



# Kids Yoga Level 1 Lesson Plan

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## Purpose:

The purpose of this document is to assist the class teacher with level 1 Kids yoga lesson plan to impart effective nurturing.

## Procedure:

**Age Group:** 3.5 + years

- Assess the child using the prerequisites before enrolling.
- If there are 3 or more children above a certain age group plan a separate class for them. For example if there are 3 children in the 7 years age, plan a separate class for them.

## Prerequisite:

A normal healthy child.

## Goals:

- Warm up exercise
- Relaxation Techniques
- Posture Control & Management
- Learn 16 Yoga Postures

## Steps:

1. Follow the daily lesson plan and the documents reference book to impart effective learning for the students. The goal is to complete the program in 30 classes. Before starting the class, note down the start date, end date and holidays for this program.
2. When planning for 30 classes, plan for 30 + 1 extra class when the program overlaps with Vijayadasami and Christmas Holiday season. When the students come back from these two holidays, this extra day can be used to perform a review session before we continue with the regular flow of the program.
3. Compensation Class: Compensation class to be conducted when school is closed due to weather conditions or corporate meetings or special school programs. Compensation class must be conducted the same week or the following week and not to exceed the 3 classes schedule. No compensation class for holidays.



4. Teacher shall discuss with the Center Head regarding the compensation class and it has to be intimated to the parents via SMS or Hand outs. The template is provided.
5. Classroom must be spacious and inviting for the students. Each student should have enough space to sit and move around. Teacher should teach from a position where the students can clearly see and hear the teacher.
6. The teacher student ratio is 1:15.
7. Assess students skill level, behaviour pattern (slow recognition, shows interest in learning), find out if they have yoga class in their regular school. If they do have yoga classes find out about their teaching pattern, compare notes, and if there is a conflict in the teaching pattern, we should educate parent and do not enroll the student in our program. Student cannot learn a new skill using two different systems. This will confuse the student and they will show no interest.
8. The Counselor and the Teacher shall assess the child's learning style by performing few activities and capture the details in the assessment report. Please review the guidelines on how to assess the learning style.
9. Assess the child's learning style, with the help of the sample activity sheets. Retain the copy for the school record and update the same in the assessment report. Teacher shall observe the learning style for the first four weeks and update assessment report accordingly.
10. The Counselor shall update Assessment report when the child enrolls for the program and the Teacher shall update the Childs level at the beginning of the program in the Assessment Report. Assessment report template is provided along with the guide.
11. Depending on the student's yoga level, start the class from that point onwards. Warm up and Yogic sleeping procedure is the same regardless of the student level.
12. Teachers must practice the postures, techniques as instructed in the reference sheet before conducting the class. This will provide a good structure to the teaching.
13. Teachers shall review week's curriculum on eShine and make all the activity sheets ready for the class.
14. Practice yoga with the students in a spacious room, clear of any sharp objects, furniture or breakable items.
15. Use yoga mats while practicing yoga.
16. If any pose is painful or uncomfortable, do not let the student overstretch, let them build up their flexibility over time. Do not focus much on breathing control at this



- level, focus on posture control. Breathing control and management can be developed at later stages (levels).
17. Posture Control & Management: Remind the students to lengthen and elongate their spine during each posture.
  18. Relaxation Techniques: Yogic sleep 2-5 min. (count to 100) has to be followed at the end of every class.
  19. Call out the names of different postures randomly and observe how the children are able to relate and demonstrate the postures.
  20. Suggest parents to talk to their children and make them practice the postures for minimum of 5 minutes every day.
  21. Take pictures of the student's postures once they gain control. This can be used for display and other internal use.
  22. Keep the student records in an organized manner and in a secure place.
  23. A short note on the student's progress has to be presented to the parent once a week. Pick a date that is suitable to provide feedback.
  24. Schedule a time with each parent at least a week before the completion of the program, to review progress and graduation.
  25. Preparation for Graduation: This event happens at the last day of the camp. An updated Assessment Report, Certificate of completion has to be kept ready. The Parent feedback form and Continuation form has to be sent to the parents prior to the Graduation Day. Request the parents to bring the Feedback form on the Graduation Day. A copy of the assessment report, schedules and feedback form should be kept for school records. Discuss your observation with parents at each level. Close the meeting with a photograph individually taken with the students and also one with the parent(s). Photo session is optional.
  26. Determine in the very first month whether the student will be able to complete the program in 3 months. If the student does not complete the program in 3 months, capture the facts and present it to the parents plus discuss anticipated extended duration to complete this level. The facts being presented have to be communicated to the parents on the regular weekly meetings and monthly review meetings. Suggested extended duration can be month-to-month for easy management and administration of the program.
  27. Guest Child: They are enrolled for three classes for Trial purpose. Teacher can recommend the outcome based on the assessment. [Teacher shall also create an assessment report for a guest child. Assessment report shall be given to the parents and retain a copy for school records.](#)



