

# The Friendship Festival

Together from the gate to the stars

RAINBOW YOGA | AI-CREATED SAMPLE CLASS 1 Created with AI and refined with Gopala's teaching feedback.

45 minutes | Ages 6-8 | 12 children | A Rainbow-trained teacher



The joy of being together.

The gates are opening! Meet a new festival friend, explore together, visit a wonderfully ridiculous fortune teller and try a deliciously thrilling ride. Invent an attraction nobody has ever seen before, order a pizza made just the way you like it, then settle on the grass beneath a sky full of imaginary fireworks. This festival becomes more interesting because you discover what your friend enjoys, and more caring because you do something with what they tell you.

**Your class journey:** Festival Gates 5 min; Explore Together 7 min; The Fantastically Funny Fortune Teller 5 min; The Friendship Drop 8 min; The Ride Only We Could Invent 5 min; Pizza For A Friend 8 min; Fireworks Behind Our Eyelids 5 min; A Friendship Souvenir 2 min. **Total: 45 minutes.**

**Bring:** Mats for comfortable floor work, six large sheets of paper (one per pair), crayons, six soft scarves and music. The crystal balls are imaginary. Arrange a circle with an open middle. Leave papers and scarves at the edge when moving. After class, copy the shared drawings so both friends can keep their creation.

**Teach with warmth:** Dance, laugh and join in. Demonstrate briefly, then let the children play. Timings include setup and swaps. Stay with a lively idea and shorten a later repeat when needed. Music opens the gates, flows through the stretches, becomes dramatic for the ride and softens after the pizza stall.

**Our agreement:** Be kind to yourself and each other. Ask, listen and respond. Welcome touch, chosen challenge and changing your mind are part of friendship. Offer an equally involved way to join without touch when someone needs it. Mats are comfortable equipment, not places children must stay.

## 1. Meet Me At The Festival Gates | 5 minutes

**Music:** [Songs about friendship for activities & partner yoga](#). Choose a joyful entrance song; pause for each new meeting.

**Invite:** "The festival gates are opening, and there is music everywhere! Who might you meet today? Let's find a friend to explore with."

1. Play an upbeat song and dance through the open space. When the music pauses, meet someone nearby and exchange names. Join anyone still looking for a partner.
2. Invent your festival greeting together: meet palms, slide them apart like opening gates, and show your biggest delighted face. Add a sound or a funny bend. A greeting without touch can be just as expressive.
3. Dance again and meet somebody new. Each teaches a favourite part of their last greeting; combine the two. Enjoy two or three meetings rather than rushing through everyone.
4. Stay with your final partner as your festival friend. Return to the circle together and show each other the greeting you will use when you set off for a new attraction. Help adjust pairings warmly; no one is left outside the gates.

**Into the next adventure:** "You have a festival friend! Before we choose our favourite rides and stalls, let's explore what is here. Can we make the entrance together?"

## 2. Explore The Festival Together | 7 minutes

**Music:** [Songs about friendship for activities & partner yoga](#). Play softly for partner exploration; pause while demonstrating.

**Invite:** "This festival comes alive when two friends move together. Look out for the entrance, the trees, the music tent and the boats!"

Six pairs work around the circle. Demonstrate one shape at a time. Between shapes, stand, kneel or sit comfortably before beginning again; the changes are part of the journey.

**Through the festival arch:** Face each other and meet palms overhead. Step back and fold from your hips to make a roof, with soft knees. Look beneath your shared arch and welcome each other into the festival. Step closer and stand to release.



Meet palms to make your festival entrance, then step back into the shared stretch.

**The avenue of dancing trees:** Stand side by side with inside hands joined. Grow into Tree, beginning with the lifted toes touching down. When ready, lift the foot to your own calf or inner thigh. Raise your outside branches. One friend chooses a tiny breeze; both sway and find their balance again. Change sides.



Grow two trees together. Begin with toes touching the ground, then explore a higher foot position.

**Pose video:** [Tree](#).

**The accordion player's tent:** Sit cross-legged facing each other and hold hands or each other's wrists comfortably. Breathe out and round your backs, letting your chins lower. Breathe in, lengthen your spines and gently open your chests as your connected arms lengthen. Your two bodies are the festival accordion, closing and opening together. Try three unhurried rounds with a silly accordion sound. Keep the movement shared, without pulling your friend further than they want to go.



