

The Rainbow Inside You: Exploring Your Body's Energy Centers

Materials Needed:

- A large sheet of paper or poster board (big enough for the student to be traced on)
 - Markers, crayons, colored pencils, or paint in rainbow colors (especially red, orange, yellow, green, light blue, indigo/dark blue, and violet)
 - A comfortable space to lie down (a yoga mat, blanket, or soft rug)
 - A speaker or computer/tablet to play a guided meditation audio
 - A journal or notebook and a pen/pencil
 - 7 small, smooth stones OR 7 small squares of construction paper (one for each of the main rainbow colors)
 - Optional: Glitter, stickers, collage materials, or other craft supplies
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Lesson Plan Details

Subject: Health & Wellness, Creative Arts, Social-Emotional Learning (SEL)

Grade Level: Adaptable for late elementary to middle school (Ages 9-14)

Time Allotment: 60-90 minutes

1. Learning Objectives (What will you learn today?)

By the end of this lesson, you will be able to:

- Identify the seven main chakras by their common name, color, and general location on the body.
 - Connect each chakra to a core human feeling or function (e.g., Throat Chakra relates to communication).
 - Create a personal and artistic "Chakra Body Map" to visually represent your understanding of your own energy.
 - Practice a simple mindfulness technique (guided meditation) to develop body awareness.
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2. Introduction: The Body's Invisible Power (10 minutes)

Activity: A 'Feeling' Scavenger Hunt

Start with a conversation. Ask these questions and encourage the student to point to where they feel the sensation in their body:

- "Have you ever been so nervous or excited that you felt 'butterflies' in your stomach? Where is that?"
 - "When you feel very sad, sometimes it feels like a 'lump in your throat.' Can you show me where?"
 - "When you feel full of love for a pet, a friend, or a family member, where in your body do you feel
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that warmth?"

Introduce the Concept: Explain that these feelings are examples of our body's energy! For thousands of years, people have believed that our bodies have special energy centers that are connected to our feelings, our health, and our thoughts. These are called **Chakras**, which is an ancient word for "wheel" or "disk," because people imagined them as spinning wheels of colored light. Today, we're going to explore the seven main chakras that travel right up the center of our bodies, like a rainbow inside of us.

3. Guided Exploration: A Rainbow Journey (20 minutes)

Activity 1: The Chakra Stone Hunt

Before the lesson, hide the 7 colored stones or paper squares around the room. Have the student find them one by one. As they find each color, introduce the corresponding chakra in a simple, memorable way. Have them hold the stone/paper as you talk about it.

- **RED (Root Chakra):** At the very base of your spine. This is your foundation. It's about feeling **safe, secure, and grounded**. Affirmation: "I am safe."
- **ORANGE (Sacral Chakra):** Just below your belly button. This is your center for **creativity, feelings, and fun**. Affirmation: "I am creative."
- **YELLOW (Solar Plexus Chakra):** In your stomach area. This is your power center. It's about feeling **confident, brave, and strong**. Affirmation: "I am strong."
- **GREEN (Heart Chakra):** In the center of your chest. This is where you feel **love, kindness, and compassion** for yourself and others. Affirmation: "I love."
- **BLUE (Throat Chakra):** At your throat. This is your communication center. It's about **speaking your truth and expressing yourself**. Affirmation: "I speak."
- **INDIGO (Third Eye Chakra):** Between your eyebrows. This is your center for **imagination and intuition** (your 'gut feeling'). Affirmation: "I see."
- **VIOLET (Crown Chakra):** At the very top of your head. This is your connection center. It's about **understanding, wisdom, and feeling connected** to the world. Affirmation: "I understand."

Activity 2: Guided Chakra Meditation

Have the student find a comfortable position lying down on the mat or blanket. Ask them to place their colored stones/papers on the corresponding spots on their body. Play a short (5-10 minute) guided meditation for kids focusing on the chakras. (You can easily find these by searching "Kids Chakra Guided Meditation" on YouTube or a meditation app). This activity helps transition the concept from an idea into a felt experience.

4. Creative Application: Mapping Your Inner Rainbow (20-40 minutes)

Activity: Create Your "Chakra Body Map"

1. Have the student lie down on the large sheet of paper while you trace their body outline with a marker.
2. Now, it's time to bring the energy map to life! Using the art supplies, the student will decorate their outline. For each of the seven chakra points, they should:
 - Draw a circle, spiral, or starburst in the correct color.

- Inside or around that shape, they should draw, write, or collage things that represent that energy for them personally.

3. Use these prompts to inspire them:

- **Root (Red):** "What makes you feel safe? Draw your home, your family, or your favorite cozy spot."
- **Sacral (Orange):** "What do you love to create? Draw yourself painting, building with LEGOs, or dancing."
- **Solar Plexus (Yellow):** "What makes you feel powerful? Draw yourself scoring a goal, solving a tough problem, or standing up for a friend."
- **Heart (Green):** "Who or what do you love? Fill your heart with drawings of family, friends, pets, and nature."
- **Throat (Blue):** "What do you want to share with the world? Write your favorite song lyrics, draw yourself telling a great story, or share a kind word."
- **Third Eye (Indigo):** "What do you dream about? Draw a fantastic idea, an invention, or a magical world you've imagined."
- **Crown (Violet):** "What big ideas do you have? What connects you to everything? Draw stars, the universe, or symbols of peace and understanding."

This is the core of the lesson, where learning becomes creation. Encourage freedom and self-expression.

5. Closure and Reflection (10 minutes)

Activity: Gallery Walk and Journaling

1. **Share the Map:** Hang the finished Chakra Body Map on the wall. Ask the student to be a "tour guide" and explain their masterpiece. What was their favorite part to create and why?
 2. **Journal Prompt:** In their journal, ask the student to reflect on their experience by answering one of the following questions:
 - "Which chakra color or idea felt the strongest for you today? Why do you think that is?"
 - "How can thinking about your blue Throat Chakra help you the next time you need to share your feelings or ideas?"
 - "What is one small thing you can do this week to bring more confident yellow energy or loving green energy into your life?"
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6. Assessment (How we know you learned)

- **Creative Project:** The Chakra Body Map is the main assessment. Is it complete? Does it show that the student understands the general location, color, and theme of each of the seven chakras through their personal artistic choices?
 - **Verbal Explanation:** Did the student's "tour guide" explanation of their map demonstrate their understanding?
 - **Journal Reflection:** Does the journal entry show a personal connection to the lesson and an ability to apply the concepts to their own life?
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7. Extension & Enrichment Ideas

- **Deeper Dive:** Research the history of the chakra system in ancient India or explore the specific sounds (bija mantras) or yoga poses associated with each chakra.
- **Chakra Affirmation Cards:** Create a set of 7 flashcards. On one side, draw the chakra symbol and color. On the other, write a positive affirmation for it (e.g., "I am strong and confident" for yellow).
- **Rainbow Foods:** Explore a "rainbow diet" by trying to eat a healthy food corresponding to each chakra color throughout the week (e.g., strawberries for red, oranges for orange, bananas for yellow, etc.).