

UNIT PLAN

	Mind Body Connection	Warm Up	Yoga Sequence	Yoga to Music	Cool Down and Relaxation	Reflection Questions
	8 minutes	8 minutes	10 minutes	7 minutes	6 minutes	3 minutes
Lesson 1	Lesson Focus: Open Mind Activity: Partner Scarf Swap Equipment: Scarves Music: Sky full of stars (ACPPS033)	Activity: Flip the Card Equipment: Deck of playing cards Music: Born this way (ACPMP045)	Sequence: A trip to the Zoo (ACPMP043) (ACPMP045) (ACPMP047) (ACPMP048) (ACPMP049)	Sequence: A trip to the Zoo Music: Roar (ACPMP047)	Activity: Angel Breath Music: Angel (ACPMP046)	Reflective Questions (ACPPS036)
Lesson 2	Lesson Focus: Challenges and failures achieve success Activity: Circle hand clap (ACPPS033)	Activity: Tree Rock Bridge Music: Everybody Dance (ACPMP045)	Sequence: Going to the Pet Shop (ACPMP043) (ACPMP045) (ACPMP047) (ACPMP048) (ACPMP049)	Sequence: Going to the Pet Shop Music: Sunchyme (ACPMP047)	Activity: Body Scan Music: Merles (ACPMP046)	Reflective Questions (ACPPS033)
Lesson 3	Lesson Focus: Awareness Activity: Coordination Capers (ACPMP046)	Activity: Roll the Dice Equipment: Dice Music: Lazy Ride (ACPMP045)	Sequence: Acro Yoga (ACPMP043) (ACPMP045) (ACPMP047) (ACPMP048) (ACPMP049)	Sequence: Acro Work Music: Cool Kids (ACPPS043) (ACPMP045) (ACPMP047) (ACPMP048) (ACPMP049)	Activity: Clock face breath Music: Surf ET Oiseaux (ACPMP046)	Reflective Questions (ACPMP046) (ACPPS041)
Lesson 4	Lesson Focus: Emotions Activity: Scarf Trains Equipment: Scarves Music: Rise Up (ACPMP029)	Activity: Team Alphabet Music: Celebration (ACPMP045)	Sequence: Own Yoga Story (ACPMP043) (ACPMP045) (ACPMP047) (ACPMP048) (ACPMP049)	Sequence: Own Yoga Story Music: We are family (ACOMP047)	Activity: Back to back breathing Music: Silence of peace (ACPMP046)	Reflective Questions (ACPPS040)

