

Pete's A Pizza Party – An OMazing Kids Yoga lesson plan based on the story “Pete’s A Pizza” by William Steig



Supplies:

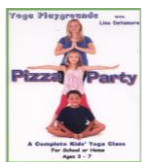
- Book or video: “Pete’s A Pizza” by William Steig
- Part of a pool noodle (to use as a “rolling pin”)
- A yoga mat, towel or blanket for each child (their “pizza pan”)
- Time Timer (see Lakeshore info below) or other timer (*Note: some kids with sensory processing problems are bothered by the ticking & the ringing/buzzing when “time’s up” so keep this in mind when choosing a timer*)
- Symbols for “Pete’s a Pizza” (see link to PDF below)
- Pizza Toppers Printables (see link to PDF below) & glue sticks
- Poppa’s Pizza Topple Game
- “Pizza Pose” card from “Learn With Yoga: ABC Yoga Cards for Kids” by Addriya

Playlist:

- “I am a Pizza” by Tim Poe and Family (<http://www.chizeng.com/media/audio/pizza.mp3> - free)
- “Pete’s A Pizza” by Kentucky T. Dutchersmith and the Rubber Band (<http://www.amazon.com/Petes-a-Pizza/dp/B001POGBZM>)
- “On Top of My Pizza” by Wendy Wiseman (<http://www.amazon.com/On-Top-Of-My-Pizza/dp/B000QO44N4>)
- “Pizza Pie” by Mary Kai (http://www.amazon.com/gp/product/B0013PF6ZA/ref=dm_dp_trk7?ie=UTF8&qid=1311788440&sr=1-13)
- “That’s Amore” - Reader’s Digest Music: That’s Amore: Great Film Songs Of The ‘50s, Vol. 1 (instrumental) (http://www.amazon.com/gp/product/B0015ZPJ5K/ref=dm_ty_trk?ie=UTF8&qid=1311785816&sr=1-4)
- “Pizza Boy” by Les Brown (relaxing jazz) (http://www.amazon.com/Pizza-Boy/dp/B00377XO3I/ref=sr_1_40?ie=UTF8&s=dmusic&qid=1311790796&sr=1-40)



To prepare for your pizza-themed kids yoga group read the **“Using Your Noodle” blog post by Bodylogique**: <http://bodylogique.blogspot.com/2011/03/using-your-noodle.html> for great instructions and ideas. Includes great information about sensory processing. Barbara Gini’s amazing blog post was what originally inspired me to try out pizza yoga!



Another great resource for pizza-themed poses is the latter part (13:45-16:15) of the **“Pizza Party” DVD by Yoga Playgrounds**. Available for order online & see the video preview at:

<http://www.move-with-me.com/dvd-series/yoga-playgrounds/item/2-pizza-party-dvd-at-home>



The **video** for the book “Pete’s A Pizza” on YouTube: <http://www.youtube.com/watch?v=UCchxTFepPc>

Activity Guide for the video: <http://www.dcmp.org/guides/10080.pdf>

Book available on Amazon: <http://www.amazon.com/Petes-Pizza-William-Steig/dp/0062051571>



Symbols for Pete’s a Pizza (2-page PDF): I made these using Boardmaker and then converted it to a PDF document. Many of the kids I work with have limited verbal skills. Having symbols available gives them an opportunity to make choices & comment by either pointing to or handing a symbol.

<http://omazingkidsyoga.files.wordpress.com/2011/07/petes-a-pizza-symbols.pdf>
(2 letter-sized pages / print in color)

Pizza Toppers Printable:



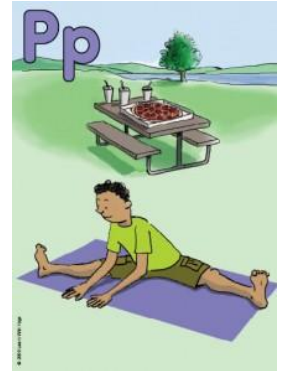
Pizza Toppers Printable (2-page PDF) – from Disney Family Fun

<http://omazingkidsyoga.files.wordpress.com/2011/07/pizza-toppers-printable.pdf>
(2 letter-sized pages / print in color)

Use to “pick a pizza pose” & as a craft for each child to make their own pizza. Depending on the kids’ fine motor & cognitive skills, you may want to pre-cut the topping pieces (page 2). When I do this I put the pieces for each pizza toppings in an individual Ziploc bag.

Pose ideas:

- **dough** – roll down length of yoga mat (*may need to layer mats for extra cushion*) & then use part of a pool noodle to roll out body parts the child chooses (*ask permission & be mindful of sensory needs of each child*)
- **cheese** – partner pose – “sprinkles/taps” or “pats” of cheese on partner’s back or arm (*teach kids to ask permission before touching*)
- **pepperoni** – woodchopper pose to “slice” pepperonis
- **olives** – sit in easy pose with arms rounded above head and lips in a circle (like the hole in a round olive slice). Breath in & out through rounded lips.
- **tomatoes** (for the sauce) – stand up straight in mountain pose (firm tomato) & then go into ragdoll pose (melting into sauce). Also sit in “pizza pose” and reach down to spread sauce on your legs.
- **mushroom** – child’s pose
- **onion** – triangle pose and then peel off layers of onion as you come up
- **sausage** - rock & roll on your back like a round sausage ball
- **bacon** – sizzling by wiggling on back on the mat... sizzle fast.... sizzle slow. Do buzzing breath as you sizzle your bacon. (fun idea from one of our 8 year old yogis with Autism & ADHD)
- **anchovies** – fish pose..... Ewwww!
- **broccoli** – tree pose Believe it or not several of the kids actually wanted this on their pizza!
- If kids pick any of other items to put on their pizza, make up a pose... have fun... think outside the pizza box ☺ Hey it’s only a “pretend” pizza anyways! Could also have a discussion about “pretend” vs. “real”.
- Other ideas: “foot phone” to call friends to come to the pizza party, point/flex feet as a “tick-tock” timer while the pizza is cooking, lean forward to touch feet to “close the oven door”, “table” pose & breaths to blow on the hot pizza.



“Pizza Pose” – from “Learn With Yoga: ABC Yoga Cards for Kids” by Addriya

Affirmations: I am flexible like pizza dough, I am fun like a pizza party, Pizzas are made up of lots of different ingredients (discussion about appreciating & valuing differences. What if a pizza was only ____ (crust, pepperoni, etc)... then it wouldn’t be a pizza).



Poppa’s Pizza Topples Game: This game is a great addition to any pizza-themed group. Use the topping parts to “pick a pose”. Work together to help build a pizza while working on turn-taking, problem solving, attributes, etc. A fun twist on the Radiant Child Yoga Bell Game (carrying a bell mindfully without it ringing) is to have each child carry or pass the removable pizza crust with a few toppings on top without them falling off.

Available at **Lakeshore Learning:**

<http://www.lakeshorelearning.com/seo/ca%7CsearchResults~~p%7CTR671~~.jsp>

Lakeshore Learning is having their annual Back to School Sale from July 5-September 4, 2011. It’s a great opportunity to get good deals. Join the free Lakeshore Teacher’s Club for extra savings & exclusive coupons. Time Timers are on sale.



Even more Pizza theme ideas:

<http://www.thevirtualvine.com/pizza.html>

