Feel the Flow

by Lorie Snow

AGES

2-6, 7-11

MATERIALS

- i-pod
- You Touch With Your Fingers by Melvin and Gilda Berger
- Grab Bag (pillow case filled with different textured objects such as a soft sock, rough sand paper, smooth rock, prickly pinecone, etc.)
- finger paints
- white bond paper

KEY ELEMENTS

Body Benefits

SHORT DESCRIPTION/TOPIC

Our energy flows through our bodies and helps us move. Feel your energy flow through your hands to the rest of your body today.

DISCUSSION POINTS

Today we are going to focus on how the energy flows through our hands and out to the rest of our body as we move. As we do our poses, we are going to flow from one pose into the other. Feel the energy in your body as we flow though our poses. Notice if it feels different when you are in each pose.

CONNECTING CIRCLE

Hold hands. Feel each others hands and energy as we move together. While holding hands, circle to left and stop when we return to our own mat. Still holding hands, circle to the right and stop on your own mat. Disconnect hands from others. Raise hands up to the sky, as high as you can reach, up on tippy-toes. Now reach down to the ground (Ragdoll Ann/Andy) and let your head hang. Where do your fingers touch naturally (knees? shins? ankles? tops of feet? floor?). Notice where your hands are. Now take a deep breath in. As you exhale, see if you can stretch your hands a little closer to the ground. Remember to honor your body. Only stretch as far as is comfortable. Also, remember to be grateful for your body and what it can do today. It doesn’t matter what your neighbor is doing. Everybody is different and unique. See if you can picture energy coming into your hands. Now imagine that energy flowing through your whole body. How does that feel? OM Chant: Om (child’s name), celebrate (child’s name), sing it with an open and a joyful heart, Om (child’s name), celebrate (child’s name), sing it with an open heart! Yay! How does your body feel right now from your clapping? Energized? Silly? Calm?

POSES AS PATHWAYS/INTEGRATE THE ELEMENTS

Note: Teach poses as Transformer Series, flowing from one pose to the other. During the flow of the poses play any calming yoga music you have. Musical Musings
Mountain - This pose helps us improve our posture and calms our body. It is also good for strengthening our thighs, knees, feet and ankles. Body Benefits

Ragdoll Ann/Andy - This pose helps calm the brain and relieves stress, stimulates the liver and kidneys, lengthens the spine, stretches the hamstrings, calves and hips, strengthens the thighs and knees. It also improves digestion, concentration and clarity, reduces fatigue and anxiety, and relieves headache and insomnia. Body Benefits

Down Diggety Doggy Down - Bend your knee and rotate your belly and chest upward. Raise one leg up and "mark your territory" just like dogs do. Lift your opposite leg too. Feel your hands and the energy flowing through them and the rest of your body too. Are you getting warm? That is energy flowing through you! This pose strengthens our arms and legs. It is also good for improving digestion, relieving headaches, insomnia, back pain and fatigue. Even though you may feel energized right now from holding this pose, Down Diggety Doggy Down is actually considered a resting pose. It calms the brain and relieves stress too. Body Benefits

Moo and Meow - This pose is a great way to stretch the front and back of our body. It releases your neck and head to give them relief too. It also opens your heart space and deepens our breath which gives us more oxygen in our body. Now how is your energy? Still energized? Or are you starting to feel calmer? Body Benefits

Child's Pose - This is a great pose to help calm our minds and to relieve stress. Body Benefits

READING COMES ALIVE WITH YOGA

You Can Touch With Your Fingers by Melvin and Gilda Berger. Have the students gather around you and listen to the story as you read about touching different things in our world and how they feel: hot/cold, rough/smooth, wet/dry, soft hard. The book also includes some “Fun Facts” about our skin and our nerves when we touch. NOTE: This is a young reader book and may not be suitable for the 7-11 yr. olds. However, I explain to my class that I realize it is a very young book but sometimes it’s fun to read these books when we are older because it gives us a real simple way of understanding certain topics/themes. Usually they enjoy the book within the context/theme of the class.

WE ALL WIN

Put various objects with different textures in a bag that they can reach in and feel without looking. Have the students focus on touch and awareness of the feeling in their hands. Have each of them choose one item to pull out of the bag and share with the group. Ask them if they can identify it first by touch, before pulling it out of the bag.

VISUAL VIGNETTES

Note: During Visual Vignette, play What a Wonderful World by Louis Armstrong plus Somewhere Over the Rainbow/ What a Wonderful World and Kaulana Kawaihae by Izrael Kamakawiw’ole -- or any inspirational music you have as background music. Musical Musings

Finger painting - Give each child a piece of paper and let them choose two colors of finger paint to start with. I use only primary colors (red, yellow, blue) so they can see the colors mix and make new colors. Guide them to feel the paint as they create and to be aware of the energy flowing through their hands/fingers as they move the paint around the paper. How does it feel? What does it feel like? Can you describe it? Let them know that after the last song they will end their creative time and we will gather in a circle to share what they created. If they need more time to create, you can add more songs. Let’s share what you created!
QUIET QUESTS

During Savasana, play the Namaste Song by Marsha Wenig. Musical Musings

Savasana/Lemon Toes

CLOSING CIRCLE

Have the children repeat after you: The Light in me sees the Light in you. (pause as they repeat). Namaste!