

CURRICULUM EXAMPLES: LITTLE FLOWER YOGA

Deborah Radloff

Little Flower Yoga teacher

Little Flower yoga curriculum

prepared for: Hunter Elementary school (after-school program) 2009-20010

Grades K-2 & 3-6

YOGA

Yoga is as personal as it is universal in how each individual will find this practice can help them grow. For children, designing a yoga program for their involvement can greatly help develop the multiple intelligences. I have designed my classes around each of the 9 intelligences, with space for the mind, body, and community lessons incorporated in each class.

GOAL

To deepen the students understanding of yoga by using different learning tools and games to help them along the way. In addition to theme planning, I will introduce different asanas each week.

Week 1

Introduction

- Both the K-2 and the 3-6 classes will have had yoga with Jennifer Cohen (Little flower yoga founder) previously, so this first week will be an introduction to both what they know about yoga, and to me as a teacher.
- The main focus of class one will be for me to engage them in Little flower games and songs that they have heard and played before as a refresher, and introduce my personality into the class.

Intelligence focus for class	Grades K-2	Grades 3-6
<i>Week 1-Introduction-</i> gaining their former knowledge, and testing the waters of the group with games and songs	<ul style="list-style-type: none">• The “Om” Song• Sukasana• The sun-dance• Partner and group poses(flowers and Butterflies)• Name-game• Butterfly meditation in savasana	<ul style="list-style-type: none">• The “Om” Song• Sukasana• The sun-dance• Group knot• Partner poses(To-ga to help, ball pass with no hands• Yoga story w/2 asanas• Butterly guided meditation in savasana.

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Week 2

Yogis in SPACE

- The focus of week 2 will be on spatial relationships. The relationship between our minds and bodies, the relationship between our bodies and architecture around us, and the other people around us.

Intelligence focus for class	Grades K-2	Grades 3-6
<i>Week 2-Spatial focus: YOGIS IN SPACE- What are the spatial relationships?</i>	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • Walk, stop, jump, clap • Yogis in space(obstacle course on the moon) • Janu-sirsasana • Exploring space in butterfly meditation/ 	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • Walk, stop, jump, clap • Yogis in space (obstacle course on the moon, with partner pose slow-motion • Janu-sirsasana • Exploring space in butterfly meditation/ savasana

Week 3

Musical focus

- Bringing in some music for play in poses, finding the freedom and creativity that music can give us. More singing and musical movement tied with the breath.

Intelligence focus for class	Grades K-2	Grades 3-6
<i>Week 3-Musical focus-Let the music move you</i>	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • Bujangasana-sing it • Freestyle walk, stop, jump clap to music. • Ha-krias • A musical butterfly meditation/ savasana 	<ul style="list-style-type: none"> • The “Om” song • The sun-dance • bujangasana-sing it • Freestyle walk, stop, jump, clap to music. • Create a “yoga-dance” • Ha-krias • musical butterfly meditation/savasana

Week 4

Linguistic focus

- In week 3 I will ask them to think about their favorite story, and to come to class with their yoga version of it. For the K-2 graders, we will pick a story and tell it together. This class is designed to develop ways of communicating, and interpreting language through yoga.

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Intelligence focus for class	Grades K-2	Grades 3-6
<i>Week 4-Linguistic focus- Tell me a story</i>	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • Let’s make a yoga story • Yoga jungle • Create-a-pose with a partner • Butterfly meditation/ savasana 	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • Share the yoga story • Yoga jungle adventure • Create-a-pose with a partner • Butterfly meditation/ savasana

Week 5

Logical-Mathematical focus

- This class will focus on the patterns and shapes in the body during yoga, and how many breaths it takes to complete the sun-dance. This will serve as a nice pranayama class as well. Counting, and problem solving asanas will be incorporated.

Intelligence focus for class	Grades K-2	Grades 3-6
<i>Week-5-Logical-Mathematical focus-How many breaths?</i>	<ul style="list-style-type: none"> • The “Om” song • The sun-dance • How many breaths(feather game) • group knot • how long can I take to get to the mat? • Butterfly savasana 	<ul style="list-style-type: none"> • The “Om” song • The sun-dance • How many breaths (feather game) • group knot • create a pattern with different asanas • How long can I take to get to the mat? • butterfly savasana

Week 6

Bodily-Kinesthetic

- Anatomy and kinesthetic response will be touched on in this class. What does the pose make you want to do? If I’m in Warrior I what parts of my body am I using?

