

# King's Land Tales



## The Warrior Princess Lesson Plan For Children's Yoga Teachers: Obstacle is The Way (Ages 3-6)

### Introduction:

This lesson plan explores the concept of obstacles. In every journey, in every day, there are obstacles, be they small and easy to overcome or large ones that require more effort or creativity on how to face and deal (or be) with them. Sometimes obstacles can be physical and other times they can be something we tell ourselves about ourselves. This lesson plan touches on both, nourishing the seed of belief in oneself that can empower us.

As with every practice, it is important to set an intention and to connect to your breath. This focuses the mind and makes us aware of a deeper connection to the body.

*(Teachers/parents: for more information regarding helping a child set an intention please read this article)*

<http://yogachicago.com/2014/01/help-a-child-set-an-intention/>

*(For a spot on article on the science behind breathing in Yoga, check out this link.)*

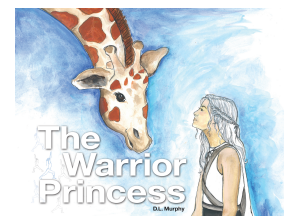
<https://upliftconnect.com/the-science-behind-breathing-in-yoga/>

**Intention:** To help students see obstacles differently, as a worthy challenge that may require creativity in handling them. To help students connect to their body through breath control and meditation. One of the best ways to help a child face obstacles is to give them tools that empower them. Connecting to their breath helps children control their body and their thoughts. With practice children can learn through breath control and meditation to reduce anxiety and improve their focus. These are great tools for facing, overcoming, or finding pathways around obstacles.

**Energetic Effect:** Balancing, stabilizing, grounding

**Intended Audience:** Children ages 3 through 6. Modify to fit your class and time constraints. You know your class better than anyone. Make this your own and have a great time. Yoga for children is about fun and cultivating a passion for yoga. Create positive energy. Be sure to tailor the plan to their attention span. If something proves too long, shorten it. Leave your children wanting more.

**Supplies Needed/Suggested:** The Warrior Princess Book, Yoga Picture Cards, \* crayons, markers, and/or colored pencils, drawing paper, Listening Bells



## **Tune In**

Students seated at top of their mats. Mats can be arranged in a circle.  
Listening Bells - signals the time is ready to tune in

## **Group Discussion**

**Your discussion and class flow can go something like this (written in italics):** *What is an obstacle? (Pause for answers). An obstacle is anything that gets in the way. For example, if you left your toys or back pack in the doorway, that might slow you down or stop you from getting through the doorway easily. If your brother, or sister stands in front of the TV while you are trying to watch it, they are an obstacle because you can not see through them. Can you think of anything else that might be an obstacle? Well today we will think about different kinds of obstacles even ones that we think about ourselves. Mostly we may think of obstacles as being something to get past. It is also true that obstacles can make us stronger. They can help you be a better you. That's the case in the story I'd like to read to you, then we will do our yoga practice.*

## Read The Warrior Princess

*To begin our yoga practice, sit up straight and tall in a comfortable seated position. Let's set an intention (a san culpa) for your practice today. When you think about your intention think about why you are here and what you'd like to get from today's practice. Ask yourself "Why am I here?" Perhaps you want to get stronger. Your intention can be a word or a phrase. Here are some examples, "to help my body feel better inside and out," "to learn yoga." As you are doing yoga, you can think about your intention.*

Moment of Silence/set your intention

**Breath Awareness** *To begin our journey, let's focus our minds by connecting to our breath.*  
Flower Hands Breath

**Sun Salutations/Warm Up** *Our bodies need to warm for the journey and so we begin by saluting the sun.*

3 Sun Salutations A\* (Surya Namaskar A)

**Asanas** (The poses are listed in the order they appear in the following narrative.)  
These poses are recommended for beginners and younger children.

Fox ( Downward Facing Dog - Adho Muhka Svanasana)

Tree (Vrksasana) (RL)

Forest (hands touch neighbors in Tree pose to create the forest; Partner/Group Pose)

Warrior I (Virabhadrasana I) RL

Giraffe ( Parivrtta Prasarita Padottanasana) RL

Warrior I (Virabhadrasana I) RL

Lion (Simhasana)

Cobra (Bhujangasana)

Rock (Child's Pose - Balasana)

If you have been working with your children for awhile you may want to incorporate some of these poses as the children are ready.

