

Environmental Awareness Month

Date:	Activity:	Mindfulness and relaxation:
<p>Saturday 3rd July</p> <p>Theme: Climate change</p>	<p>Focus on how to improve climate change. This session will be focused on how we can improve climate change.</p> <p>Discussions will be based on reducing fuel, turning off electricals when not in use, not leaving the tap running. Through these discussions, children will create their own climate change poster to demonstrate their own ideas.</p> <ul style="list-style-type: none"> ➤ This will encourage children to be more mindful in their everyday activities ➤ Develop awareness for the consequences of global warming ➤ Feel positive for the changes and choices they are making ➤ Encourage passion and care for the world around us. ➤ 	<p>Exercises : - being mindful of our existence and connection with the environment, birds, animals and insets.</p> <p>Games</p> <p>Tree poses - environment</p> <p>Asanas poses - animals</p> <p>Lady bird for relaxation - Breathing</p>
<p>Saturday 10th July</p> <p>Theme: Sustainability</p>	<p>Instructions for parents - to encourage children to bring something old to give away for charity this can include clothes, toys, books etc.</p> <p>During this session we are looking to build a charity box to give away for others to use. To increase their understanding of sustainability, we will come up with ways or ideas of how people may benefit from these belongings.</p>	<p>Exercise on letting go and living a life using objects and the effects of overuse.</p> <p>Games:</p> <p>Exercise on exercising on all the objects at home and their use.</p> <p>What is being used and how to let go of them.</p>

	<ul style="list-style-type: none"> ➤ This will teach children how to be ethical and practice sustainability. ➤ Understanding the need for recycling, reusing, and tidying ➤ This activity will also create an understanding of humanity and to help each other. ➤ Develop their sense of responsibility and feel like an active participant in environmental change. 	<p>Symbolic role play showing why we should practise sustainability. Role play game called "Protecting the Sea Serpent"</p>
<p>Saturday 17th July</p> <p>Theme: Recycling paper and plastic</p>	<p>This session we will focus on how to recycle paper by making lots of origami/kites/planes out of used paper.</p> <p>We also ask that you bring any used plastic bags that we can use to cut to create art pieces.</p> <ul style="list-style-type: none"> ➤ This will help their understanding of reducing plastic and paper to recycle for every day fun resources ➤ Increase problem solving and creative thinking ➤ Nurture their perseverance and focusing skills. 	<p>Exercise on increasing self awareness by increasing positive sensitivity of senses</p> <p>Game: "Blind fold game" and encouraging focused attention on senses of different objects.</p>
<p>Saturday 24th July</p> <p>Theme: Ocean conservation</p>	<p>Children can come to the session with fun facts about their favourite sea animal. We will also be exploring the benefits of collecting rain water. Lastly, we will look at DIY ocean bottles made from water, food colouring and oil.</p> <ul style="list-style-type: none"> ➤ This will help their understanding of how to keep the oceans clean ➤ How we effect the ocean and the animals 	<p>Exercise on working together for the benefit of our environment</p> <p>Game: Group:- Hula hoops and role play with Dolphins</p>

	<ul style="list-style-type: none"> ➤ Children will learn how to care and protect the ocean. ➤ Aids sensory development, creativity and mood control. Encouraging children to take long breathes with ocean wave movement! 	
<p>Saturday 31st July</p> <p>Theme: Plants and gardening</p>	<p>This week we will ask children to keep seeds left over from their fruit and vegetables so we can plant them in our session.</p> <ul style="list-style-type: none"> ➤ This activity will aid their physical development and build their confidence ➤ Add to their sense of achievement when they see how their crops grow; Impacting positively on their wellbeing and mood ➤ Develop understanding of how to reduce food waste. 	<p>Exercise on being mindful on how to conserve water and being grateful for water.</p> <p>Game: Rainstick dance - relaxation</p>

Environmental awareness month with Sefali's Yoga

Teacher Sonam Dhani and Sefali

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