Intelligence focus for class	Grades K-2	Grades 3-6
<i>Week 6-Bodily-Kinesthetic- What does the pose make you want to do</i>	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • pass-a-pose • stay quiet circle(break out laughing) • guess the pose • butterfly savasana 	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • Pass-a-pose • Stay quiet circle (break out laughing) • Copy cat • Guess the pose • butterfly savasana

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Week 7

Interpersonal focus

- Working on a sense of community and fostering a desire to be social and helpful in interactions with others.

Intelligence focus for class	Grades K-2	Grades 3-6
<i>Week 7-Interpersonal focus-Community</i>	<ul style="list-style-type: none"> • The “Om Song • The sun-dance • partnering and community poses • Yoga guide w/ student teachers • butterfly savasana 	<ul style="list-style-type: none"> • The “Om Song” • The sun-dance • Partnering and community poses • Yoga guide w/student teachers • butterfly savasana

Week 8

Intrapersonal focus

- This week will work on the recognition of the self, and feelings one has.

Intelligence focus for class	Grades K-2	Grades 3-6
<i>Week 8-Intrapersonal focus-Emoticon</i>	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • The emotion game • Partner poses-double bridge, turtle on a rock • What does this feel like game? • butterfly savasana 	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • The emotion game • Partner poses-double bridge, turtle on a rock • duck meditation-journal • butterfly savasana

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Week 9

Naturalistic focus

- This class will weave in the elements of nature, and the world around the students.

Intelligence focus for class	Grades K-2	Grades 3-6
<i>Week 9-Naturalistic focus-ROAR!</i>	<ul style="list-style-type: none"> • The “Om” song • The sun-dance • Animal pose/ jungle story • Learn Ahimsa • creature-speak, and create an asana • butterfly savasana 	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • Animal pose/ Jungle story • Learn Ahimsa • Creature speak, and create a creature asana • butterfly savasana

Week 10

Existentialist focus

- This class will provoke thought through games and exercises.

Intelligence focus for class	Grades K-2	Grades 3-6
<i>Week 10-Existentialist focus-Dharana and Dhyana</i>	<ul style="list-style-type: none"> • The “Om” song • The sun-dance • “Rubber-duck” gaze • Drawing what your life looks like • Butterfly meditation- where does it take you, tell us a story • savasana 	<ul style="list-style-type: none"> • The “Om” Song • the sun-dance • “Rubber-duck” gaze • Drawing what your life looks like • butterfly meditation- where does it take you? tell us the story • savasana

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Week 11

The creativity class

- This class will encourage their creative side. We will play games and tell stories that will be fun and engaging.

Intelligence focus for class	Grades K-2	Grades 3-6
<i>Week 11-Creativity class- MAKE IT UP!</i>	<ul style="list-style-type: none"> • The Om song • the sun-dance • Collective yoga-story • New asana • New partner-pose • Twists! • create your own sun-dance • savasana 	<ul style="list-style-type: none"> • The Om song • the sun-dance • collective yoga-story • New Asana • New partner-pose • Twists! • create your own sun-dance • Savasana

Week 12

The class of community

- Lokah Samasta Suki no bhavantu “ May all beings everywhere be happy and free”
- Partner pose
- To-ga assembly line
- draw our class

Week 13

Re-visit Balance (YOGIS IN SPACE)

- Crow set-up
- Play with the duration in space
- Yoga adventure
- balance play

Week 14

Inversion adventure

- Basics of an inversion, we practice against a wall, and with a partner
- looking upside-down
- yoga-spy-glass
- topsy-turvy world

Week 15

The gifts

- Give them the butterflies from all semester, and have a free class
- Playing the favorite games from all semester
- One last group pose!