Close the accordion: round your back while keeping your connection.



Open the accordion: lengthen through your chest and keep the shared stretch comfortable.

**Bunting across the sky:** Turn to sit back to back. Reach one arm each overhead and let those hands meet; rest your other hands on the floor. Bend towards the same side of the room like strings of flags above the tents. Return to the middle, change arms and visit the other side. Then rest your hands on your own knees, sit tall and gently turn to look around one shoulder, then the other. Tell your friend one colourful attraction you can imagine seeing.



Side bend together, with one hand on the floor and the other reaching up to meet your friend's.



Sit tall, keep your hands on your own knees, and turn to look around the festival.

**Two tickets for the boating lake:** Turn to face each other with bent knees. Hold hands outside your legs. Meet one pair of soles and float those feet; lower and try the other side. When both are ready, lift both pairs together into Friendship Boat, keeping knees bent or gradually lengthening. Choose a name for your boat. Lower your feet together before releasing hands.



Build Friendship Boat together, beginning with bent knees and one pair of feet.

**Pose video:** [Partner Boat](#).

**A second visit:** Each pair chooses two favourite festival places. One friend leads the first shape; the other leads the second. Use your greeting as you travel between them. Ask for more time or a smaller stretch when you need it, and respond when your friend asks.

**Into the next adventure:** "Your boat has reached the bank beside a mysterious little tent. A voice calls, 'Come in! My crystal ball has been waiting for two magnificent festival friends!'"

### 3. The Fantastically Funny Fortune Teller | 5 minutes

**Music:** [Songs about friendship for activities & partner yoga](#). Use a quiet instrumental passage for the fortune-teller stall, then lower it so the stories can be heard.

**Invite:** "Step into our fortune-telling tent! Our crystal balls tell completely made-up stories: a wonderfully silly past and a glorious, ridiculous future. One friend tells the story; the other brings it to life with yoga."

**Show it first, about 1 minute:** Invite a volunteer to stand beside you. Sit cross-legged, cup your hands around an imaginary crystal ball and gaze into it with magnificent seriousness. Say one sentence at a time, leaving time for the volunteer to move:

"Ahhh! Long ago, you were a very important tree..." Guide **Tree**: stand tall, rest one set of toes on the floor beside the other foot or lift that foot to your own calf, and reach up your branches. "But every leaf was a sock! Can you shake just one sock-leaf?"

"And one day you became the captain of a flying boat!" Return to two feet, then sit. Guide **Boat**: bend knees, hold behind the thighs and lean back a little; float one foot or both. "Your whole crew was made of singing teaspoons! What sound did they make?"

Enjoy the volunteer's answer and add it to the story. Show how the teller waits, notices and responds, rather than rushing through a list of poses.

**Your turn, about 3 minutes:** In each pair, one child sits cross-legged as the fortune teller. Their friend is the visiting star of the story, with room to move beside the imaginary tent. Begin, "What would you love to be or do in your amazing future?" Use the answer, then add a deliciously silly surprise.

Tell three or four short visions: "Long ago you were... Then you... In your glorious future..." The visitor makes a yoga pose or movement for each one. Add a funny voice, a tiny wobble or a dramatic face before moving to the next vision. If a friend needs an idea, offer a familiar pose and show it. After about 90 seconds, call, "The crystal balls are turning!" Swap roles and make a new story.

#### A few visions to borrow:

- "You invented a chair that tells jokes." **Chair**: bend both knees, send your hips back and reach your arms forward. Tell one chair joke before standing tall again.
- "You led the world's most wonderful parade." **Warrior II**: step wide, turn one foot out, bend that knee and open your arms sideways. Wave to your cheering fans, then change sides for the return parade.
- "You became a butterfly with enormous party shoes." **Butterfly**: sit, bring the soles of your own feet together, hold your feet and flutter your knees. What sound do butterfly party shoes make?
- "You were a star who could only sparkle when someone laughed." **Star**: stand with feet wide and arms reaching out. Let the teller's giggle change your sparkle.

