

YogaKiddos with Gaileee - Using books to practice kids yoga.

Supply List:

1. Yoga Mats – Optional (floors can be used).
2. Hoberman Sphere - <http://www.amazon.com/Hoberman-Large-Expanding-Sphere-Toy/dp/B007ODRDW4>
3. Hula Hoop – Target stores or Travel Hula Hoop - <http://www.amazon.com/Think-It-Take-Apart-Hula/dp/B000VUAZO0/>
4. Chimes - <http://www.amazon.com/Tingsha-Tibetan-Meditation-Dragon-Embossed/dp/B0035P6AYM>
5. Singing Bowl - www.amazon.com/Exquisite-Tibetan-Singing-Bowl-Made/dp/B0035Z0C3W/
6. Yoga Kid Cards –
 - ABC Yoga for Kids - <http://www.abcyogaforkids.com/>
 - Go Grounded http://gogrounded.com/grounded-shopping/product/show/cid-1/name-elevator-series-pose-cards/category_pathway-0
 - Learn with Yoga ABC Yoga Cards <http://addriya.com/shop/learn-with-yoga-abc-yoga-cards-for-kids/>
 - YogaFit Kids Cards <https://webportal.orderwave.com/yogafit/portal.0?action=viewItemDetail&itemNumber=ED001>
7. A bag to put the kids cards into.
8. Story Book ideas – “Brown Bear, Brown Bear” – Eric Carle, “Polar Bear, Polar Bear” – Eric Carle and “From Head to Toe” – Eric Carle
9. Color Pages – Love the resources from KidzClub. Here is the coloring page for Brown Bear <http://www.kizclub.com/storypatterns/brownbear.pdf>
10. Stickers – I like the ones from Dover company. <http://store.doverpublications.com/by-subject-stickers.html> They also have sample coloring pages.

Boom Box and a CD or Ipod of Music – Easy listening music