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Final “Yoga projects”

Ideas for K-2	Ideas for 3-6
<ul style="list-style-type: none">• Yoga mural• Creating your own Sun-dance• Yoga collage	<ul style="list-style-type: none">• Yoga Mural• Creating your own poses• Yoga journals• Creating a yoga game

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prepared for: The L.A.B (after-school program) 2009-20010
Ages: three 5 year olds and 7 year old

YOGA

Yoga is as personal as it is universal in how each individual will find this practice can help them grow. For children, designing a yoga program for their involvement can greatly help develop the multiple intelligences. Using the intelligences approach helps me design classes based on how my students are learning. Since the L.A.B classes are smaller groups, and our goals remain helping improve balance and focus, these will be added into the curriculum.

GOAL

To deepen the understanding of yoga by using different learning tools and games to help them along the way. To improve balance, body awareness, core strength, and focus.

Week 1

Introduction

- Getting to know my groups. The first is a group of 2 twin girls, and another girl all 5 years in age. They are energetic, and vibrant. Week 1 will involve finding out the best ways of communicating with them.
- My second class is currently one 7 year-old girl, and I'm designing a private structure for her, that will evolve if we get more students in weeks to come.

Intelligence focus for class	3:45 class- 5 year olds	4:45 class: 7 year-old
<i>Week 1-Introduction-</i> gaining their former knowledge, and testing the waters of the group with games and songs	<ul style="list-style-type: none">• The "Om" Song• Sukasana• The sun-dance• Name-game• butterflies and flowers• toe-ga• Butterfly meditation in savasana	<ul style="list-style-type: none">• The "Om" Song• The sun-dance• Yoga garden game• Bakasana work• Yoga story w/2 asanas• Butterly guided meditation in savasana.

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Week 2

Yogis in SPACE

- The focus of week 2 will be on spatial relationships. The relationship between our minds and bodies, the relationship between our bodies and architecture around us, and the other people around us.

Intelligence focus for class	3:45 class- 5 year olds	4:45 class: 7 year-old
<i>Week 2-Spatial focus: YOGIS IN SPACE- What are the spatial relationships?</i>	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • Walk, stop, jump, clap • Yogis in space(obstacle course on the moon) • Janu-sirsasana • Exploring space in butterfly meditation/ 	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • Walk, stop, jump, clap • Moon yoga (zero gravity) • Janu-sirsasana • Exploring space in butterfly meditation/ savasana

Week 3

Musical focus and balance

- Bringing in some music for play in poses, finding the freedom and creativity that music can give us. More singing and musical movement tied with the breath.

Intelligence focus for class	3:45 class- 5 year olds	4:45 class: 7 year-old
<i>Week 3-Musical and balance focus-Let the music move you</i>	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • Bujangasana-sing it • Freestyle walk, stop, jump clap to music. BALANCE • Ha-krias • A musical butterfly meditation/ savasana 	<ul style="list-style-type: none"> • The “Om” song • The sun-dance • bujangasana-sing it • Freestyle walk, stop, jump, clap to music. BALANCE • Create a “yoga-dance” • Ha-krias • musical butterfly meditation/savasana

Week 4

Linguistic focus

- In week 3 I will ask them to think about their favorite story, and to come to class with their yoga version of it. This class is designed to develop ways of communicating, and interpreting language through yoga.. Through communication, I will also engage their balance and focus. Focusing on our peers when they are telling us a story will also be a great way for them to learn stillness.

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Intelligence focus for class	3:45 class- 5 year olds	4:45 class: 7 year-old
<i>Week 4-Linguistic focus- Tell me a story</i>	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • Let’s make a yoga story • Yoga jungle • Create-a-pose with a partner • Butterfly meditation/ savasana 	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • Share the yoga story • Yoga jungle adventure • Create-a-pose • Butterfly meditation/ savasana

Week 5

Logical-Mathematical focus

- This class will focus on the patterns and shapes in the body during yoga, and how many breaths it takes to complete the sun-dance. This will serve as a nice pranayama class as well. Counting, and problem solving asanas will be incorporated.

