



Objective: To help children become aware of how their bodies feel using different motions and yoga poses. Also, to help children direct their attention by focusing on their balance and body positions.

Teacher: To create a yoga story, write a short story of 5 – 9 sentences about a theme your children are interested in. Match a simple yoga pose to each sentence. To create a book, write a story sentence on each page. Include an illustration of the sentence and a picture of the matching yoga pose.

Materials:
A yoga story

Yoga Story

INTRODUCTION

Before we get started on our yoga, who remembers why we do yoga?
What does yoga help our body do? Be calm?

YOGA STORY – FIREFIGHTERS' YOGA

All is calm at the house.

(Child pose)

We get on our knees, we put our head on the ground, and we put our arms behind us.
Let's take some deep breaths. Breathe in...Breathe out... *(repeat)*.

Uh-Oh, a fire has started!

(Cat pose)

We are still on our knees with our hands in front of us. We arch our backs like a cat.

Oh, no, the fire gets bigger!

(Mountain pose)

We stand up and put our arms above our heads and we stretch up. Then we stretch to one side...and then we stretch to the other side. Stretch, stretch, stretch.

And bigger!

(Tree pose)

Now we put one foot on our knee and we pray with our hands.

You have to really try to balance.

Ok, can we try the other foot? Take a deep breath.

YOGA STORY cont.

And bigger!

(Modified tree pose)

Ok, let's bring our knee up as we balance on the other foot.

Now cross your arms, and breathe as you balance.

Let's switch sides.

Quick, call the firefighters!

(Chair pose)

Remember they are sitting in their fire truck and driving to the fire.

The firefighters are strong and brave.

(Warrior II pose)

Put one foot in front of you.

Put your hands together like you are praying, up, and then out.

Bend your front knee and lean forward on that leg.

Do you feel your strong Inner Power? Now try the other leg.

The firefighters spray the water.

(Warrior I pose)

Same pose, but now we put our hands together above our heads.

Pretend your hands are a hose and you are spraying the water.

You put out the fire! Nice work!

The firefighters saved the house! Yay!

(Child pose)

We get on our knees again, with our head on the ground and our arms behind us.

Let's take some deep breaths. In...and out. In...and out.

(Everyone sits up, on their knees.)

How does your body feel? Do you feel relaxed and calm?

Do you feel your Inner Power?

TIPS

- Some children will be able to do the harder poses, and some won't. That is ok. Encourage them to keep trying and support their efforts.
- Throughout the poses, help children notice how their bodies are feeling.
- Help the children take deep, slow breaths throughout the poses.
- Tailor the challenge to each child. Try extending the stretch for those who are ready.

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