

The Little Egg

A story about finding comfort



Namaste Teachers!

Get ready to use an original Yoga Playhouse Lesson Plan to teach your students yoga philosophy and poses.

First, a couple of things about how to use this Lesson Plan ...

- Everything you need to lead a 45-minute class is here, even some optional games to keep Yogis entertained for longer.
- Use this YP Lesson Plan as a script or simply a guide.
- It's time to teach a pose when you see a word in all caps that is bolded for example: **EAGLE**
- Descriptions for all the poses can be done as a part of the warm up.
- Teaching them before telling the story will help keep the story moving.

I'd love to hear about your experience teaching this lesson, how your yogis respond and ways you've tried (successfully or not) to make it work best for you.

Share yoga, share love!

Betsy



Opening

Start with the singing bowl or making the sound “Om” together then ask Yogis to put their hands on their head, now on their legs, ears, chin, wrist, etc. Keep changing the pace from slow to fast. When this body awareness game feels done, ask Yogis to sit down and put their hands on their chest to find their heart beat. Once they’ve found it, let them observe and explore for a bit. Is it fast? Is it slow? Is it soothing? Can they tap the rhythm of their heart beat on to their leg?

Centering

Balloon breath: Tell Yogis they are going to fill up a balloon in their belly then let all the air out. If you’d like, you could do this with a balloon to show them how balloons will fly around when the air is let out. Now ask Yogis to crouch down low and breathe in through their nose in order to fill up their balloon. You can make the shape of a growing balloon with your arms, indicating that your belly is filling up. Once you are standing completely, say “Let your balloon go!” Now everyone will “fly” around on their own mat and eventually land softly on the floor, just as a balloon would do. [Repeat 2X more]



Sun Salutation

Stand in Mountain Pose

Inhale Tall Mountain

Exhale Forward Fold

Inhale Half Lift

Exhale Down Dog

Inhale Plank

Exhale Chaturanga (all the way to belly)

Inhale Cobra

Exhale Down Dog

Inhale/Exhale

Forward Fold (hop forward in 1-3 hops)

Inhale Tall Mountain

Exhale Mountain



Learn the Poses

EGG Child's Pose. Sitting on your heels with your shins on the floor and knees together, rest your belly on your thighs. Cover your ears by wrapping your arms around your head. Get cozy as if you were the only occupant in a safe little egg.

COWS Cow Pose. From hands and knees, drop your belly toward the floor, sending your tailbone and head toward the ceiling. Moo, if you are so inclined.

SHEEP Come to your hands and knees with your back in neutral then, if you'd like, Baaaaa like a sheep.

CAT Cat Pose. From hands and knees, round your spine, and look at your belly. You can Mewow or Hiss like a cat.

DOG Dog Pose. From hands and knees, tuck your toes and slowly straighten your legs. Bringing your hips toward the ceiling and look toward your belly button. "Wag" your tail, if you like.

CHICK Malasana Pose. Step your feet apart as wide as your mat and bring your hips toward the floor, coming into a squat. Now bend your elbows and bring your thumbs to your arm pits and say "Cheep, Cheep."

WOLF Cobra Pose with a "howl." Lie on your belly with hands by chest. Stretch your chest toward the ceiling as you straighten your arms as much as is comfortable and give a "howl."



Story: *Little Egg*

There was once a little **EGG** and inside this little egg was a little chick. The chick loved being in the egg. All day long he could listen to the sound of his own heart beating. Thump-thump, thump-thump. He felt warm. He felt cozy. He felt safe.

The little **CHICK** grew inside his little egg—and grew. Eventually, he grew so big he could no longer fit, so he pecked at the shell and made his way out. [GIVE YOGI'S TIME TO "HATCH."] Everyone was happy to see the little **CHICK**. His Mom kissed him, his Dad hugged him and all his brothers and sisters gave him high-fives.

The chick and his family lived on a farm with **COWs**, **SHEEP**, a barnyard **CAT** and the farmer's **DOG**. Every morning the **CHICK** rose with the sun, kissed his mother, then left the coop to stretch his legs and say good morning to the **COWs**, the **SHEEP**, the barnyard **CAT** and the farmer's **DOG**. Every night when the little chick went to sleep he curled up next to his mother [**EGG**] and listened to the sound of his heart beating, thump-thump, thump-thump, thump-thump. It reminded him of when he lived in his little egg. He drifted off to sleep. He felt warm. He felt cozy. He felt safe. Even though he was no longer in his egg, the little **CHICK** kept growing—and growing. Pretty soon he was old enough to go to school with all the other young farm animals. He learned how to count. [COUNT TO 10.] ... and he learned the alphabet. [SING THE ALPHABET SONG WHILE WALKING IN A CIRCLE AND FLAPPING



YOUR CHICK WINGS.]

Every morning the little **CHICK** rose with the sun, kissed his mother, then left the coop to stretch his legs and say good morning to the **COWs**, the **SHEEP**, the barnyard **CAT** and the farmer's **DOG**. Every night the chick snuggled up next to his mother [EGG]. He no longer listened to his heartbeat. Now he recited the alphabet until he fell asleep.