These are invitations, not a checklist. Let the children invent other familiar yoga shapes, add ideas to each other's stories and enjoy the ridiculous details. Help them move comfortably between standing and sitting. The joke belongs to the imaginary story, never to a child's body or real life.

**Finish together, about 1 minute:** Both cup the pretend crystal ball. Ask, "Which part of our future shall we visit together?" Share one favourite moment and give your festival greeting.

**Into the next adventure:** "The crystal ball has one last vision: two friends on an exciting ride! Can you hear click, click, click... WHEEE? The Friendship Drop is ready for us!"

## 4. The Friendship Drop | 8 minutes

**Music:** [Acrobatics & Circus Activities playlist](#). Choose a dramatic entrance; pause for teaching and the first ride. Partners decide when to move.

**Invite:** "Shall we try a ride that makes our tummies flutter? Two friends power this one. The thrill is going up and down together, knowing your friend will listen."

This is a partner counterbalance ride. Both friends share weight and movement; neither is a passenger being lifted by the other. Demonstrate the grip, shared lean and return before all six pairs begin.

- 1. Find your connection, about 1 minute.** Face a thoughtfully matched partner, feet planted about hip-width apart. Demonstrate a reciprocal wrist grip: each hand wraps around the partner's lower forearm just above the wrist, and the partner holds yours in return. Keep wrists comfortable, arms long without locking, and lean a little away until both feel the shared balance. Start upright again before explaining the next part.
- 2. Try the small ride, about 2 minutes.** Agree a small bend first. Ask each other, "Ready?" When both answer, lean into your shared counterbalance, bend knees together into a small squat and press through your feet to rise. Keep heels down and chests lifted. Do this a few times until the start, movement and return feel clear. Finish upright and bring your weight back over your own feet before releasing the grip.
- 3. Add the delicious suspense, about 2 minutes.** One friend is the ride announcer; both still move. Agree the depth and pace. Rise together with "click, click, click," pause at the top with ordinary breathing, then count "three, two, one... WHEEE!" Bend into your agreed squat and rise again. The sound can be huge even when the movement is small. After an easy round, choose a deeper bend or a slightly quicker, still controlled descent. Keep the grip; this is not a free fall.
- 4. Your friend's ride, about 2 minutes.** Swap announcers. The new announcer chooses a silly view from the top: a giant pizza? Dancing flags? A cloud wearing sunglasses? Check the partner's preference before the next descent. If a friend says "slower," actually slow the next go; if they say "finish," return upright together. Trust becomes something you can feel in the response, not a test of who will be daring.
- 5. Leave the ride together, about 1 minute.** Return upright, settle your weight over your feet and release. Shake out your legs. Give your festival greeting and tell your friend one thing they did that helped your ride: "You waited for me," "You counted," or "You tried my idea."



Share the squat and rise. Begin with a small movement, then choose your next challenge together.

**Ride video:** [Thighs On Fire - Acro Challenge](#).

**More teaching references:** [Counterbalance foundations](#) and [Counterbalance stretching](#).

**Keep the challenge alive:** Stay close while pairs learn the weight-sharing and help any partnership that cannot find a stable start. A shallow version is the first ride, not the only possible ride. A no-touch partnership can still take turns announcing and answering while each makes their own Chair-to-standing ride; their words continue to change what happens.

**Into the next adventure:** "We turned two bodies into a ride! What could we invent if we mixed your idea with your friend's? The festival is looking for an attraction nobody has ever seen before."

## 5. The Ride Only We Could Invent | 5 minutes

**Music:** [Songs about friendship for activities & partner yoga](#). Return to your festival music while pairs draw and invent; lower it for their presentations.

**Invite:** "One pair. One picture. One wonderfully impossible attraction! You are the inventors, and your bodies will bring part of it to life."

Give each pair **one large sheet** and crayons. Stay with the same festival friend. The picture does not need to be finished or beautiful: it helps you imagine and play together.