## About Learning Style and Evidenced Based Training: Refer eShine

**Program Schedule:** 3 days a week; 45 minutes each class - 30 Classes

**NOTE:** Day 8 of every month (or) Day 8, 16 & 24 of the program, teachers must do two EQ activities (15 mins each) as per the MBC EI Activity Guidelines.

### Yoga Reference Sheets Enclosed

Time	Daily Activity Schedule – Kids Yoga
5 min	Interaction – Warm up session
5 min	Laughing Therapy
10 min	Review
15 min	Yoga Lesson Plan
5 min	Yogic Sleep
5min	Reward

### Laughing Therapy - Benefits

#### Feel-good hormones:

Laughing leads to the release of endorphins which has been scientifically shown to carry messages of attachment and bonding. It stimulates feelings of caring and forgiveness in addition to acting as a natural painkiller. Endorphins create a positive state of mind and boost optimism, self-confidence and feelings of self-worth.

Laughing has benefits like:

- Our lymphatic system is massaged and our immune systems boosted.
- It strengthens your immune system
- It enhances your cardiovascular flexibility
- It increases your motivation
- It helps you think more clearly and increases your intellectual performance
- It improves your information retention (memory)
- It increases your creativity
- It develops your abdominal muscles



## Daily Lesson Plan:

### Month - I

Date	Theme & Activity
<ul style="list-style-type: none"> <li>• Day 1</li> </ul>	<p><b>Warming Up</b></p> <ul style="list-style-type: none"> <li>• Head Roll / 1, 2 &amp; 3.- Refer YOG 001</li> <li>• Jiggling/Rag Doll – Refer YOG 002/YOG 003</li> </ul> <p><b><u>Activity</u></b></p> <p><b><u>Laughing Therapy</u></b></p> <p><b><u>Greeting Laughter</u></b></p> <ul style="list-style-type: none"> <li>• Greet everybody the way you normally greet in Indian style and Western style (e.g. Namaste and shake hands) and replace words with laughter.</li> </ul> <p><b><u>Yogic sleep Refer Page no.()</u></b></p>
Day 2	<p><b>Warming Up</b></p> <ul style="list-style-type: none"> <li>• Review Day 1</li> <li>• Shoulder Shrugs/1- YOG 004</li> <li>• Sitting Palm Stretch/1,2&amp;3 - Refer YOG 005</li> </ul> <p><b><u>Activity</u></b></p> <p><b><u>Laughing Therapy</u></b></p> <ul style="list-style-type: none"> <li>• Sit on a chair with your hands on your lap.</li> </ul>



	<ul style="list-style-type: none"> <li>• Clap your hands sideways and laugh Ho Ho and He He.</li> <li>• Start slowly and then gradually increase the speed.</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 3	<p><b>Object Pose</b></p> <ul style="list-style-type: none"> <li>• Review Day 2</li> <li>• Mountain Pose /1- Refer YOG 006</li> <li>• Palm Tree Pose/1- Refer YOG 007</li> </ul> <p><b><u>Activity</u></b></p> <p><b><u>Laughing Therapy</u></b>  <b><u>Ha Ha Ha Mountain pose</u></b></p> <ul style="list-style-type: none"> <li>• Have the children begin by standing with their feet together, toes apart, shoulders up tall and hands on their bellies.</li> <li>• Have them inhale and feel their bellies expand; as they exhale, have them force out a ha-ha-ha.</li> <li>• Repeat this four to five times and the room is laughing.</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 4	<b>Object Pose</b>



