

King's Land Tales



The Warrior Princess Lesson Plan for Children's Yoga Teachers: Obstacle is The Way (6-9)

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 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.)

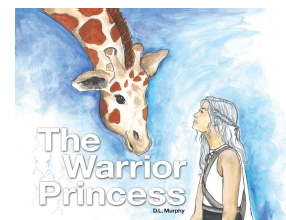
<https://upliftconnect.com/the-science-behind-breathing-in-yoga/>

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 6 through 9. 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.

Also review The Warrior Princess lesson plan for 3 to 6-year-olds. You may prefer some of the options provided there. Feel free to sample from each and create your own sequence that fits your class.



Supplies Needed/Suggested: The Warrior Princess Book,
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.*

Moment of Silence/set your intention

Breath Awareness *To begin our journey, let's focus our minds by connecting to our breath.*
Alternate Nostril Breathing (Anuloma Viloma)

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)

3 Sun Salutations B (Surya Namaskar B) (optional if less experienced group)

Asanas (The poses are listed in the order they appear in the following narrative.)

Fox (Downward Facing Dog - Adho Muhka Svanasana)

Tree (Vrksasana) (RL)

Forest (hands touch neighbors in Tree pose to create the forest)

Warrior Flow Right side: Warrior I (Virabhadrasana I) R > Warrior II (Virabhadrasana II) R >

Reverse Warrior (Viparita Virabhadrasana) > Triangle (Trikonasana) > Extended Side Angle (Utthita Parsvakonasana)

Giraffe (Parivrtta Prasrita Padottanasana) RL

Warrior Flow Left side: Warrior I (Virabhadrasana I) L > Warrior II (Virabhadrasana II) L >

Reverse Warrior (Viparita Virabhadrasana) > Triangle (Trikonasana) > Extended Side Angle (Utthita Parsvakonasana)

Lion (Simhasana)

Cobra (Bhujangasana)

Rock (Child's Pose - Balasana)

Plow (Halasana)

Candle (Shoulderstand - Salamba Sarvangasana)

Boat (Navasana)

Supine Twist (Jathara Parivartanasana) both knees RL

Bridge (Setu Bandha Sarvangasana)

Supine Spinal Twist (Supta Matsyendrasana) one knee RL

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** (can be done dynamically, **right side first, Warrior I > Warrior II > Reverse Warrior > Triangle > Extended Side Angle**) strong and brave, we wave to a tall **giraffe** eating leaves from the top of a tree. We **warriors** (**left side, Warrior I > Warrior II > Reverse Warrior > Triangle > Extended Side Angle**) 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. Our roar startles a snake! It's a **cobra** so we greet him too. Ssssss. The cobra slithers under a huge **rock**, a boulder. 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.*

Obstacle game

Group forms a circle and everyone gets into a yoga pose of their choosing. One child is "it" and makes their way around, over, under, through each obstacle (yoga pose). When the child has made it back to their place, everyone changes to a different yoga pose and the next child goes. 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

Happy Baby pose (Ananda Balasana)

Supine Spinal twist (Supta Matsyendrasana) one knee RL

Guided Visualization

Relax the body with a Body Scan*

Relax the breath - Count each breath backwards 10 inhale, 10 exhale, 9 inhale, 9 exhale, etc

Read [The Warrior Princess](#) (a minute or two of silence after reading)

Meditation

Sit tall, eyes closed, palms up, pointer finger and thumbs touch, 1-3 minutes focused on their breath, slow inhalation, slow exhalation or choose one of the following meditations:

Loving Kindness Meditation*

So Hum (I am that)

Creative Expression

Write or draw about what you think she saw. 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.)

Closing

Om, Shanti Shanti Shanti (peace, peace, peace)

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.