Intelligence focus for class	3:45 class- 5 year olds	4:45 class: 7 year-old
<i>Week-5-Logical-Mathematical focus-How many breaths?</i>	<ul style="list-style-type: none"> • The “Om” song • The sun-dance • How many breaths(feather game) • group knot(working balance & coordination) • how long can I take to get to the mat? • Butterfly savasana 	<ul style="list-style-type: none"> • The “Om” song • The sun-dance • How many breaths (feather game) • create a pattern with different asanas • How long can I take to get to the mat? • butterfly savasana

Week 6

Bodily-Kinesthetic

- Anatomy and kinesthetic response will be touched on in this class. What does the pose make you want to do? If I’m in Warrior I what parts of my body am I using?

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Intelligence focus for class	3:45 class- 5 year olds	4:45 class: 7 year-old
<i>Week 6-Bodily-Kinesthetic- What does the pose make you want to do</i>	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • pass-a-pose • stay quiet circle(break out laughing) • guess the pose • butterfly savasana 	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • Stay quiet (how long can we wait for the laughter?) • Copy cat/ core work • Closing the eyes as we move through asanas • butterfly savasana

Week 7

Interpersonal focus

- Working on a sense of community and fostering a desire to be social and helpful in interactions with others.

Intelligence focus for class	3:45 class- 5 year olds	4:45 class: 7 year-old
<i>Week 7-Interpersonal focus-Community</i>	<ul style="list-style-type: none"> • The “Om Song • The sun-dance • partnering and community poses • Yoga guide w/ student teachers • butterfly savasana 	<ul style="list-style-type: none"> • The “Om Song” • The sun-dance • Yoga guide w/student teachers • Assuming that I have another student joining this group, partner poses, otherwise, I will alter this weeks focus to suite my private student. • butterfly savasana

Week 8

Intrapersonal focus

- This week will work on the recognition of the self, and feelings one has.

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Intelligence focus for class	3:45 class- 5 year olds	4:45 class: 7 year-old
<i>Week 8-Intrapersonal focus-Emoticon</i>	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • The emotion game • Partner poses-double bridge, turtle on a rock • What does this feel like game? • butterfly savasana 	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • closed-eye practices, • duck meditation-journal • butterfly savasana

Week 9

Naturalistic focus

- This class will weave in the elements of nature, and the world around the students. Using elements of nature to play games dealing with balance, and coordination

Intelligence focus for class	3:45 class- 5 year olds	4:45 class: 7 year-old
<i>Week 9-Naturalistic focus-ROAR!</i>	<ul style="list-style-type: none"> • The “Om” song • The sun-dance • Animal pose/ jungle story • Learn Ahimsa • creature-speak, and create an asana • butterfly savasana 	<ul style="list-style-type: none"> • The “Om” Song • The sun-dance • Animal pose/ Jungle story • Learn Ahimsa • Yoga garden • butterfly savasana

Week 10

Existentialist focus

- This class will provoke thought through games and exercises. Bringing a Dharana (concentration) focus will help my ADHD students come to focus in.

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Intelligence focus for class	3:45 class- 5 year olds	4:45 class: 7 year-old
<i>Week 10-Existentialist focus- Dharana and Dhyana</i>	<ul style="list-style-type: none"> • The “Om” song • The sun-dance • “Rubber-duck” gaze • Drawing what your life looks like • Butterfly meditation- where does it take you, tell us a story • savasana 	<ul style="list-style-type: none"> • The “Om” Song • the sun-dance • Eyes closed, inner gaze. • Pranayama breath of fire (Bastrika) • Drawing what your life looks like • butterfly meditation- where does it take you? tell us the story • savasana

Week 11

The creativity class

- This class will encourage their creative side. We will play games and tell stories that will be fun and engaging.

Intelligence focus for class	3:45 class- 5 year olds	4:45 class: 7 year-old
<i>Week 11-Creativity class- MAKE IT UP!</i>	<ul style="list-style-type: none"> • The Om song • the sun-dance • Collective yoga-story • New asana • New partner-pose • Twists! • create your own sun-dance • savasana 	<ul style="list-style-type: none"> • The Om song • the sun-dance • collective yoga-story • Create a yoga-game • Twists! • create your own sun-dance • Savasana

Week 12

The class of community - Again, depending on whether by this time we have another student in the 4:45 class, this class may instead have a focus more on balance, and perhaps, inversions.

