



## A KIDS YOGA STORIES AFRICAN TRIP PLAN

Topic: **AFRICA**

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 different animals that live in Africa

Preparation: Gather information about different animals that you might see on a Safari trip in Africa - from YouTube clips, Newspaper reports, Magazines pictures, Internet sites, Guest speakers, Brochures, Fiction, and Non-fiction books



Opening: Explain the intention of today's experience and ask about the children's prior knowledge of Africa (Has anyone been to Africa? Do they know anyone who has been to Africa? Have they read books about Africa? Have they seen African animals in zoos? What animals do they think live/don't live there?).

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

Now, pretend to go on a trip to Africa.

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 Tanzania, Africa 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 Africa and then 'act' them out, or follow the suggested *Kids Yoga Stories* sequence below. This sequence was inspired by our trip to San Francisco Zoo, my friend's trip to Tanzania, and our visit to the African Hall at the California Academy of Sciences.

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!

**Airplane – Warrior 3** (standing on one leg, other leg stretched out backwards, arms out to side, flying like an airplane to Africa)

**Kilimanjaro – Mountain Pose** (standing tall with arms out to side)

**Giraffe – Palms Together Overhead** (stand tall, reach both hands straight up munching on tall leaves)

**Baobab Tree – Tree Pose** (stand on one leg, bend other leg to rest foot on shin)

**Ostrich or Stork – Dancing Pose** (stand on one leg, reach back to other leg)

**Elephant – Standing Forward Bend** (bend at the waist, arms linked swaying back and forth like a trunk)

**Frog – Squat Pose** (hop like a frog)

**Crocodile or Lizard – Plank Pose** (stretch back hovering over hands and toes)

**Cobra – Cobra Pose** (lying on tummy, legs stretched behind, lift up onto forearms)

**Hippo – Child’s Pose** (rest back on knees, tucking in arms and hand)

**Zebra and Leopard – Cat and Cow Pose** (hands and knees, arching up and back)

**Lion – Hero Pose with Lion’s Breath** (sitting back on heels, exhaling with tongue out)

**Camel – Camel Pose** (kneeling and then arching back)

**Rhino – Child’s Pose** (rest back on knees, tucking in arms and hand)

Closing:

Rest on your backs acting like a rushing river (like the Nile River) or waterhole. Ask the children to close their eyes thinking about their favorite African 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 or snow activity.



Extensions:

Take pictures of the children practicing their yoga poses and make a class book of “Our African Journey”

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

Invite a Guest Speaker who has been to Africa to share their photos and stories

Find an African map and research what is special about each of the countries

Choose an African animal and write a mini-book or research report

Make an African collage

Research and draw each of the flags from the different African countries

Discuss similarities/differences between African lifestyle and your own

Look on YouTube for some African short videos or find videos in the library

Paint pictures of the different African animals

Make a diorama of a Safari scene

Make an African Passport and stamp each country/region as you study

Learn some basic words from some of the African countries (ex. Zulu)

Have an African party, bring in food from Africa and dress in traditional clothing



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).

I'd love to hear how you enjoyed your African journey, email me at [giselle@kidsyogastories.com](mailto:giselle@kidsyogastories.com). I've always wanted to go there, so hopefully one day!

Giselle

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