



# SUPERHERO SCHOOL YOGA

30-45 MINUTE  
LESSON PLAN  
FOR 3-9 YEAR OLDS

DATE

LOCATION

CLASS

ATTENDANCE

OPENING

INTRODUCTION & RULES TO  
YOPLAY BY-

WELCOME

WARM UP STRETCHING &  
INTRODUCE THE THEME OF  
SHINNING YOUR LIGHT.

## BREATHWORK

Superhero Breaths

## SONGS

Superhero School Yoga: yoga for kids Playlist

## WARM UP

Stretch like a Superhero

## YOGA POSES

Plank Pose  
Donkey Pose  
Half Moon Pose  
Warrior 3 Pose  
Flying Pose  
Superhero Pose

## GAME

Spiderman Super Sense

## GUIDED VISUALIZATION

Superheroes Rest Guided Visualization

## MANTRA OR MUDRA

Mantra: I am Brave. I  
am Strong. I am  
Peaceful. I am a  
Superhero

## TIE IN OR TAKE AWAY

- Playlist
- [Superhero Card Deck](#)
- Worksheets
- Books

## CLOSING

Closing song