

Grades 3 – 5, Classroom Setting, Community Lesson Plan

Instructor: Stephanie Swift

Community: Grades 3 – 5, Classroom Setting

Plan Creation Date: May 1, 2013

Yoga Calm Principle/Lesson Goal: *Community*

Materials: Props/ Music/ Lights: Music, CD player, lights dimmed, drum, worksheet copies

Review last lesson – What did we learn last time I came to visit?

Class Plan

Calm

- *Belly Breathing* – with Hoberman Sphere: 5-6 Breaths – Classroom leader (student) will lead and choose a counter. After completion student leader/ counter will receive two complements, student may choose to call on classmates.

Activate

- *Archetype Game* – Page 105 Yoga Calm Book – List some archetypes on board have student input and help. Joker (Batman), Strong King/ Queen (Lion King), Clown (Finding Nemo- Clown Fish), nicest friend, school gossip, explorer, bear in a cave, ninja/warrior, etc. Explain and play archetype game and rules of the game. Demonstrate an example. Drum beats four times, I grow into a statue of the archetype and freeze, and when the drum begins to beat again I walk as that character / archetype would walk. No touching others, if we get to wild we'll have to sit out, be silent.
- *Worksheet* (Below) – Have students share answers

Calm

- *Volcano Breath 5-6* – Classroom leader (student) will lead and choose a counter. After completion student leader/ counter will receive two complements, student may choose to call on classmates

Archetype Lesson: We Need Different Behaviors for Different Situations

NAME _____ DATE _____

Which archetype was easiest to act out?

How did you move and what did you picture while you were the above archetype?

Which archetype was hardest? Why do you think it was hard?

If you had to pick an archetype to be all of the time which archetype would it be?

Which archetype do you think represents an animal? What animal would it be?

Why do you think it is important for us to have different behaviors for different situations?

Think of a time when having an archetype could keep you safe which archetype is it and why?

Think of a time when having a different archetype could help you stand up for yourself which archetype is it and why?

Think of a time when having a different archetype could help you be a better friend which archetype is it and why?

Do you think we have all of these archetypes in our communities?

Why is important to understand the archetypes we might have in our communities?