



Leaves: tree pose



Shirt: mountain + arms straight out



Pumpkin: child's pose + stem



Pole: mountain + arms straight up



Pants: dance



Rope: do "lazy 8's"



Hay: table (like bale of hay)

Scarecrow: Group pose w/ each child doing one of the poses – put together makes a scarecrow.



- Pumpkin – child's pose (head)
- Pole – mountain + arms straight up (spine)
- Shirt – mountain + arms straight out
- Leaves – tree (chest)
- Pants – dance
- Hay – table (legs)
- Rope – "lazy 8's"

