



***The Animals' Santa* by Jan Brett** is definitely a new fave in OMazing Kids! Her illustrations are a feast for the eyes and include amazing details on the sides that give clues about what else is going on in the story.

The book has the following **opportunities for kids yoga activities**:

- Bunny Breaths
- Snowy Tree
- Forest of Snowy Trees
- Lemming (mouse)
- Heart-Shaped Mudra (for the heart-shaped wishing stone)
- Bell Mindful Walking
- Raven (bird)
- Squirrel (use brown pom-poms as acorns to stretch and pick or do Toe-ga to pick up with toes)
- Arctic Fox (cat pose + sign for “fox”)
- Badger (big steps pretending to walk on snowshoes)
- Polar Bear (extended Child Pose)
- Moose (Seated Twist + hands on head as big antlers)
- Porcupine (Lotus Mudra – fingers look like the quills)
- Wolf (Upward Facing Dog)
- Broken Ice Chimes Mindful Listening (small wind chimes or chime bar)
- Snowy Owl (Gyan Mudra at eyes)

Playlist Suggestions:

- It's Snowing by Bobbie Lancaster
- Silent Nights CD from Relax Kids
- Snow by Jim Valley
- Snow Angel & Snowy Tree on Musical Yoga Adventures CD
- Snow Song by Mary Lu Walker
- Snowfall by Will Hale & the Tadpole Parade

Craft Idea: Make *Wishing Stones* by decorating small river rocks or glass stones with permanent markers, stickers or paint. Here's one example: <http://club.chicacircle.com/glass-painted-wishing-stones/> and another one using melted crayons: <http://artfulparent.com/2014/05/diy-wishing-stones-friend.html>. To promote the idea of “giving”, each child could make a wishing stone to give away as a gift. Free card to go with the gift: http://www.janbrett.com/pdf/animal_santa_christmas_card.pdf

Free Coloring Page: <http://omazingkidsyoga.files.wordpress.com/2014/12/the-animals-christmas-coloring-page-to-go-with-the-omazing-kids-yoga-lesson-plan.pdf>

See lots of other snowy & Christmas-themed ideas, including links to crafts & printables on these posts on my OMazing Kids blog: <http://omazingkidsllc.com/category/christmas-winter/>

