



## A KIDS YOGA STORIES LESSON PLAN LABOR DAY



Topic: **LABOR DAY (Professions)**

Age Group: 4 to 8 years old

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

Intention: To learn through movement about Labor Day and to celebrate various professions.

Preparation: Gather books, magazines, resources, videos, and photos showcasing a variety of occupations.

Opening: Explain the intention of the day's experience and ask the children about their prior experiences. Why do we honor Labor Day? What are some professions in your community? What jobs do your parents do? What do you want to be when you grow up?

Talk about the visuals to get them interested in their pretend journey. Make a web of their ideas.

Get ready for your kids yoga experience. Lead a Sun Salute or similar warm-up sequence to get ready for the day.

Journey: Use the Kids Yoga Stories occupation–inspired sequence below as a guide for your own poses. The keywords are listed in a specific sequence to create a safe kids yoga experience that encourages flow from one pose to the next.

Feel free to shorten or lengthen the sequence to suit your age group by changing the number of poses. 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. Follow their passions and interests. Cater to their different learning styles. Be creative and enjoy yourselves, but please be safe. Wear comfortable clothing and practice barefoot. Wait one to two hours after eating before engaging in your yoga session.

A Labor Day kids yoga sequence, including professions, matching keywords, and corresponding yoga poses:

1. **Zookeeper**

**Giraffe – Extended Mountain Pose**

(Stand tall in Mountain Pose, look up, and reach your arms up to the sky like the neck of the giraffe.)

2. **Tree Planter**

**Tree – Tree Pose**

(Stand on one leg, bend your knee, place the sole of your foot on your inner thigh, and balance. Sway like a tree.)

3. **Dog Walker**

**Dog – Downward-Facing Dog Pose**

(Step back to hands and feet with your buttocks high like an upside-down “V”, then bark like a dog.)

4. **Professional Surfer**

**Surfboard – Plank Pose**

(Come to a plank on your hands and toes like a surfboard.)

*See picture on the right of our daughter in Plank Pose.*



5. **Farmer**

**Cow – Cow Pose**

(On all fours, look up, open your chest, and arch your back.)

6. **Veterinarian**

**Cat – Cat Pose**

(On all fours, tuck your chin into your chest, and round your back.)

7. **Train Driver**

**Train – Staff Pose**

(Sit with a tall spine with your legs straight out in front of you. Use your hands to mimic the wheels of the train going around and around.)

8. **Engineer**

**Bridge – Bridge Pose**

(Come to lie on your back with your knees bent and your feet flat on the ground. Rest your arms down alongside your body, tuck your chin into your chest, and lift up your buttocks to create a bridge.)

9. **Landscaper**

**Flower – Flower Pose**

(Come to sit on your buttocks with a tall spine, lift up your legs, balance on your sitting bones, touch the soles of your feet together, and weave your arms under your legs.)

## 10. Librarian

### **Book – Cobbler's Pose**

(Sit on your buttocks with a tall spine, bend your legs, place the soles of your feet together like a book.)

## 11. Pediatrician

### **Baby – Happy Baby Pose**

(Lie on your back with your chin tucked in. Hug your knees into your chest, then grab the outer part of your feet with both of your hands and rock like a happy baby.)

## 12. Astronomer

### **Star – Resting Pose**

(Lie on your back with your arms and legs stretched out. Breathe and rest.)

For pictures and descriptions of the poses, see Kids Yoga Poses at [www.kidsyogastories.com/kids-yoga-poses](http://www.kidsyogastories.com/kids-yoga-poses).

Closing:

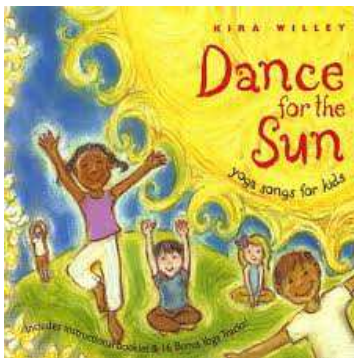
Sit in a circle to complete your Labor Day celebration. Feel free to add your own special ritual that you do together to end the session, such as lighting a candle, saying "Namaste," or taking turns having everyone say what they would like to be when they grow up.

Further activities for the children:

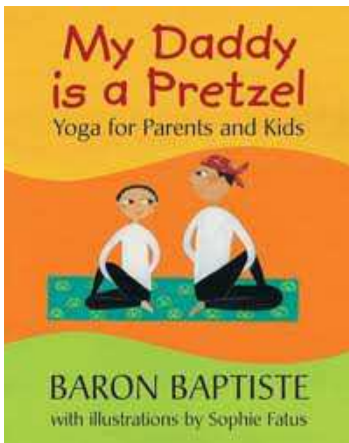
- Interview a professional worker and share what you learned with your family and friends.
- Invite a guest speaker to your classroom to talk about the workplace and their job.
- Ask your mom, dad, or other close family member about their work. Join them at work one day.
- Write a story from the starter, "I want to be a... because..."
- Pick a specific job and research how that job is similar or different in various countries around the world.
- Research the history of Labor Day.
- Host a Labor Day Parade and dress up as your favorite professional.
- Celebrate the end of summer and mark Labor Day as the beginning of a new school year.
- Assign Community Helpers in your classroom and define your roles.
- Discuss what "jobs" you have in your household. Think about each of your responsibilities.
- Create a project where you actually earn money for a product or service. For example, host a bake sale at your school or design a product that your friends would want to purchase.
- Research if Labor Day is celebrated around the world. What are the similarities and differences of the celebrations?

- Write thank you cards to workers who play an important role in your community. For example, write to a teacher, librarian, police officer, doctor, firefighter, garbage collector, dentist, baker, or mail carrier.
- Create a large mural with paintings of characters from various professions.
- Pick a profession and research what “tools” that person needs to get the work done. For example, a teacher needs books and pencils, while a baker needs an oven and ingredients.
- Make an alphabet book with a list of jobs and occupations. Can you fill every letter with a job title?

One of the songs on Kira Willey’s *Dance for the Sun* CD is “**Let’s Go to Work**,” which would be perfect for honoring Labor Day.



This pioneer of Western yoga wrote the book *My Daddy is a Pretzel*, which matches yoga poses with parents’ professions.



Kids yoga-inspired books by Giselle Shardlow:

*Sophia's Jungle Adventure*

*Sophia's Jungle Adventure Coloring Book*

*Anna and her Rainbow-Colored Yoga Mats*

*Luke's Beach Day*

*The ABC's of Australian Animals: An Interactive Kids Yoga Book*

*Luke's A to Z of Australian Animals: A Kids Yoga Alphabet Coloring Book*

*Good Night, Animal World*

Many of the books above are available in Spanish and eBook format.

About Kids Yoga Stories:

We hope you enjoyed your *Kids Yoga Stories* experience. Visit [www.kidsyogastories.com](http://www.kidsyogastories.com) to:

**Receive updates.** For updates, contest giveaways, articles, kids yoga sequences, and activity ideas, sign up for our free **Kids Yoga Stories Newsletter**.

**Connect with us.** Please share with us about your yoga journey. Send pictures of yourself practicing the poses. Describe your journey on our social media pages (Facebook, Pinterest, and Twitter).

**Check out free stuff.** Read our articles on books, yoga, parenting, and travel. Download one of "5 for 5: Five kids yoga poses in 5 minutes" or coloring pages.

**Read or write a review.** Read what others have to say about our books and lesson plans. Post your own review on Amazon or on our website. We would love to hear how you enjoyed this lesson plan.

Thank you for your support in spreading our message of integrating learning, movement, and fun.

Giselle

Kids Yoga Stories

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