

Polar Bear Polar Bear, What do You Hear? by Bill Martin and Eric Carle

Story	Pose Description	Pose Chip
Polar Bear, Polar Bear, what do you hear? <i>I hear a lion roaring in my ear.</i>	Extended Child's Pose Come to sitting back on your heels, slowly bring your forehead down to rest in front of your knees, place the palm of your hands flat out in front of you, and take a few deep breaths.	
Lion lion what do you hear? <i>I hear a hippopotamus snorting in my ear.</i>	Lion Breath with Plank Come down to a plank on your hands and toes. With eyes and mouth wide open stick tongue out exhale.	
Hippopotamus, hippopotamus, what do you hear? <i>I hear a flamingo fluting in my ear.</i>	Cow Pose On all fours, look up, open your chest, and arch your back.	

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Flamingo, flamingo what do you hear? <i>I hear a zebra braying in my ear.</i>	Tree Pose Stand on one leg, bend your knee, place the sole of your foot on your inner thigh, and balance. Pose like a flamingo.	
Zebra, zebra what do you hear? <i>I hear a boa constrictor hissing in my ear.</i>	Horse Pose Stand with your legs apart, with your feet facing slightly outwards, bend your knees, and stand firm like a zebra.	
Boa constrictor, boa constrictor what do you hear? <i>I hear an elephant trumpeting in my ear.</i>	Cobra Pose Lie on your tummy, lift head and shoulders off ground, place palms flat next to your shoulders, and hiss like a snake.	

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Elephant, elephant what do you hear? <i>I hear a leopard snarling in my ear.</i>	Warrior 2- variation with arms like a trunk. From standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up in parallel to the ground, bend your front knee. Raise front arm up and over like a trunk.	
Leopard, leopard what do your hear? <i>I hear a peacock yelping in my ear.</i>	Cat Pose On all fours, tuck your chin into your chest, and round your back.	
Peacock, peacock what do your hear? <i>I hear a walrus bellowing in my ear.</i>	Cobbler's Pose Sit with a tall spine, bend your legs, place the soles of your feet together. Lift and lower your knees gently to open your peacock tail.	

Story	Pose Description	Pose Chip
<p>Walrus, walrus what do your hear?</p> <p><i>I hear a zookeeper whistling in my ear.</i></p>	<p>Upward-facing Dog</p> <p>Lay on your belly. Place the palms of your hands next to your shoulders and look up. Then lengthen your arms and expand your chest.</p>	
<p>Zookeeper, zookeeper what do you hear?</p> <p><i>I hear children growling, roaring, snorting, fluting braying, hissing, trumpeting, snarling, yelping, bellowing, whistling and giggling... that's what I hear.</i></p>	<p>Gyan Mudra-</p> <p>Sit on heels, with both hands in A-Okay sign over eyes, the zookeeper's glasses.</p>	
<p>Children, children What do you hear?</p> <p><i>We hear a quiet Zoo resting right here.</i></p>	<p>Savasana</p> <p>Lie on your back with your arms and legs stretched out. Breathe and rest.</p>	