KIDS YOGA STORIES
SPRINGTIME LESSON PLAN

Topic: **SPRING**

Age Group: 3 to 7 years old

Intention: To celebrate Springtime activities

Preparation: Gather books, poems, songs, resources, videos, and visuals about Spring and the different seasons. Old calendars are great for visuals.

Opening: Explain the intention of the Springtime Yoga experience.
Use visuals to get them interested in the Spring topic and ask them what makes Spring special to them – make a web of their ideas. Compare Spring to other seasons.
Do Sun Salutes or other warm-up exercises.

Journey: Pretend to go on a journey to your nearest park or playground. Pretend to pack your backpacks and get ready for your day.
Use the attached Springtime Yoga page to guide the children through a safe yoga sequence (adding in any other animals or things that the children share along the journey):

- SUN (Sun Salute)
- TREE (Tree Pose swaying in the breeze)
- BIRD (Warrior 3 with flapping arms)
- RAIN (Standing Forward Bend with rain arms)
- PLANTING GARDEN (Squat Pose with planting hands in the garden)
- CATERPILLAR (Locust Pose inching along a leaf)
- BEE (Hero Pose with buzzing arms)
- BUTTERFLY (Butterfly Pose with fluttering wings)
- FLOWER (Lotus Pose blossoming)
- RELAXING IN THE PARK (Resting Pose for a period of time)

Closing: Sit in a circle to complete your Spring experience
Open a discussion about their favorite Spring activities
Distribute one Springtime Yoga page per child – ask them to draw a picture of the keyword on the left side and a picture of them demonstrating the pose on the right side

Extensions: Take pictures of the children practicing the poses and make a "Spring Book"
Take a trip to the park or playground to see, hear, smell, and touch Spring
Write a Spring poem or story and read aloud together
Create a dedicated "Spring" wall with their artwork – making 3D versions of all keywords
Post pictures of your Spring Yoga experience on **www.facebook.com/kidsyogastories**

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SPRINGTIME YOGA

Picture	Keyword	Yoga Pose	Demonstration
	SUN	Sun Salute	
	TREE	Tree Pose	
	BIRDS	Warrior 3	
	RAIN	Standing Forward Bend	
	PLANTING GARDEN	Squat Pose	
	CATERPILLAR	Locust Pose	
	BEES	Hero Pose	
	BUTTERFLIES	Butterfly Pose	
	FLOWERS	Lotus Pose	
	RELAXING IN PARK	Resting Pose	

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