- Lokah Samasta Suki no bhavantu “ May all beings everywhere be happy and free”
- Partner pose
- To-ga assembly line
- draw our class

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Week 13

Re-visit Balance (YOGIS IN SPACE)

- Crow set-up/ Crow to a tripod-headstand prep? (depending on where my students are this is more for my 7 year-old than the class of 5 year-olds.)
- Play with the duration in space
- Yoga adventure
- balance play

Week 14

Inversion adventure

- Basics of an inversion, we practice against a wall, and with a partner (hand-stand with the 7 year-old-student)
- looking upside-down
- yoga-spy-glass
- topsy-turvy world

Week 15

The gifts

- Give them the butterflies, and have a free class
- Playing the favorite games from our time together.
- Balance and core play

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<u>Theme/Yamas as Values and Healthy Habits</u>	<u>Poses</u>	<u>Games</u>	<u>Questions for thought:</u>	<u>Books for potential use class:</u>
	-poses listed are suggestions and we'll get through as many as we can!	-these are suggestions of games that may be played during class but not all and not every time.	-suggested topics for conversation, to be done for a few minutes in the beginning of class or integrated throughout class.	
<i>Ahimsa</i> - living in peace...cultivating a non-violent attitude towards one another, Being thoughtful	<ol style="list-style-type: none"> 1. Warrior I/ II(surfing) 2. Triangle 3. Chair 4. Tree 5. Warrior III 	<ol style="list-style-type: none"> 1. Trees in the Forest 2. Yogi Says 3. Catch/Pass The Fly 	<p>Question: When were you violent/mean or hurtful to someone else and it made them upset?</p> <p>What can do instead of using violence?</p>	A short briefing on Dr. Martin Luther King Jr. and/or Gandhi
<p><i>Satya</i>= truth telling/honesty</p> <p>Helping kids to learn the importance and value in telling the truth, realizing/ understanding the impact that our behavior has on others.</p>	<ol style="list-style-type: none"> 1. Bridge 2. Half-wheel 3. Wheel pose 4. Camel 5. Splits 	<ol style="list-style-type: none"> 1. Telephone 2. Yogi Surprise (hiding a card under the mat, having someone leave the room, come back in and guess) 3. Yogi's Voice/ Choice 4. Take turns passing the ball and tell about a time when you felt that you could have told the truth and it would have made things better 	<p>Do you remember a time when someone lied, and it was hurtful to you or someone you love?</p> <p>How has telling the truth helped you?</p>	<p><u>I'm Telling The Truth</u></p> <p>A book to help kids in making the right choices and in telling the truth.</p>

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<p><i>Asteya</i>= non-stealing/ not taking something that belongs to someone else</p> <p>Learning the importance of respecting the property and personal space of others, very important!!</p>	<ol style="list-style-type: none"> 1. Bridge 2. Half-wheel 3. Wheel pose 4. Camel 5. Splits 	<p>-Thankful ball pass, 1st with hands, then feet</p> <p>-Ball pass with in plow</p> <p>-Dancing streamers, taking turns</p> <p>-Scarf toss/ taking turns</p>	<p>Has anything ever been stolen from you, if so, how did it make you feel?</p> <p>What can happen when other people invade your personal space?</p>	<p><u>Help me be good</u></p> <p>A book on respecting the property of others.</p>
<p><i>Aparigraha</i>= (non-greed) not being excessive, non-possessive, respecting the possessions and belongings of others. Not taking things that you do not absolutely need.</p>	<ol style="list-style-type: none"> 1. Windmill 2. Group Monkey Pose 3. Laughing Loons 4. Ball Pass in Plow Pose 5. Group Flower Pose 	<p>-Toe-Ga</p> <p>-String Ball, roll ball around circle, and make a giant web</p> <p>-Roller Coaster</p> <p>-Ball Pass</p> <p>-Bell Game</p>	<p>What does it mean to be greedy? Have you ever been greedy? How can we avoid being greedy?</p> <p>A: We can be more generous.</p>	<p><u>How the Grinch Stole Christmas</u></p> <p>By Dr. Seuss</p>