

Mission:

20. Yoga Time

ORGANIZATION:

Music: N/A

Materials: Flashcards with animals or yoga poses (optional).

Books: *You Are a Lion and Other Yoga Poses* by Tae-Eun Yoo; *Little Yoga: A Toddler's First Book of Yoga* by Rebecca Whitford; *Barar's Yoga* for Elephants by Laurent de Brunhoff

Set up: Scattered.



Children are standing and are asked to perform the following poses, each for approximately 20-30 seconds (2-3 times each): Mike the **monkey** (reach up the sky and fold over to reach your toes) just woke up. He likes climbing from **trees** (stand on one leg and open arms as if growing branches and wiggle your fingers as if they are leaves). Emma the **elephant** (bring palms together, keep thumbs crossed, reach to the sky and sway from side to side) was passing by. She was thirsty and went for some water (in same position, bend body down and swing up). At the river she saw Fred the **frog** (squat down and twist body to left and right), who turned to say hi to his friend, Daphne the **dog** (put your paws on the ground, stretch legs, lift your tail to the sky and shake it). Daphne was playing with Katia the **cat** (on your knees and palms, arch and round your back). They were both running after a colorful **butterfly** (sit down, bring feet together and flap legs like winds). Now our friends are tired and need to return home (or the classroom). Like **Ethan** the eagle who is flying away (stand up, spread your wings on the side and flap them up and down).

VARIATIONS:

Make different combinations, or just do one animal/pose at a time.

EXTRA TIPS:

Use as often as needed. Good as transition activity. Encourage them to take deep breaths and perform the moves slowly. The activity can be done independently of the books.

Yoga Time

CHOOOSE:

Have images of the animals and let the children select the animal to perform in their own story. Encourage them to combine other stretching poses with different animals of their choice.

ASSESS:

Development and Learning Objectives:

- TSG 11b - Persists
- Early Learning Standard 9.2 - Engagement & Persistence, Benchmark 1 & 2

Physical:

- TSG 5a - Balancing
- Early Learning Standard 8.2 - Large Motor Development, Benchmark 1

RELATE:

Ask every child to think of their favorite animal and show it to their peers. Then the children need to guess what animal that is. If they are challenged, encourage them to use clues.



ENERGIZE THE BRAIN (EF):

Show a picture and without talking ask the children to perform the moves that matches the picture. This requires working memory. By switching pictures the children refocus on a new combination. To add challenge, show two animals at once and ask them to do the animal based on a rule (how it looks rule, e.g., has no legs, or color rule, e.g., is green). Switch rules regularly. For self-control practice, you could also ask them to hold their pose and wait for your signal in order to stop.