



Weeks 25 & 26 – Funky Monkey

Props- Yoga mats, fake bananas

Music- Any slow and soothing music

Game- Bananas



Warm-up

Remember to keep the warm-up the same and consistent. Stick to what you've done and occasionally add new stretches. You still have to concentrate on breathing. It doesn't hurt to pull out those Beanie Babies or use any prop for belly breathing.

Together Time

For this lesson talk about monkeys, act like monkeys, be silly! They love to make monkey noises! How about monkey faces? Today you will be doing the Monkey Pose.

First, review all poses with proper breathing that you have done already.

Pose #1- Butterfly (*Photo A*)

Pose #2- Child's Pose (*Photo B*)

Pose #3- Dead Bug (*Photo E*)

Pose #4- Mountain (*Photo F*)

Pose #5- Cat (*Photo G*)

Pose #6- Dog (*Photo H*)

Pose #7- Turtle (*Photo I*)

Pose #8- Rabbit (*Photo J*)

Pose #9- Lion (*Photo L*)

Pose #10- Final (*Photo K*)

Pose #11- Owl (*Photo M*)

Pose #12- Tree (*Photo N*)

Pose #13- Pigeon (*Photo O*)

Pose #14- Camel (*Photo P*)

New Pose #15- Monkey- Get out your plastic bananas! Place them on the ground in front of your YogaBears. Children should be told to use their bananas to reach.

Have the children begin standing. Teach them to bend at the waist. This is a difficult move for them. It's hard to teach a straight back while bending. As they bend, have them reach for the bananas. One thing to correct is the breathing. They inhale while standing, exhale while bending forward.

(See Photo Q) Monkey Pose

Key muscles used– *back and hamstrings*

Game Time- Bananas!

Have the children form a circle with their yoga mats. Have one person in the middle. Give all of the “monkeys” in the circle a banana.

The student (monkey) in the middle will call a yoga pose out. All of the monkeys should do that pose. After they all pose, the monkey in the middle chooses another monkey to join him in the circle.

The new monkey should pass their banana to the old monkey. The old monkey then returns to his/her mat to do the next pose.

Keep switching until all the children are in the middle for a turn.

Quiet Time

Relax by lying in Child's Pose. *(See Photo B)*

On hands and knees, push back to lower hips, drop tummy to rest on floor. Relax arms outstretched over head on the floor. Count to 20 and then sit-up slowly.

Handout

Use handouts for weeks 25 & 26

Move onto the gymnastics portion of class

-Namaesté-