

# NEW YEAR'S YOGA LESSON PLAN

By Shakta Kaur Khalsa and Shelley Arthur

- Topic: **NEW YEAR'S – POSITIVE RESOLUTIONS**
- Age Group: 4 to 10 years old
- Time: 30 minutes to 60 minutes. Be flexible to meet the needs of the students.
- Intention: To help children to live happier lives by teaching them how to make positive resolutions; teaching them corresponding yoga poses or affirmations to help integrate these resolutions into their mind, body, heart.
- Preparation: Gather information about New Year's resolutions or affirmations using your own knowledge, books, internet sites, CD's or DVD's, etc. It is suggested (but optional) to use the book **Incredible You – 10 Ways to Let Your Greatness Shine Through** by Dr. Wayne Dyer. This book states the resolution and has a picture to help describe what the resolution means. If you are making up your own resolutions, see if you can find a picture to help describe it. Also suggested (but optional) is to use the following materials by Shakta Kaur Khalsa (Radiant Child Yoga): available at [www://childrensyoga.com](http://www://childrensyoga.com).
- **Happy and Cozy CD's**
  - **Fly Like a Butterfly Book**
  - **Yoga in Motion DVD**
- Opening: Wish the children a happy New Year. Explain the meaning of a New Year's resolution or affirmation; give examples. Ask them if they have ever made a New Year's resolution or positive affirmation. If you have a children's microphone (Clap and Play microphone available at Lake Shore Learning – optional), ask if the child would like to speak his/her resolution into the microphone.
- Let the children know that if they stick to these resolutions and affirmations, they have a great chance of a successful and peaceful life. Let them know if they make a mistake and break their resolution, they are always able to start again and they should do so as soon as possible.
- Journey: You can use your own warm-up poses, your favorite sun salutation or the Kneeling Sun Salutation from **Yoga In Motion DVD**.
- If you are reading the book **Incredible You** situate yourself and the children so that they can all hear you and see the pages of the book. If you are using your

resolutions or affirmations, state it and talk to the children about how they can perform this resolution. If you have pictures available you can use them to help reinforce the meaning of the resolution. You can use the suggested yoga poses or choose one that you feel encourages the feeling of the resolution (for example: Warrior poses encourage feelings of bravery; heart opening help you to open your heart to give and receive more love.)

### **Resolution #1 “Share the Good”**

- Talk about how you can share with others. There are many ways to share with others (the kids come up with great ideas.) Tell the children that there are many poses in yoga that help them feel joyful and good about themselves and ready to help others. One of them is **Butterfly pose**. (See attached pose page or refer to **Fly Like a Butterfly** pg. 11. Movement is available on **Yoga In Motion** DVD and song “Fly Like a Butterfly” is available on **Happy** CD.)
- Ask the children to imagine how joyful it must be to be a butterfly just floating in the air.
- End by taking a deep breath.
- After this posture, tell the children that when they feel joy they should share it. The more joy you share, the more you get back. Sometimes all you have to do to share your joy with others is to simply smile at them.

### **Resolution #2 “Find What You Love”**

- Tell the children that sometimes we are afraid to do something that we would love to do, like ride a bike or a horse, play a sport or even speak into a microphone. Sometimes we just don't have the courage. Doing **Cobra Pose** helps us to overcome our fears and feel stronger by opening our hearts to love instead of closing it to fear. Make sure you pay attention to your strong snake breath because it helps your body and mind feel more courageous and less fearful.
- **Cobra pose** (refer to attached pose page or **Fly Like a Butterfly** pg. 26.)
- After doing Cobra pose, tell the children that it is a good idea to try and do at least one thing that is challenging or scary for them, and do it as often as they can.

### **Resolution #3 “You Are Filled with Love”**

- In yoga, we have heart-opening poses to help us open our hearts to love, to being a better son or daughter, or being a better friend. Remember that our hearts not only pump our blood, they are also our centers of love.
- Do **Bridge pose** (see attached pose page or **Fly Like a Butterfly** pg. 48). Tell them to be sure to pay attention to their breath. Repeat 3 times.
- After doing a heart-opening pose, I like to repeat a lyric I read in a children's book when I was their age. It goes...  
“Open your heart,

open your mind,  
look for the best  
and that's what you will find"

It's very easy to look for what is wrong with people. Opening our hearts helps us to find the very best in ourselves and in other people. Have the children repeat the lyric or poem with you a few times for emphasis, or they can say it while in the heart-opening pose.