One morning after the little **CHICK** rose with the sun, kissed his mother then left the coop to stretch his legs, he heard laughter. He saw the **COW** and the **SHEEP** playing catch and having lots of fun. The chick watched the ball travel from the **COW** to **SHEEP** the **COW** to the **SHEEP, COW, SHEEP, COW, SHEEP COW, SHEEP**. Finally, the little **CHICK** couldn't take it anymore: "I WANT TO PLAY!" he shouted out. "Naaaaaaaaa," said the **SHEEP**. "You're too little."

"Mmmmmm, wait a minute," said the **COW**. "Why don't we play 'Chick in the Middle?'"

The little chick had never heard this game, but he wanted to play so he stood in the middle of the **COW** and the **SHEEP** and did as he was told. While the **COW** and **SHEEP** tossed the ball back and forth, the little **CHICK** jumped up to catch it, but it was too high. [HAVE YOGIS JUMP UP] Every time the ball passed over head the chick jumped higher and higher, but he never even came close to the ball. The **COW** and **SHEEP** were laughing even more than before and the little **CHICK** realized the joke was on him. He was so mad that he stomped off and spent the rest of the day in the chicken yard—far away from the **COW**, and **SHEEP**.

He was still mad that night when he snuggled up next to his moth



er **[EGG]**. As he lay there, he didn't listen to the sound of his heart beating, he didn't even recite the alphabet. Instead he tossed and turned and thought about how mean the **COW** and **SHEEP** had been. He hardly slept at all.

The next morning, the little **CHICK**'s mother woke him after the sun had come up. She told him to go outside and stretch his legs. "I DON'T WANT TO!!!" the little chick shouted at his mother. She very sternly told him that he could not play for the rest of the day. "I don't even want to play," the little chick thought to himself. He left the coop to stretch his legs, but he didn't say good morning to the **COWs**, the **SHEEP**, the barnyard **CAT** or even the farmer's **DOG**. He just stayed in the chicken yard feeling sorry for himself. That night he snuggled up next to his mother **[EGG]**. He didn't listen to the sound of his heart beating, he didn't recite the alphabet, he didn't even think about how mean the **COW** and **SHEEP** were. That night the little chick just cried and cried until he fell asleep.

In the morning, the little **CHICK** rose with the sun, he kissed his mother then left the coop to stretch his legs. He was thinking about saying good morning to the **COWs**, the **SHEEP**, the barnyard **CAT** and the farmer's **DOG**, when suddenly he heard a horrible howling noise. He felt a woosh of wind as the barnyard **CAT** ran by chased by a big grey **WOLF**. Running fast behind the wolf was the farmer's **DOG**.

Everyone on the farm watched as the three raced out of sight. There were horrible sounds of howling, hissing, barking and meow



ing then suddenly—silence. It seemed like forever before the farmer's **DOG** hobbled home, followed by the barnyard **CAT**.

Everyone on the farm breathed a deep sigh of relief [**DEEP BELLY BREATH**]**]**—the **CHICK**ens, the **COW**s and the **SHEEP**.

That night the little chick snuggled up next to his mother [**EGG**].

He didn't listen to the sound of his heart beating, he didn't recite the alphabet, he didn't think about how mean the **COW** and the **SHEEP** had been, he didn't even cry himself to sleep. Instead he worried all night that the **WOLF** would come back. He was very scared. The little **CHICK** trembled. His beak quivered.

He wanted to sleep, but there was a loud noise keeping him awake. Thump, thump, thump, thump, thump, thump, thump. "Where was that sound coming from?" he wondered.

It was a familiar sound, but he couldn't place it. He listened some more.

Thump, thump, thump, thump, thump, thump, thump. Suddenly he knew what it was! It was the sound of his own heart beating. It had been a long time since he'd heard the sound.

As he listened, the beat began to slow. Thump ... thump thump eventually it returned to the rhythm he knew well ... thump-thump, thump-thump, thump-thump.

The sound of it made him feel like he was back in his little **EGG**, thump-thump, thump-thump, thump-thump. He felt warm. He felt cozy. He felt safe.



Closing

Allow Yogis to stay in child's pose and ask them to listen for the sound of their own heartbeat. You can suggest they put their hands on their heart to find it. If they are comfortable in Child's pose they can stay, otherwise they should find a position that is comfortable for them and continue to listen to their heartbeat. Ask them to notice if their heartbeat is loud or soft, fast or slow. As they listen does their heartbeat slow down? Ask them to notice how listening to their heartbeat makes them feel. Maybe like the little chick, it makes them feel warm, cozy and safe. Tell them this feeling is always here for them. If they want to return to it, all they have to do to find it is stop and listen to the sound of their own heartbeat.

Chime the singing bowl or make the sound "Om" together to close.



Games

Intuition: Show all of the Yogis a piece of paper. One Yogi will step out of the room while all of the other Yogi's choose someone's mat to hide the paper under. When the Yogi outside the room returns, they have three guesses as to which mat the paper is hidden under.

Pom-pom swap: Throw out a bunch of pom-pom's on one side of the room. Turn on some music and tell the Yogis they must get the balls to the other side of the room using only their toes. Next have them return the pom-poms to the opposite side of the room by blowing them. Keep choosing different ways for them to move the pom-pom balls. Pushing them while crawling in Down Dog, kicking them with your heels while walking backward, carrying them in their hands while duck walking, etc.