



A KIDS YOGA STORIES BEACH PLAN

Topic: **THE BEACH**

Age Group: 3 to 8 years old

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

Intention: To learn through movement about the beach and ways to keep our beaches clean.

Preparation: Gather books, poems, songs, resources, videos, and photos about the beach. Gather information about the animals and other things you would find on the seashore. *(Picture above taken on the Sunshine Coast of Australia.)*



Opening: Explain the intention of the day's experience and ask the children about their prior beach experiences. What was the weather like? Was it hot, cold, windy, or sunny? What animals did they see? What did they smell, touch, taste, and hear? What did they play? What's special about beaches?

Use visuals to get them interested in the beach. Make a web of their ideas.

Pretend to get ready for your trip to the beach. Lead a Sun Salute or similar warm-up sequence to get ready for the day.

Journey: Use the Kids Yoga Stories beach sequence below as an inspiration guide, or feel free to add your own poses.

The keywords are listed in a specific sequence to create a safe kids yoga experience that encourages a flow from one pose 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. Focus on having fun with movement, not on practicing perfectly aligned poses. Engage the children. Create authentic, meaningful experiences. Cater to their different learning styles. Be creative and enjoy yourselves, but please be safe!

Beach-inspired Kids Yoga sequence:

1. **Sitting – Easy Pose** (Sit cross-legged, looking out at the ocean)
2. **Beach Umbrella – Mountain Pose Variation** (Stand tall with arms out at an angle, like an umbrella)
3. **Swimming – Warrior 3 Pose** (Stand on one leg, other leg extended behind you, swim with your arms)
4. **Surfer – Warrior 2 Pose** (Surf on your surfboard)
5. **Windsurfing – Triangle Pose** (Make whooshing sound like wind through your sails)
6. **Beach Chair – Chair Pose** (Sit back as if you are sitting in your beach chair)
7. **Jellyfish – Standing Forward Bend** (Sway your arms like a jellyfish)
8. **Sandcastle – Downward-Facing Dog Pose** (Pretend you are a castle)
9. **Harbor Seal – Cobra Pose** (Flap your arms like a seal. Arf, Arf!)
10. **Shark – Shark Pose** (Lay flat on your tummy, with arms clasped behind your back)
11. **Sea Turtle – Extended Child’s Pose** (Take a moment to rest and breathe, imagining the sounds that you hear on the beach)
12. **Fish – Bow Pose Variation** (Lay flat on your tummy, bend your knees, extend your arms back, and pucker your lips like a fish)
13. **Sea Gull – Pigeon Pose** (Make the sound of sea gulls squawking)
14. **Urchin – Child’s Pose** (Take a moment to rest and breathe, imagining the sounds of the ocean)
15. **Clam – Seated Forward Bend** (Arms forward as if you are closing up like a clam, keeping spine straight)
16. **Fishing Boat – Boat Pose** (Rock on your buttocks like a boat rocking in the water)
17. **Anemone – Flower Pose** (Balancing on your buttocks, weave your arms through your bent legs, sway gently like an anemone in the ocean waves)
18. **Crab – Table Top Pose** (Waddle like a crab)
19. **Sea Otter – Happy Baby Pose** (Lay on your back, bring your knees to your chest, and pretend to eat on your tummy like an otter)
20. **Sea Star – Corpse Pose** (Lay on your back with arms and legs stretched out, breathe, and rest)

*Image from the Luke’s Beach Day storybook
Luke pretending to be a surfer in Warrior 2 Pose*



Closing:

Sit in a circle to complete your beach yoga experience. Feel free to add your own special ritual to end the session together, such as lighting a candle, blowing into a conch shell, saying “Namaste,” sitting in a circle, or taking turns saying each student’s favorite beach animal.

Further Activities:

- Make a list of beach-specific words. Translate them into another language and practice saying the words together. Make cards with English on one side and the other language on the other side.
- Make a diorama with a beach scene.
- Gather beach photos and make a collective beach collage.
- Create a beach scrapbook and compile all the things that you collect from and learn about the beach.
- Take pictures of the children practicing the poses for the collage or beach scrapbook.
- Take a fieldtrip to a beach. Take notes using your senses. Share with friends, family, and classmates.
- Create a dedicated “Beach” wall with their artwork.
- Team up with older or younger students to do a beach activity.
- Study the different layers of the shoreline--intertidal zone, continental shelf, continental slope, and ocean floor. *The Magic School Bus on the Ocean Floor* is a great book.
- Make a list of things that wash up on the beach. Talk about how they got there.
- Discuss how to protect our beaches. Research ways that human activity is damaging our coastlines. For example, you could talk about oil spills, sewage waste, overfishing, beach pollution, sea traffic, and tourism. Commit to one action.
- Write beach stories from starter sentences like “I like the beach because...” Then read your stories together.
- Take out non-fiction books about the beach from your local library, like *Seashore*, a DK Eyewitness Book. Read and learn about beach life.
- Visit your local aquarium to see first-hand which animals and plants live on our beaches.
- Do science experiments, like studying how tides are formed.
- Choose one of the beach animals from the kids yoga list above and do a mini-research report.

- Compare and contrast the different beaches around the world. For example, research the different colors of sand, types of animals, cleanliness, flora, and environmental issues.
- Do a visualization of a beach story. Ask the children to close their eyes, listen to the story, and imagine being there on the beach. At the end, have them open their eyes and draw or paint a picture of what they imagined.
- Make a shell mobile. Sit still, close your eyes, and listen to the sounds of the shells in the breeze for five to ten minutes.
- Play Ocean music and see if you can distinguish the different animal sounds. Lay in Resting Pose and listen to the sounds of ocean waves (ex. Noise machines often have an ocean wave option).

Happy Beachcombing!

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

In June 2013, watch for the release of ***Luke's Beach Day***, a kids yoga sequence woven around an Australian beach adventure. When Luke finds garbage on the beach, the story lends itself well to a discussion of environmental issues.

I would love to hear how you enjoyed your beach journey. Please email me at giselle@kidsyogastories.com.

Giselle

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