#### **Resolution #4 "Find a Quiet Place Inside"**

- Sometimes we need something to help calm us down, to help quiet our minds.
- Do **Relaxation pose** (see attached pose page or **Fly Like a Butterfly** pg. 38.)

#### **OPTIONAL**

- I use a Hoberman Sphere or a Slinky to show children how to slow their breath down to change how they feel (example: from angry to calm.)
- Hold the Hoberman Sphere or Slinky so it opens up as large as it can. Then slowly let it go back to normal size. Slowing down your breath helps you to calm down. Do this 3 times.

#### **OR**

- If you have a minute timer or ½ minute timer, have the children sit still and feel their breath for the specified amount of time. (After they practice see if they can do it with their eyes closed.)

#### **Resolution #5 "Make Today Great"**

- Tell the children that there are some days when things don't go exactly the way we want them to. We might even get a little angry or annoyed when things don't go exactly the way we want them to. There are yoga poses that help us release our anger.
- One of them is **Lion pose** (refer to the attached pose page or **Fly Like a Butterfly** pg. 29.)
- Have the children affirm "When I feel my anger, I let it go".
- Do 3 times and relax with a deep breath.

#### **Resolution #6 "Change Your Thoughts to Good"**

- Talk about how positive yogic thinking can help you change a negative thought to a positive thought. "*Nobody likes me*" becomes "*everyone loves me*". Tell the children that they are perfect just the way they are.
- If you have the **Happy** CD by Shakta Kaur Khalsa, play the song and do the motions to "Fearless Today"

**or**

- Do **Cobra Partner Pose** (refer to attached pose page, instead of looking up at the ceiling, look into your partners eyes.) Have each child affirm “I will look for the best in myself and I will look for the best in others”.

#### **Resolution #7 “Take Care of Yourself”**

- If you are being teased or bullied by someone, **it is not because something is wrong with you**. It is probably because a bully has some angry feelings stuck inside of him or her. Instead of opening their hearts to love, they are closing their hearts. Everyone has a place of love within them. If you have found yours, someone who is acting like a bully might be able to find theirs too. Remember, we should always keep our hearts open.
- Do **I Am Swings** (refer to attached pose page or **Fly Like a Butterfly** pg. 68).

#### **Resolution #8 “Picture What You Want”**

- Tell the children to pretend they are what they want to be when they grow up.
- Do **Warrior I pose** (refer to attached pose page.)
- Have the children affirm “I am a brave Warrior and I can and I will do what is right for me”.
- Repeat on the opposite side, repeat 2 times.

#### **Resolution #9 “Everyone is Special, Especially You”**

- If you have the **Cozy** CD by Shakta Kaur Khalsa, play and the song and do the movements to “Brave and Bold”  
**or**
- Do Warrior II Pose (see attached pose page) and have the children affirm “I am brave, I am kind, I am special”.
- Repeat on the opposite side, repeat 2 times.

#### **Resolution #10 “Good Thoughts Give You Energy”**

- Tell the children that they have a choice, they can be happy or they can be sad. Tell them “You are the boss of our own body and mind”.
- If you have the **Happy** CD by Shakta Kaur Khalsa, play the song and do the movements to “Rockin’ Yogis”.  
**or**
- Do **Mountain pose** (refer to attached pose page). Have the children affirm “I am strong and tall as a mountain and I choose to be happy.”

**Relaxation: “Meditation To Take Away Thoughts You Don’t Like from Fly Like a Butterfly** pg. 105

**or**

Do Relaxation pose from the attached pose page. Tell the children to take a deep inhale and tighten the muscles in their entire body.

(Start with the feet, the legs, the hips, belly, chest, neck, shoulders and arms, don't forget the elbows– Exhale and relax.)

