



A KIDS YOGA STORIES ZOO TRIP PLAN

- Topic:** **A TRIP TO THE ZOO**
- Age Group:** 3 to 7 years old
- Intention:** To learn through movement about the different animals that live in the zoo
- Preparation:** Gather information about the different animals that live in zoos in your area or around the world (ex. YouTube clips, Newspaper reports, Magazines pictures, Internet sites, Guest Speakers, Library Books)
- Opening:** Explain the intention of today's trip and discuss their prior experience of visiting a zoo.
Pretend to go on a trip to the Zoo.
Pretend to wake up, pack your backpack, and get ready for your adventure.
Lead a Sun Salute or similar warm-up sequence to get ready for the day.
Pretend to take a bus or drive in a car to the Zoo.
- Journey:** You could brainstorm your own list of animals that you see at the zoo and then 'act' them out or follow the suggested Kids Yoga sequence in the attached list. These pictures were taken from our trip to the Oregon Zoo in Portland. The animals are listed in a specific sequence to create a safe Kids Yoga experience that encourages a flow from one animal to the next. Feel free to shorten or lengthen the number of poses to suit the age group.
The focus should be on having fun with movement, not on practicing perfectly aligned poses – so enjoy and be creative!
- Closing:** Close your eyes thinking about your favorite animal.
Rest on your back with your arms spread out like a Sea Star for a period of time.
- Extensions:** Print a copy of the attached "A Trip to the Zoo" pages and have the children draw a picture of themselves demonstrating the pose in the "Demonstration" column
Take pictures of the children to make a class book of 'Our Trip to the Zoo'
Invite a Zoo Keeper to talk about his/her job working at a zoo
Do mini research projects of one animal per child – where live, what eat, how behave
Bring in props or stuffed animals of the different animals
Write individual stories using 2-3 of the animals as the characters
Listen to different kinds of music with the animal sounds and practice making sounds
Paint animal pictures or make a zoo animal collage with photos or magazine cut-outs
Create a "Zoo Animal" corner with 3D representations of the zoo animals
Sort the animals in their different habitats, countries, behaviors, or classifications
Study the advantages/disadvantages of Zoos – organize a healthy debate
Make a list of what other animals live in the Zoo
Discuss what the characteristics are of a 'good' Zoo that caters to needs of the animals
Compare Zoos to the animals' natural environment – how similar and different
Plan a trip to the Zoo or local Farm

A TRIP TO THE ZOO

PICTURE	KEYWORD	YOGA POSE	DEMONSTRATION
	Penguin	Penguin Pose	
	Tree	Tree Pose	
	Giraffe	Giraffe Pose	
	Eagle	Eagle Pose	
	Waterfall	Standing Forward Bend	

	<p>Elephant</p>	<p>Elephant Pose (Standing Forward Bend with Arms Clasped)</p>	
	<p>Duck</p>	<p>Squat Pose</p>	
	<p>Bear</p>	<p>Downward Facing Dog</p>	
	<p>Crocodile</p>	<p>Plank Pose</p>	
	<p>Lion</p>	<p>Cat Pose</p>	

	<p>Cow</p>	<p>Cow Pose</p>	
	<p>Monkey</p>	<p>Monkey Pose</p>	
	<p>Flower</p>	<p>Lotus Pose</p>	
	<p>Turtle</p>	<p>Turtle Pose</p>	
	<p>Sea Star</p>	<p>Resting Pose</p>	