

YogaKiddos with Gaileee Lesson Plan. Ages 4 – 9. Using books to practice kids yoga.

- I'm in the middle, and the kiddos are seated around in circle. We start with the breathing. I'll demonstrate with the Hoberman Sphere the expanding of the "lungs" with bring the ball out, then shrink the ball as we exhale. I'll roll the ball to one of the kids, they will introduce themselves, and demonstrate the Hoberman ball for two breaths. We will go around the circle until everyone has had a turn. Photo of Grace Barger, my daughter, expanding and contracting the Hoberman Sphere.



- I'll then start the story of the day. In this example let's use "*Brown Bear, Brown Bear*" by Eric Carle. We will act out the pages in the book with yoga poses. For Brown Bear we will raise up on our hind legs, get out our Bear Claws, and make a bear sound. We will then walk around the circle making bear sounds, then stop to claw at a fish in the stream and pretend to eat a fish. Making big smacking sounds as we eat. Then it is Criss Cross Yoga Sauce back to our spot and sit in easy seated pose to wait for our next story page.
- Hula Hoop Leaping. When we get to an animal that likes to leap (like a cat, or leopard, lion, etc.) I'll go around to each child and have them leap through the hula hoop and make the animal sound at the same time.
- After we finish the story, we will then go onto drawing Yoga cards out of a bag. I have pre-select the cards and have one card for me face down in the center. I have the children come to the center and select a card, then I will with them, demonstrate the pose. For example, Alligator, we get on our tummy, extend out our arms in front of us, and snap our alligator jaws. We also wiggle our tails, and roll and swim in the water. Depending on how many children and how much time is left, we may do this one round or two. I have enough cards selected beforehand. I try to use have different animal cards than what was done in the story.
- Last pose is mine, which is final relaxation or the Do Nothing Pose. I'll have the children lie on their back, and pretend to "Do Nothing". During that time I'll tell them to stretch and relax, I'll use the chimes and/or singing bowl near the end of the rest time.
- We will come to seated Criss Cross Yoga Sauce pose, and repeat, "The Light in Me, Honors the Light in You. We then fold up our Yoga mats, put on our shoes and pick out a sticker and take home a color page that is associated with the story of the day.

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