At this time you can play one of your favorite relaxation songs.

**Closing:**

Play the “The Long Time Sun” from **Happy CD**

**or**

When you are ready, have the children sit up and put their hands at their hearts.

Have them repeat after you:

“May there be peace in your heart

May there be peace in your home

May there be peace in your school and

May there be peace in the world”

And who does peace begin with:

Peace begins with me, peace begins with me

That is where peace begins, peace begins with me.

(sing to the tune of Farmer in the Dell)

# **New Year's Children's Yoga Lesson Plan**

## **Pose Page**

### **Warm up**

You can do your favorite sun salutation or warm up pose. If you like, you can refer to the book "Fly Like a Butterfly" by Shakta Kaur Khalsa available at: [www://childrens yoga.com](http://www://childrens yoga.com).

### **Breath**

You can do your favorite breathing exercise (ex. balloon breath) or refer to the book "Fly Like a Butterfly" by Shakta Kaur Khalsa.

### **Butterfly Pose**

(Bring the soles of your feet together and hold onto your feet with both hands. Your feet are as close to your body as is comfortable. Begin flapping your legs. These are your butterfly wings.)

### **Cobra Pose**

(Lie on your stomach. Put your hands on the floor under your shoulders. Stretch your upper body up high, with your arms straight and your stomach resting on the ground. Stretch your head as far back as you can and HISS! You are a very fierce cobra snake! Keep stretching and hissing on the exhale for a minute.)

### **Bridge Pose**

(Lie down on your back. Bend your legs so that your feet are on the ground close to you bottom. Grab onto your ankles and push your body up by pressing your feet down.)

### **Resting Pose**

(Lie on your back with your arms and legs stretched out. Breathe and rest)

### **Lion pose**

Sit down on your heels. Put your hands on the floor in front of you. Lean forward on your hands, and squeeze your shoulders up toward your ears. Keep your eyes open, looking straight ahead. Open your mouth and stick out your tongue as far as you can. Begin a soft purring sound in your throat as you breathe in and out through your mouth. Remember to keep squeezing the shoulders up. You should feel very strong.

### **Cobra Partner Pose**

Refer to Cobra pose above and face your partner. Instead of stretching your head back and hissing, look into your partner's eyes.

### **"I AM" Swing**

Stand up, stretching your arms to the side, inhale and at the same time twist your body to the left, keeping your left arm straight. Touch your right hand to your heart and say "I AM" as you swing. Then inhale and swing to the right side, touching your heart with your left hand, and again say "I AM". Feel that you are you. Repeat several times to each side.

### **Warrior I**

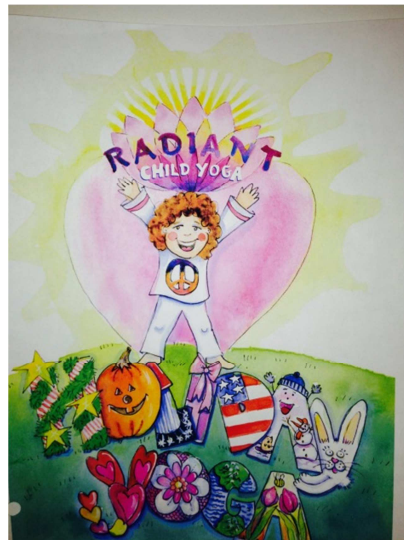
Stand strong and tall. Step one foot back, slightly angling it outwards. Bend your front knee and bring your arms straight up to the sky (from Kids Yoga Poses.)

### **Warrior II**

From standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up parallel to the ground, bend your front knee and look backwards (from Kids Yoga Poses.)

### **Mountain Pose**

Stand tall with legs hip width apart, feet facing forward and straighten your arms alongside your body (from Kids Yoga Poses.)



From Radiant Child's Children's Holiday Yoga Lesson Plans  
By Shakta Kaur Khalsa and Shelley Arthur  
[www://childrensyoga.com/shop/product-category/lesson-plans/](http://www://childrensyoga.com/shop/product-category/lesson-plans/)