



PEF Summer, *At Home Edition* – Lesson Plan

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| Class: SCHOOL Kids Yoga & Mindfulness | Grade Band: 2-5 |
| Teacher: Ms. Kelly Wood | Lesson: 5 |
| Objectives: SCHOOL Meditation – Calm Brain Calm Heart. Learn that SCHOOL Meditation helps us to have a Calm Brain for focus and a Calm Heart for peacefulness. | Vocabulary: Calm Breathing, Calm Heart, Our Hearts Are Calm Today, SCHOOL Meditation, Calm Brain Calm Heart |

Process:

An important part of SCHOOL Kids Yoga practice is called SCHOOL meditation. What is it? SCHOOL meditation is where we sit nice and tall. We move our hands in a specific way to help us focus. We repeat positive words so that we are more peaceful. SCHOOL meditation helps us to have a Calm Brain to focus and a Calm Heart to be peaceful. When we are focused and peaceful, we are helpful to others. Very importantly our learning opens and gets much better with a Calm Brain and Calm Heart. Let's learn and practice the SCHOOL meditation, Calm Brain Calm Heart.

Review of Calm Breathing: Calm Breathing is in through the nose and out through the nose. Nose and nose breathing – not with the mouth. We always remember our Calm Heart when we take a Calm Breath in and a Calm Breath out. We must practice Calm Breathing every day to have a Calm Heart. **Please note** – during the SCHOOL meditation we are repeating words. We take a Calm Breath in each time before repeating the words.

SCHOOL Meditation – Calm Brain Calm Heart

Sit in Easy Pose on the ground, ankles crossed, sitting nice and tall. Another option it to sit on a chair. Sit tall without leaning back onto the chair, have feet on the ground. **2.** Rub hands together and place hands in a Calm Heart at center of chest **3.** Take 2 Calm Breaths in and Calm Breaths out **4.** Take a Calm Breath in and say three times, “Our Hearts Are Calm Today” (taking a Calm Breath in between each of the three rounds). **5.** Take one Calm Breath in and Calm Breath out **6.** Eyes stay open looking down a point on the floor. Hands are on the knees with palms facing up. We touch the thumbs to specific fingers with these words: “Calm” – thumbs touch index fingers; “Brain” – thumbs touch middle fingers; “Calm” – thumbs touch ring fingers; “Heart” – thumbs touch little fingers. We repeat for 1 minute. **7.** End practice with Easy Pose (seated with ankles crossed) with hands in Calm Heart at center of chest. Take a Calm Breath in and a Calm Breath out, one more Calm Breath in and then say, “Calm Hearts.” Remember that SCHOOL meditation helps us to have a Calm Brain for focus and a Calm Heart to be peaceful. Our learning opens and gets better.



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