	<ul style="list-style-type: none"> <li>• Review Day 3</li> <li>• Swaying Palm tree Pose/1&amp;2- Refer YOG 008</li> </ul> <p><b><u>Activity</u></b></p> <p><u>Laughing Therapy</u></p> <p><u>Swaying Tree</u></p> <ul style="list-style-type: none"> <li>• Divide the class into teams with 2 children in a team.</li> <li>• One child has to use his/her pointer finger and keep moving it and the other child has to act as a tree swaying in the wind.</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 5	<p><b>Animal Pose</b></p> <ul style="list-style-type: none"> <li>• Review Day 4</li> <li>• Butterfly Pose/1- Refer YOG 009</li> </ul> <p><b><u>Activity</u></b></p> <p><u>Laughing Therapy</u></p> <p><u>Laughter hiccup greeting</u></p> <ul style="list-style-type: none"> <li>• Add a hiccup to your laughter as you greet people in the manner of your choice.</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 6	<p><b>Animal Pose</b></p> <ul style="list-style-type: none"> <li>• Review Day 5</li> <li>• Frog Pose/1- Refer YOG 010</li> </ul>



	<p><b><u>Activity</u></b></p> <p><u>Laughing Therapy</u></p> <p><u>Electric Shock Laughter</u></p> <ul style="list-style-type: none"> <li>• Imagine that everything you touch gives you a shock of static electricity (shaking hands, touching the wall, touching your shoes, etc.</li> <li>• Jump each time it happens and make it happen a lot.</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 7	<p><b>Warm up</b></p> <ul style="list-style-type: none"> <li>• Review Day 6</li> <li>• Windmill Circles - Refer YOG 011 &amp;</li> </ul> <p><b>Animal Pose</b></p> <ul style="list-style-type: none"> <li>• <b>Downward Dog Pose - Refer YOG 012</b></li> </ul> <p><b><u>Activity</u></b></p> <p><u>Laughing Therapy</u></p> <p><u>Cell Phone Laughter</u></p> <ul style="list-style-type: none"> <li>• Hold an imaginary cell phone to your ear and laugh.</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 8	<p><b>EQ Activity</b></p> <ul style="list-style-type: none"> <li>• <b>Refer to MBC EI Activity Guidelines, Activity no.1 &amp; 2-Level I</b></li> </ul> <p><b><u>Activity</u></b></p> <ul style="list-style-type: none"> <li>• <b>Review Day 7- Windmill circles</b></li> </ul> <p><u>Laughing Therapy</u></p>





	<u>Gradient Laughter</u> <ul style="list-style-type: none"> <li>• Fake a smile giggle, then laugh slowly and gradually increase the tempo and volume.</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 9	<p><b>Animal Pose</b></p> <ul style="list-style-type: none"> <li>• Review Day 7 –<b>Downward Dog Pose</b></li> <li>• Lion/1- Refer YOG 013</li> </ul> <p><b>Activity</b></p> <p><u>Laughing Therapy</u></p> <ul style="list-style-type: none"> <li>• Stand with your feet shoulder width apart.</li> <li>• Raise your hands like paws.</li> <li>• Open your mouth as wide as you can, stick your tongue out as far as it will go and open your eyes as wide as you can.</li> <li>• Now laugh as hard as you can.</li> <li>• Walk around laughing like this and move your body like lion.</li> <li>• Do this for about a minute, then let your face relax.</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 10	<p><b>Review</b></p> <p>Day 1 to Day 9</p>

## Month - II

Date	Theme & Activity
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Day 1	<p><b>Warming Up</b></p> <ul style="list-style-type: none"> <li>• Knee to chest /1-3- Refer YOG 015</li> <li>• Happy baby/1-3 - Refer YOG 014</li> </ul> <p><b><u>Activity</u></b></p> <p><b>Laughing Therapy</b></p> <p><b><u>Just laugh</u></b></p> <ul style="list-style-type: none"> <li>• Laugh as you shrug your shoulders and make a big smile as you try to convey the message with your eyes and body language "I absolutely don't know why I am laughing."</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 2	<p><b>Warming up</b></p> <p><b>Breathing</b></p> <ul style="list-style-type: none"> <li>• Review Day 1</li> <li>• Normal Breathing – Inhale and Exhale – Refer YOG 016</li> </ul> <p><b>Object Pose –</b></p> <ul style="list-style-type: none"> <li>• Chair Pose – Refer YOG 017</li> </ul> <p><b>Activity</b></p> <p><b><u>Laughing Therapy</u></b></p> <ul style="list-style-type: none"> <li>• Focus on your stomach and laugh Ho Ho</li> <li>• Focus on your chest and laugh Ha Ha</li> </ul>