- 1. Imagine together, about 1 minute.** Each friend offers one wild idea. "What if our ride could...?" Perhaps one wants to travel inside a rainbow and the other wants a giant jelly bounce. Combine them: a Rainbow Jelly Roller Coaster! Ask each other, "How can our ride have both our ideas?" Agree one attraction, not two separate rides.
- 2. Draw together, about 2 minutes.** Both add to the **same picture of that one attraction**. Talk as you draw: "Shall our jelly track go through your rainbow here?" Add a colour, a curve or a funny surprise to each other's ideas. It is fine to invent something that could never exist. Give your attraction a name together, then put the crayons down.
- 3. Bring it to life together, about 2 minutes.** Point to **one exciting part** of your drawing. Ask, "How could our two bodies show that?" Try the yoga or acro together, using the Drop or a partner shape from your festival exploration as the starting idea. Both suggest a movement; combine or adjust them until you have one short ride. Agree how to begin and finish, try it, then let your friend's suggestion change the next go. Finish upright or comfortably seated together and give your invention a delighted cheer.

**An example to get started:** "Our Rainbow Jelly Roller Coaster goes down, then wobbles back up!" Face each other and use the Drop's reciprocal wrist grip and shared lean. Bend into a comfortable squat together, then rise slowly with a funny jelly sound. Return your weight over your feet before letting go. The imaginary track can wobble wildly while your actual shared movement stays smooth. Children may choose a different embodied idea; this is a starting point, not the only answer.

**Your teaching part:** Visit the pairs as they begin moving. Help them turn the feature they chose into a movement both can contribute to, building from what they have just experienced. The picture can defy gravity; the movement is the next step the actual pair can explore together. Keep the movement time: an unfinished drawing is welcome. No need for every pair to perform for the whole group.

**Into the next adventure:** "Your attraction has its first two happy visitors: you! All this inventing has made us hungry. Leave your shared picture by the circle and follow that delicious smell to the pizza stall."

## 6. Pizza For A Friend | 8 minutes

**Music:** [A Million Hands Massage playlist](#). Choose a warm, unhurried track. Keep pizza orders and pressure requests easy to hear.

**Invite:** "Welcome to our made-to-order pizza stall! We do not guess what the customer wants. We ask, knead, chop, sprinkle... and listen."

In the same pairs, one child is the customer and one is the pizza maker. The customer chooses a shirt-covered back pizza, an offered-hand pizza, or a pizza acted out beside them without touch. For a back pizza, sit comfortably with your back towards the maker or lie on your tummy. Demonstrate the whole short order first.

1. **Take the order.** Ask the customer directly: "Which topping would you like? How would you like your dough kneaded: very softly, or a little firmer?" Demonstrate the pressure on their offered hand first. Ask whether that feels right. The customer can change the order at any time.
2. **Knead the dough.** With broad, relaxed palms, gently press and release in an alternating left-right rhythm over the back muscles: press, release, press, release. This is the pizza dough becoming soft and stretchy. Ask, "Softer, firmer, or just like that?" Change your hands to match the answer. Firm is still comfortable, not pounding. Then smooth the pretend dough out with broad, slow strokes.
3. **Spread the sauce.** Ask, "Tomato, pesto, or your own invention?" Use slow circles with flat hands to spread it over the pizza. Make a delighted chef sound as you finish the edges.
4. **Chop the chosen toppings.** The customer might order mushrooms, peppers or pineapple. With loose, relaxed hands, use very light alternating hand-edge taps: "chop-chop-chop." They are small massage taps, not karate strikes. Chop on the shirt-covered back muscles, or demonstrate beside the body for a hand pizza. Let the customer choose faster sounds or slower sounds without turning the taps into harder impacts.
5. **Place and sprinkle.** Place mushroom or pineapple pieces with small, soft fingertip presses. Sprinkle cheese or herbs with feather-light fingertip taps, lifting your hands away between each little shower. Ask the customer where the next imaginary topping should go. Their choice changes the massage.
6. **Warm, serve and thank.** Rest comfortably warm palms on the back for a few quiet seconds: the oven is warming the pizza. Finish with a soft smoothing stroke. "One pizza, made just for you!" The customer tells the maker one thing they liked. Swap and make the other friend's order.

**Timing:** Allow about 1 minute for the demonstration, 3 minutes for each customer's complete order and 1 minute for your shared finale. An invented special is welcome, but keep the actual kneading and topping movements.

