

Let's make a lesson plan!!

You can refer to Syllabus **3. How to make Kids Yoga lesson.**

<https://www.pyramid-kids-yoga.com/kidsyoga-teacher-training-online>

1. Opening - **Rub your hands song**

2. Warm-up - **Yoga Clock**

Wind the bobbin up, Open Shut Them etc..

You can refer to this page <https://www.pyramid-kids-yoga.com/songs>

3. Sun Salutation for kids <https://www.pyramid-kids-yoga.com/sun-salutation>

4. Yoga Adventure - <https://www.pyramid-kids-yoga.com/yoga-adventure>

5. Storytelling or Storytelling Yoga - <https://www.pyramid-kids-yoga.com/storytelling-yoga>

6. Breathing Practice - <https://www.pyramid-kids-yoga.com/pranayama>

7. Savasava

8. Closing - **Namaste Song**

<https://www.pyramid-kids-yoga.com/songs>