Plow (Halasana)

Boat (Navasana; can be a Partner Pose)

Bridge (Setu Bandha Sarvangasana)

Butterfly (Baddha Konasana)  
Bear (Merudandasana)  
Frog (Bhekasana)

*Our journey takes us on a path through a field where we see a **fox** sunning himself near a **tree**. The tree is the beginning of a huge **forest**. We are **warriors** strong and brave, we wave to a tall **giraffe** eating leaves from the top of a tree. We **warriors** journey on, ready to face obstacles as we make our way along the path. The first obstacle we see is a **lion**. Lions can be ferocious, but we are brave so we greet him with a friendly lion roar back. Rrrroar!. Our roar startles a snake! It's a **cobra** so we greet him too. Ssssss. The cobra slithers under a huge **rock**, a boulder. (If your class is young and less experienced end with:) We see a **butterfly** land on a bear. The **bear** sneezes and surprises a **frog** who hops away.*

*(Otherwise keep adding to your story with the rest of these poses for an older more experienced class.)*

*The boulder is blocking our path so we get out our **plow** and make a new path around the boulder. Our path takes us deep in the woods where it is dark and scary, so we light a **candle** to see better. We spy a **boat** and take it across the lake. Reaching the other side, we don't know where to go, so we turn and look right, then turn and look left (**Supine Twist RL both knees**). We spy a **bridge**. We cross it and turn and look right and we turn and look left (**Supine Spinal Twist RL one knee**). We see a **butterfly** land on a bear. The **bear** sneezes and surprises a **frog** who hops away.*

**Modified Obstacle Game** (This version of the game is for younger children who have less experience with yoga poses. 5-6 year old children who have learned many yoga poses can do the regular unmodified Obstacle Game.) The teacher decides ahead of time the number of poses, basically one per student, and everyone does the same pose to reinforce familiarity with the poses. To begin, the group forms a circle and one child is "it" and chooses a pose from the Yoga Pose Cards. The child then chooses a second card. If it's a match, everyone does the pose together and the child who is it makes their way around, over, under, through each obstacle (yoga pose). When the child has made it back to their place, the next child tries for a match. Again, if it's a match, everyone changes to the new yoga pose, and the child that is it makes their way around, over, under, etc., the pose and returns to their seat. The game continues until everyone has had a chance to be it. This could be the perfect time to talk about obstacles and how facing them makes us stronger and more creative of how to overcome or go around so that our journey is a success. Once everyone has had a turn, transition to quiet.

### **Transition to Quiet**

Relax the breath - Deep Belly breathing on the back for breath awareness

*Everyone return to your mat for some deep belly breathing, then we will go on a Magic Carpet Ride. Lie on your back and sink deeply into your mat. Place one hand on your belly and one hand on the ground. Inhale into the belly. Exhale as the belly button drifts back toward the floor.*

### **Guided Visualization**

Guided Visualization - The Warrior Princess Magic Carpet Ride

As you lie still on your mat, feel your body begin to soften and relax. As you gently close your eyes, you realize you are not just lying on a yoga mat, you are relaxing on your very own magic carpet. It's very comfy and your favorite color. Your whole body is relaxed on your magic carpet. Your toes and feet are relaxed, your legs are relaxed. Your bottom, back, tummy and chest feel soft and relaxed. Your fingers and hands are relaxed, your arms and shoulders are

relaxed. Your whole face is relaxed, your eyes, your ears, nose, cheeks, mouth, tongue, teeth, lips. Your whole body is soft and relaxed on your magic carpet.

Ever so gently your magic carpet begins to lift you up into the air. You feel safe and relaxed and can go wherever you like. Your carpet begins to lift you right up out of the building and into the beautiful, bright blue sky. As you glide through the clouds, you see our friend the fox in a field below. He's in a beautiful field. He gives you a sly wink and you wave to him joyfully. This is a nice day for a magic carpet ride. You pass a beautiful peacock, and a green frog. You soar up and up past a very tall giraffe. The breeze lightly blows your hair back as you soar higher into the clouds. The clouds are fluffy and soft. Some are even in the shapes of your favorite animals. From your magic carpet you see a stone wall.

As you soar over the stone wall, you enter a beautiful garden, where there are trees to climb, flowers with wonderful scents and happy, frolicking animals. This is your garden and you are very happy here among your friends. You are peaceful. You feel the peace in your body. You feel the peace in your heart. You share that peace and happiness with your friends. (*Allow a minute or two to pass*). It's now time to take your magic carpet back home.

Back on your magic carpet, you sail for home, passing the peacock and the peacock notices how beautiful you are. You pass the frog and the frog admires your color. You fly over the giraffes head and giraffe smiles at how high up you can go. You pass the fox and he winks and says, my young Yogi, what all did you see?

### **Meditation**

Welcome back from your journey. Let's take a couple of deep breaths, inhale in, exhale out inhale in, exhale out. Take a few breaths on your own and when you're ready turn to your side and slowly come up to a seated position. Sit tall, eyes closed, hands on your knees. So Hum (I am that) 3x, 2 rounds or Loving Kindness Meditation.\*

### **Creative Expression**

Write or draw about what you saw on your magic carpet ride. Share your thoughts and/or picture if you would like with the class. (After class, we'd love to hear from you. Please share your thoughts and pictures at [kingslandtales.com](http://kingslandtales.com).)

### **Closing**

Sa Ta Na Ma\* Truth is my name.

Namaste (when you say namaste, you are saying **“the light in me honors the light in you.”**)

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\* Find these free resources and their explanations under the Toolbox button in the Engage section of the King's Land Tales website.