**Our oven-door finale:** Sit facing each other in Butterfly, soles of your own feet together. Your knees open and close like the stall's oven doors. Give your two-person pizza stall a wonderful name and call it to the neighbouring pair: "The Extra-Kind Pineapple Palace is open!"

**Care through the hands:** Work over clothing on the back muscles, avoiding the spine, neck and bony points. Keep hand-edge taps very light. Listen to words and body responses, and finish when asked. For a hand pizza, use smaller fingertip circles and presses; chop in the air beside the hand rather than striking fingers. The friendship skill is changing the experience for this customer.

**Into the next adventure:** "The stalls are turning their lights down, and the evening show is about to begin. Bring your friend to the festival lawn. There is a patch of soft grass just big enough for you both."

## 7. Fireworks Behind Our Eyelids | 5 minutes

**Music:** [A Million Hands Massage playlist](#). Use a gentle passage while settling, then fade into quiet beneath the imaginary fireworks.

**Invite:** "The best place for the last show is here on the grass, beside a friend. These fireworks happen in our imagination. We can watch them even with our eyes closed."

Take about a minute to settle side by side, lying comfortably on your backs. Friends may hold hands or rest nearby. Place a scarf over comfortable resting legs if wanted. Eyes can close or stay softly open; imagining can be a feeling or a story, not necessarily a picture. Use quiet music or silence, not loud bangs or flashing lights.

**Read slowly, letting the pauses be real:**

"The festival grass feels soft beneath you. Your legs have finished their travels. Your hands have finished making pizzas. There is nothing left to queue for. You are here, beside your friend. [Pause.]

"Far above the tents, one little spark climbs into the night. It opens into a great circle of your favourite colour. Its colours spread... then float away. Perhaps the next sparkle becomes something from that wonderfully silly future your friend imagined for you. Let it make you smile inside. [Pause.]

"Another firework curls across the sky like your festival greeting. Can you remember the face of the person who greeted you? You can simply rest with that memory. [Pause.]

"Now a trail of gold rises, click... click... click... like our ride. At the top it opens into a thousand quiet stars. Remember something your friend did that helped you enjoy the ride. Let those stars drift slowly down. [Long pause.]

"The next colours are yours to choose. Maybe they become the crazy attraction you invented together, a funny pizza topping, or the name of your two-friend stall. You do not need to tell anyone. Enjoy your own little show. [Leave a generous quiet stretch.]

"One last sparkle. Then the sky is still. The festival has ended for tonight, but the way you listened to each other can come home with you."

Let the spoken words and pauses take about 3 minutes. Leave the final minute for stillness and a gentle return: move fingers and toes, stretch, roll or shift comfortably, then sit when ready. Do not rush to fill the silence.

**Into the next adventure:** "Before we leave through the gates, shall we choose a friendship souvenir that does not cost any money?"

## 8. A Friendship Souvenir | 2 minutes

**Music:** [Songs about friendship for activities & partner yoga](#). Reprise your opening song softly for the souvenir and final greeting.

Turn to your friend and complete, "I loved it when we..." Then name something you want to keep: waiting for their answer, counting together, combining your ideas, making their favourite topping, or the greeting you invented. A gesture or replay of the moment is welcome instead of words. Both friends get a turn.

Invite the whole circle to offer their greetings to one another. Choose a hand connection, a hug or an open-armed wave. "The gates are closing, but we know a little more about each other now. Thank you for making this our festival."

Look at your one shared attraction drawing: "That is something we made together!" Copy it after class so both friends can take the same creation home. Encourage them to show someone their greeting, tell the story of their friend's pizza order, or ask what they would enjoy doing together. The souvenir is a small way of being a friend that they actually tried today.

# Music For The Friendship Festival

Open the playlists before class. Listen through your chosen tracks, queue the passages you want and turn off shuffle. Preview lyrics, volume changes and any adverts for your group. Links open in Spotify; account access and availability can vary.

**Let music serve the connection:** Lower or pause it for demonstrations, conversation and shared acro. Repeat a passage when an activity needs longer; finish the movement together rather than rushing to a musical cue.

## 1. Meet Me At The Festival Gates

[Songs about friendship for activities & partner yoga](#). Choose a joyful entrance song; pause for each new meeting.

## 2. Explore The Festival Together

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