	<ul style="list-style-type: none"> <li>• Change constantly between your abdomen and your chest up and down, and shout, "Ho ho, Ha ha, Ho ho".</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 3	<p><b>Warming up</b></p> <ul style="list-style-type: none"> <li>• Review of Day 2</li> <li>• Side arm Stretch/ 1&amp;2- Refer YOG 018</li> </ul> <p><b><u>Activity</u></b></p> <p>Laughing Therapy</p> <p><b><u>Hearty Laughter</u></b></p> <ul style="list-style-type: none"> <li>• Spread your arms up, look up and laugh heartily as you direct your laughter to come straight from your heart.</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 4	<p><b>Animal Pose</b></p> <ul style="list-style-type: none"> <li>• Review Day 3</li> <li>• Cow face Pose/1-5 – Refer YOG 019</li> </ul> <p><b><u>Activity</u></b></p> <p>Laughing Therapy</p> <ul style="list-style-type: none"> <li>• Imagine there is an apple in a tree.</li> <li>• Children have to tie their hands at the back and imagine biting the apple.</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 5	<p><b>Animal Pose</b></p>



	<ul style="list-style-type: none"> <li>• Review Day 4</li> <li>• Pigeon pose/1-3 – Refer YOG 020</li> </ul> <p><b><u>Activity</u></b></p> <p>Laughing Therapy</p> <ul style="list-style-type: none"> <li>• Imagine there a rope tied on both the ends of a tree.</li> <li>• Children have to imagine walking on the rope without falling.</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 6	<p><b>Animal Pose</b></p> <ul style="list-style-type: none"> <li>• Review of Day 5</li> <li>• Tortoise Pose/1-3 – Refer YOG 021</li> </ul> <p><b><u>Activity</u></b></p> <p>Laughing Therapy</p> <ul style="list-style-type: none"> <li>• Imagining standing on an ice.</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 7	<p><b>Animal Pose</b></p> <ul style="list-style-type: none"> <li>• Review Day 6</li> <li>• Camel Pose – Refer YOG 022 &amp;</li> <li>• Locust Pose/1-3 Refer YOG 023</li> </ul> <p><b><u>Activity</u></b></p>



	<p>Laughing Therapy</p> <ul style="list-style-type: none"> <li>• Tie a balloon.</li> <li>• Children have to bounce the balloon using their nose.</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 8	<p><b>EQ Activity</b></p> <ul style="list-style-type: none"> <li>• Refer to MBC EI Activity Guidelines, Activity no.3 &amp; 4-Level I</li> </ul> <p><b><u>Activity</u></b></p> <ul style="list-style-type: none"> <li>• Review Day 7-Camel Pose</li> </ul> <p>Laughing Therapy</p> <p><b><u>Follow the Leader</u></b></p> <ul style="list-style-type: none"> <li>• Give a balloon to a child.</li> <li>• Teachers have to give instructions like bounce the balloon using your head, shoulder, nose etc.,</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 9	<p><b>Object Pose</b></p> <ul style="list-style-type: none"> <li>• Review Day 7-Locust Pose</li> <li>• Boat Pose/1-3 – Refer YOG 024</li> </ul> <p><b><u>Activity</u></b></p> <p><b><u>Laughing Therapy</u></b></p> <p><b><u>Engine Laughter</u></b></p> <ul style="list-style-type: none"> <li>• Start an "engine" in four laughs:</li> <li>• Ha, ha ha, ha ha ha, ha ha ha ha ha ha</li> <li>• Once started you can do the physical motions youu would do if your "engine" was indeed working.</li> <li>• You can drive the "engine" around the room acting as a car, a lawn</li> </ul>



	mower, a boat engine, a racing bike, etc. <b>Yogic sleep Refer Page no.()</b>
Day 10	<b>Review</b> Day 1 to Day 9

