

Kindergarten Lesson on Feng Shui

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Feng Shui Fun

Introduce children to the Chinese concept of “Feng Shui” focusing on the yin and yang theory.

Introduction

The following activity introduces the Chinese concept of “Feng Shui,” focusing on yin and yang with using child-centered ideas for bringing more balance and harmony into the classroom. Cultural and concept understanding will be reinforced through spoken language and vocabulary.

Objectives:

- To use multilingual language and vocabulary through spoken English and Chinese.
- To become familiar with the concept of Feng Shui/Yin and Yang.
- To experience and appreciate another culture

Skills:

- Language and literacy
- Social and emotional
- Tolerance and diversity

Materials:

- Feng Shui “ideas” (listed below)
- related books
- poster board
- Map of the world
- Yin and yang sheet for the children

Directions:

1.) Define, pronounce, and describe the concept to children Feng Shui, yin and yang, and chi: The idea of Feng Shui comes from the Chinese culture (show children on a map where China is located, make mention that China is in one of the seven continents that we have been talking about). The Yin Yang Theory is one of the main theories of Feng Shui. According to the Yin-Yang theory, everything in the world consists of two opposites, but have deep interconnected forces. The interaction of these two Feng Shui forces create the essence of life around us. We in the classroom are these forces and we have to learn how to harmonize i.e. work together to create chi, positive energy. Explain to the children the colors of the yin and yang. Yin energy is represented by the color black (passive energy) and is the Feng Shui energy of silence, deep

darkness, slow and relaxed movements. Yin energy is the predominant energy at night when you go to sleep (like when we take a nap in the classroom), or when you need to relax and replenish your energies. Demonstrate a relaxed movement and have children to create their own. Yang is represented by the color white (active energy) and is the Feng Shui energy that is characterized by strong, vibrant sounds and colors, bright lights, upward moving energy, etc. You experience Yang energy almost constantly in P.E., at a party, or listening to your favorite song! Demonstrate to children active movement then have children demonstrate their own active movement.

2.) Now, let's brainstorm and think of positive things we do everyday and think of relaxing things we do everyday. On a piece of poster board containing the yin and yang symbol as a class we will write friendly reminders to practice the following Feng Shui "ideas" in the classroom.

3.) Explain to the children that using these Feng Shui "ideas" can bring "chi," or good energy, into the classroom and that it could create more balance and harmony. The poster will be hung in the classroom for all to see and be reminded.

Examples of Feng Shui Ideas:

- Share with your friends.
- Keep hands and feet to yourself.
- Listening to the teacher when she is talking.
- Turn off lights when not in use for less magnetic energy during rest time.
- Clear clutter from spaces. Put items back in their proper place
- Display family pictures.
- Open window shades during day to bring in the sun.
- Take nature walks and exercise.
- Place inspirational pictures and sayings around the classroom to help everyone think positive thoughts.
- Place plants and flowers throughout the room to bring the outdoor in.
- Taking a nap or going to the carpet and relaxing when you are frustrated or angry or if you just want to relax your mind.

Talk about It: Children will have some of their own ideas invite children to share his/her thoughts about Feng Shui concepts by asking: What are some yin ideas and what are some yang ideas?

Take It Further: Learn more about Chinese culture by reading books in our class that have been donated to us by NCTA.

Resources

Lecture taught by Dr. Ronnie Littlejohn on June 6, 2008

http://holisticonline.com/Acupuncture/acp_yin_yang.htm

<http://fengshui.about.com/b/2007/04/15/feng-shui-for-childrens-spaces-create-joy-not-chaos.htm>

<http://fengshui.about.com/od/theoryhistory/qt/fengshuischools.htm>

<http://www.paralumun.com/fengyang.htm>

<http://science.jrank.org/pages/8166/Yin-Yang.html>