



## A KIDS YOGA STORIES IRELAND PLAN

Topic: **IRELAND (Saint Patrick's Day)**

Age Group: 3 to 8 years old

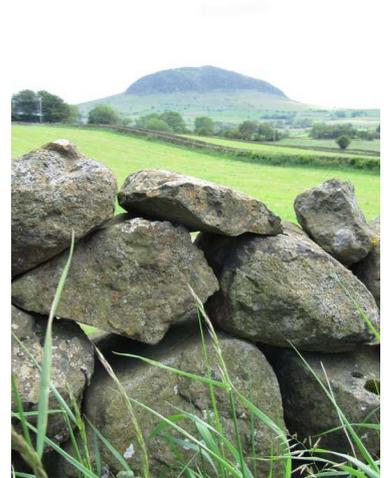
Time: 15 minutes to 45 minutes, flexible to suit the needs of the children

Intention: To learn (through movement) about the flora and fauna of Ireland

Preparation: Gather information about different animals that you might see in Ireland - from YouTube clips, newspaper reports, magazine pictures, Internet sites, guest speakers, brochures, fiction books, non-fiction books, and guidebooks.

Opening: Explain the intention of today's experience and ask about the children's prior knowledge of Ireland – has anyone been to Ireland? Do they know anyone from Ireland? What animals do they think live in Ireland?

Talk about the sights, sounds, and smells of Ireland. Use visuals.



Now, pretend to go on a trip to Ireland.

Pretend to wake up, pack your backpack with your gear, and get ready for your adventure. Lead a Sun Salute or similar warm-up sequence to get ready for the day.

Find Ireland on a map to plot your trip. Pretend to take a bus, car, or plane to get there.

Journey: You could brainstorm your own list of animals that you would see in Ireland and then 'act' them out, or follow the suggested *Kids Yoga Stories* sequence below.

The keywords are listed in a specific sequence to create a safe kids yoga experience that encourages a flow from one item to the next.

Feel free to shorten, lengthen, or change the number of poses to suit your age group. Don't forget to practice on both sides/legs. The focus is on having fun with movement, not on practicing perfectly aligned poses. Be creative and enjoy yourselves!

Ireland-inspired Kids Yoga sequence:

1. **Mountain Range in County Kerry – Mountain Pose** (stand tall, arms out to your side)
2. **Oak Tree – Tree Pose** (stand on one leg, other leg bent to touch inner thigh)
3. **Golden Eagle – Eagle Pose** (stand on one leg, other leg wrapped around leg, arms crossed out in front)
4. **Squirrel – Pick up acorns with toes** (pretend to pick up acorns with your toes or pick up cotton balls with your toes)
5. **Bat – Standing Forward Bend** (bend at waist, hang arms down like a bat)
6. **European Brown Frog – Squat Pose** (squat like a frog, then hop)
7. **Common Lizard – Plank Pose** (balance flat over hands and toes like a plank)
8. **Red Fox – Cat Pose with Gyan Mudra** (hands-and-knees, with A-Okay sign over nose)
9. **Dolphin – Dolphin Pose** (downward-facing dog variation with bent arms)
10. **Sea Turtle – Extended Child’s Pose** (child’s pose with arms extended out front, breathe)
11. **Shark – Locust Pose** (on belly, legs back, arms clasped behind)
12. **Seal – Locust Pose** (on belly, legs back, arms stretched forward)
13. **Field Mouse – Child’s Pose** (child’s pose, breathe)
14. **Irish Hare – Hero Pose with Bunny Breath** (sit on heels, take 4-6 short breaths, then long exhale)
15. **Stoat (Short-tailed Weasel) – Kneeling** (come up to kneel on knees, use hands as paws, look around like a weasel)
16. **Hedgehog – Hero Pose with Lotus Mudra** (sit on heels, fingers stretched out, palms together in mudra to represent spines of hedgehog)
17. **Badger – Hero Pose with Gyan Mudra** (sit on heels, both hands in A-Okay sign over eyes to look like the badger’s eyes)
18. **Red Deer – Seated Twist** (one leg stretched out front, other leg held close to body, twist)
19. **Wildflower – Flower Pose** (sit on buttocks, soles of feet together, hands to ankles, lift your bent legs up and balance on buttocks)
20. **Canal or Lake – Resting Pose** (lay on back, arms and legs stretched out, breathe, relax)



Closing:

Rest on your backs imagining that you are a steel canal boat drifting down the Royal Canal. Close your eyes thinking about your favorite animal.

Feel free to add your own special ritual to end the session together, such as lighting a candle, saying 'Namaste', sitting in a circle, or taking turns saying everyone's favorite animal.



Further Activities: Take pictures of the children practicing their yoga poses. Make a class book of "Our Irish Journey".

Plan an imaginary trip to Ireland by using maps, guidebooks, travel websites, travel brochures, or magazines.

Cook Irish food, like Irish soda bread, potato cakes, pancakes or beef stew.

Research the origin of St. Patrick's Day. Dress in green and host a parade.

Make Rainbow with painted handprints. Count how many handprints to make rainbow.

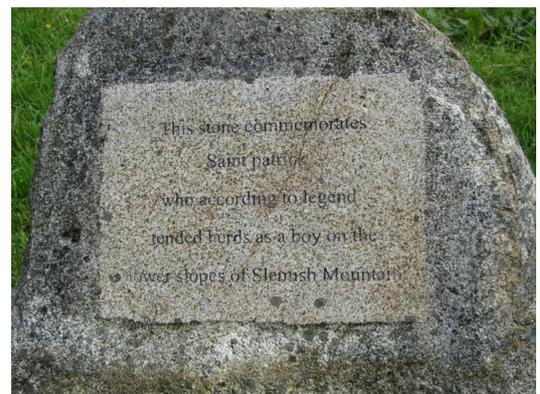
Make a Shamrock or Blarney Stone.

Download Ireland Coloring Pages.

Read and illustrate St. Patrick's Days poems.

Create a Leprechaun scavenger hunt.

Dance a jig and teach each other. Take a video. Play Celtic music.



Pick one animal that lives in Ireland and write a mini-book or research report. Sort the animals into categories of native, non-native, and extinct.

Research and draw the Irish flag. Compare to the other United Kingdom countries.

Discuss similarities and differences between Irish lifestyle and your own.

Invite a Guest Speaker who is Irish or has been to Ireland to share their photos & stories.

Have a Fact Scavenger Hunt, using books from library or the internet, find facts such as population, size of country, number of animal species, yearly temperature, places of interest, famous Irish people, sports, festival, historical landmarks, or natural wonders (ex. Cliffs of Moher, The Giant's Causeway, Aran Islands).

Paint pictures of the different animals.

Make a collage with pictures of Ireland.

Compare the Irish language and alphabet to English or another language.

Listen to Traditional Irish Music. Research musical instruments, such as the fiddle, flute, tin whistle, handheld drum, guitar, or banjo.



For more free resources or to check out my yoga-inspired children's books, please visit **Kids Yoga Stories** at [www.kidsyogastories.com](http://www.kidsyogastories.com) and sign up for the **Kids Yoga Stories Newsletter**. It's free!

I'd love to hear how you enjoyed your Irish journey, email me at [giselle@kidsyogastories.com](mailto:giselle@kidsyogastories.com). My parents are from England, but I have yet to visit Ireland. Hopefully one day!

Giselle

Kids Yoga Stories

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*Pictures were generously shared by Crystal from **Crystal's Tiny Treasures** ([www.crystalstinytreasures.com](http://www.crystalstinytreasures.com)), a Canadian mom living in Northern Ireland with her family.*