

# Yoga

## Storytime To Go

### Books

*The Yoga Game by the Sea*  
Kathy Beliveau

*Watch Me Do Yoga*  
Bobby Clennell

*The ABCs of Yoga for Kids*  
Teresa Anne Power

*I Am Yoga*  
Susan Verde

*Goodnight Yoga*  
Mariam Gates

*You Are a Lion*  
Taeun Yoo

*Breathe*  
Scott Magoon

### Other Items:

CD: *How to be a Cloud: yoga songs for kids vol.3* by Kira Willey

*Yoga Cards: The ABC's of Yoga for Kids*



### Fingerplays and Action Rhymes

#### Are You Ready for Yoga?

Are you ready for yoga?  
If you're ready, then stomp your feet.  
Stomp your feet and make some noise.  
Let's stomp our feet and make some noise.  
And do it really fast.  
Then stop. Stretch your feet up, up, up  
And down.  
(Repeat with arms, then both feet and arms.)

Source: [Nextgenerationyoga.com](http://Nextgenerationyoga.com)

#### Open Book

**Close the book.**  
*Sit on the floor with arms stretched out in front of you, palms touching.*

**Open the book.**  
*Stretch arms wide open.*

**Close the book.**  
*Sit on the floor with arms stretched out in front of you, palms touching.*

**Turn the page.**  
*Open just the right arm, close it, then open the left arm and close it. Repeat "turning the pages."*

*Repeat the whole sequence using legs instead of arms. Then try arms and legs together.*

#### If I Was a Bird

If I was a bird I'd flap my wings all day,  
Flap my wings all day, if I was a bird!

Additional verses: elephant-swing my trunk  
Kangaroo-hop and hop  
Monkey-swing  
Snake-slither in the grass  
Cheetah-run real fast all day

Source: [hclib.org](http://hclib.org)

### Action Songs

#### Extend and Stretch

*Tune: Frere Jacques*

Extend and stretch  
(sit down with legs crossed and do seated side bends)

Extend and stretch

Twist and turn  
(sit on floor with legs crossed and twist to each side of body)

Twist and turn

This is yoga  
(hands overhead on "this," then bring to prayer position on "yoga")

This is yoga

Om sweet om,  
(hands in prayer, bow forward)

Om sweet om



## Songs

### Old MacYogi had a Farm

*Tune: Old MacDonald had a Farm*

Old Mac-Yogi had farm. E-i-e-i-om.  
And on that farm he had a cat.  
E-i-e-i-om (cat pose).

*Repeat and have child chose an animal to create a pose for.*

### Head and Shoulders Yoga Pose

*Tune: Head and Shoulders Knees and Toes*

Head, shoulders, yoga pose, yoga pose  
Head, shoulders, yoga pose, yoga pose  
Breathe in and out deeply through your nose.  
Head, shoulders, yoga pose.  
YOGA POSE!

Source: [kiddingaroundyoga.com](http://kiddingaroundyoga.com)

## Science & Math

### Sorting and Toe-ga

Toe-ga yoga is a fun game designed to increase a child's foot dexterity and fine motor skills. Dump a pile of craft pom-poms on the floor. Have your child pick them up, one at a time - with their toes! See if younger children can sort the pom-poms into piles by size or color. Encourage older children to stand up and balance on one leg while sorting the pom-poms with their free foot.

## Art Projects

### Sun

Have child color a paper plate to look like their version of the sun. Do a Sun Dance with the "sun" to celebrate!

### Breathing Exercises

Yoga breathing exercises helps kids manage stress, calms, soothes, and teaches them self regulation.

### Bunny Breath:

Just 3 quick sniffs in the nose and one long exhale out the nose. Invite kids to pretend to be bunnies, sniffing the air for other bunnies, carrots to eat, or safety. It can be a lovely cleansing breath when you use it in this way. You can also use it when kids are very upset and can't find their breath, because it will help them connect to their exhale, so that they breathe instead of spin out.

### Bumblebee Breath

- 1) Begin in Sitting Mountain Pose (sit on floor with legs crossed) with a tall, straight spine. Take a slow, deep breath in through your nose before exhaling out to "Hummmmm," as long as possible.
- 2) Try it again, but this time with your eyes closed. Focus on the humming sound. Notice the vibration created in your lips.
- 3) Try the same breath again with eyes closed and ears blocked with your hands. Notice your focus go inward where there is peace and calm. Repeat this breath several times. Discuss your experience.

Source: [Yogacalm.org](http://Yogacalm.org)

### Flower Breath:

Imagine smelling a beautiful flower, breathe in through the nose and out the mouth, releasing any tension. Stop and smell the roses, daffodils, daisies or any other flower they like. This is a simple way to connect kids to their breath and how it helps them to feel.

### Early Literacy Take Home:

Yoga can help children develop an awareness of designs and shapes that bodies can make as well as where their bodies are in space. Yoga also helps children focus, concentrate, and strengthen the body/mind connection which will further help learning.



**Questions about this kit?**  
**Email youth services staff**  
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**contact staff at**  
**(360) 417-8500 x7705.**

[www.nols.org](http://www.nols.org)