

CLASS PLAN

INVENTORS (CHARLIE + THE CHOCOLATE FACTORY)

www.sarahmillsyoga.com

5-7 YEARS OLD

Resources:

Music: Laurie Berkner- My energy

Props: hat, Malteasers

Structure/Asana	Charlie & the Chocolate Factory
Sitting in a Circle	<p>Explain that we are going to think of our favourite sweet to put into Willy Wonka's hat. Imagine holding it in your hand. How does it feel? What colour is it? Is it big or small?</p> <p>Can you take a big breath in through your nose to smell it and when you breath out say 'haaaa'?</p> <p>As the hat comes round can you say what sweet it is.</p>
Story & Warm Up	<p>We've just found out that we have been given a golden ticket which means we are going on a special visit to the Chocolate Factory! Let's listen to the song and think about the different way we move our bodies on the way to the factory. <i>Play My energy- Laurie Berkner</i></p> <p>Move around room dancing to music, inviting chn to sing along and make it clear for children to follow cue. E.g I'm going to wiggle my legs (all wiggle legs).</p>
Sun salutation	<p>Come to the end of your mat and as we enter the room, it's really bright like the sun, so let's do a sun dance!</p> <p>Walk to the front of your mat, stretch up and bring the sun to the ground. Now walk the sunbeams along the ground, rest and feel the sunbeams on your back, (reverse).</p>
Chocolate Room: Cross Legged- Grass Sitting Twist	<p>As we walk around, there's lots of sugary grass in the way. Let's push it out the way and say "Swishy-swashy, swishy-swashy"</p>
Lotus	<p>Oh look there's a mint petal flavoured flower.</p>
Tree (Vrikasana)	<p>I can see a tree. Quick, let's climb it and get our binoculars out so we can see what else</p>

	is in the chocolate room. What can you see?
Chocolate River (Makarasana)	Let's dive into the chocolate river and have a swim.. And a drink!!
Boat (Navasana)	Who is that on the river? There are small people rowing a boat, who are they? Let's have a go at being the boat; a big boat and now a small boat. Maybe even a sunken boat!
Inventing Room: Pots (Dhanurasana)	Quick let's jump out of our boats and down the corridor. Left, right, and along to the Inventing Room. There are loads of pots bubbling away. Can you make your pot bubble, by rocking back and forth.
Oven- Table Top (Purvottanasana)	Oh look there is an oven cooking some rainbow sweets.
Gum Machine: Dandasana	Wow- what is that giant machine in the Inventing Room? The Gum Machine! Let's press down on the gum beneath us, with our legs, lifting one at a time. Blow out as you do so.
Prasarita Padottanasana	Now let's jump up and using our hands, press the gum onto one foot and then the other. Say squelch, squish as you do so. It's so sticky and guey!
<u>Partner poses:</u> <i>Table Top</i>	Find a partner and taking their hands, stretch out the gum.
<i>Lizard on Rock/ Child A gently places hand on Child B's back and switch</i>	Mould the gum ball. Taking it in turns. Be mindful of each others backs and talk to your partner. The ball is very delicate so we must press gently!
Rock back and forth	Almost ready -let's roll out our gum ball!
Seated	Now come to seated position, ready as a yummy gum ball. Have a few licks if you like.
Breathing	Bubble Gum Ball Balloon Breathe. Hands on tummy. Feel tummy expand as you inhale and get smaller as you exhale.
Malteaser Meditation	Hold it in your hand and what can you see?

	<p>Raise the chocolate to your nose and smell the chocolate. Slowly breathe in several times and focus on the different smells. Does smelling the chocolate trigger anything else in your body? Is your mouth watering? Are you having any thoughts, "Hurry up and let me eat the chocolate!" "What's taking so long?" If so, just bring your attention back to smelling the chocolate. Now slowly take a small bite of the chocolate, but do not chew it or swallow it. Notice the feeling and taste of the chocolate in your mouth. How does it feel as it melts? Notice the taste and sensations of the chocolate on your tongue. Move the chocolate around in your mouth. Try to notice the moment where you feel like you want to swallow. Slowly swallow the chocolate, focusing on the sensations. Notice any lingering tastes or sensations.</p>
End	<p>Come to a lying position and close your eyes. Imagine that the factory is completely closed down for the night. Let's relax our bodies. Squeeze and relax your... toes, legs, hands, tummy, shoulders, face. Now everything is very still and silent. Your body becomes very still.</p>