lie in.

Let's lie down and sleep because we are so tired.

Relaxation and Visualisation: 5 mins

Encourage the children to draw a picture in their mind of all the exciting places they have been. Tell them to imagine they are a bird flying over London and they can look down and see the river and all the tall buildings and tall trees in the park. Their bodies are floating through the sky and they feel so happy.

I hope you have enjoyed travelling around London with me. I would love to tell you more about the London and the UK.

If you have any questions, please email me at [Nicolap2 @ hotmail . com](mailto:Nicolap2@hotmail.com) and I will answer your questions!

Lots of love,

Nicola x 😊

My first book, Hudson and Me, will be out in April 2013. The book is the first of many adventures of our small and cheeky sausage dog. Join our Hudson and Me Facebook page or watch for the book on Amazon.