### Month - III

Date	Theme & Activity
Day 1	<b>Warming up</b>  <b>Breathing</b>  Normal Breathing – Inhale and Exhale- Refer YOG 016  <u><b>Activity</b></u>  <u><b>Laughing Therapy</b></u>  <u><b>Argument Laughter</b></u> <ul style="list-style-type: none"> <li>• Divide the class into two groups.</li> <li>• The two groups have to stand facing each other.</li> <li>• Use your pointer finger and argue with one another, but rather than yelling, they laugh.</li> </ul> <b>Yogic sleep Refer Page no.()</b>
Day 2	<b>Object Pose</b> <ul style="list-style-type: none"> <li>• Threading the needle Pose /1-3 – Refer YOG 025</li> </ul> <u><b>Activity</b></u>  <u><b>Laughing Therapy</b></u>  <u><b>Milkshake Laughter</b></u> <ul style="list-style-type: none"> <li>• Imagine having two glasses in your hands.</li> <li>• Mix the milkshake and drink it.</li> <li>• Laugh while mixing and drinking the milkshake.</li> </ul>



	<b>Yogic sleep Refer Page no.()</b>
Day 3	<p><b>Warming up</b></p> <ul style="list-style-type: none"> <li>• Review Day 2</li> <li>• Cobra Pose/1-4- Refer YOG 026</li> </ul> <p><b><u>Activity</u></b></p> <p><b><u>Laughing Therapy</u></b></p> <p><b><u>One Meter Laugh</u></b></p> <ul style="list-style-type: none"> <li>• Extend your left hand and measure using your right hand.</li> <li>• Say He he while measuring.</li> <li>• Extend both your hands and say Ha Ha.</li> <li>• Do this slowly and then increase the speed.</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 4	<p><b>Animal Pose</b></p> <ul style="list-style-type: none"> <li>• Review Day 3</li> <li>• Twisting Cobra Pose/1-3 – Refer YOG 027</li> </ul> <p><b><u>Activity</u></b></p> <p><b><u>Laughing Therapy</u></b></p> <p><b><u>Tickle Laugh</u></b></p> <ul style="list-style-type: none"> <li>• Make a sound mmmmm..... and tickle yourself and laugh.</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>



Day 5	<p><b>Animal Pose</b></p> <ul style="list-style-type: none"> <li>• Review Day 4</li> <li>• King Cobra Pose/1-4- Refer YOG 028</li> </ul> <p><b><u>Activity</u></b></p> <p><b><u>Laughing Therapy</u></b></p> <p><b><u>Wiggly Laugh</u></b></p> <p>Wiggle like a worm and laugh.</p> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 6	<p><b>Animal Pose</b></p> <ul style="list-style-type: none"> <li>• Review Day 5</li> <li>• Fish Pose/1-3 – Refer YOG 029</li> </ul> <p><b><u>Activity</u></b></p> <p><b><u>Laughing Therapy</u></b></p> <ul style="list-style-type: none"> <li>• Bend your body and arms backwards and laugh.</li> </ul> <p><b>Yogic sleep Refer Page no.()</b></p>
Day 7	<p><b>Object Pose</b></p> <ul style="list-style-type: none"> <li>• Review Day 6</li> <li>• Bridge Pose/1-3 – Refer YOG 030</li> </ul>





	<p><b><u>Activity</u></b></p> <p><u>Laughing Therapy</u></p> <ul style="list-style-type: none"> <li>Lie down on the floor. Keep your body straight and laugh.</li> </ul> <p><b>Yogic Refer Page no.()</b></p>
Day 8	<p><b>EQ Activity</b></p> <ul style="list-style-type: none"> <li>Refer to MBC EI Activity Guidelines, Activity no.5 &amp; 6-Level I</li> </ul> <p>Review - All Poses</p>
Day 9	<p>Review- Any Poses pending for review quickly.</p> <p>Assessment</p>
Day 10	<p>Parent Teacher Conference /Graduation</p>

Staff: Congratulations for the job well done in completing Level 1. Please write your observations and recommendations for continual improvement of this program and turn it to the management team.