



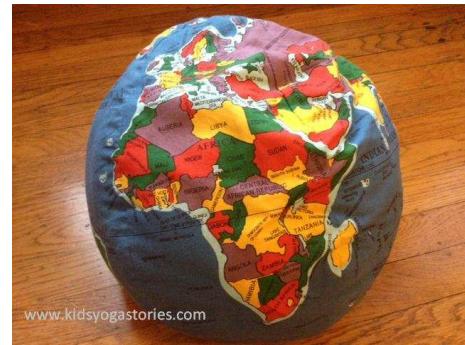
## A KIDS YOGA STORIES EARTH DAY PLAN

**Topic:** EARTH DAY (or Environmental Education)

**Age Group:** 3 to 8 years old

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

**Intention:** To learn through movement about Earth Day and ways to be globally responsible citizens.



**Preparation:** Gather books, poems, songs, resources, videos, photos, and other visuals about Earth Day and ways to help protect the earth. The Hugg-A-Planet Fabric Globe (*pictured above*) is a great tool.

**Opening:** Explain the intention of the day's experience and ask the children what Earth Day means to them. What is special about our planet? How is the world being harmed? What actions can each of us take to make a difference? Why do we need to look after our planet? Are they already taking some earth-friendly actions at home and school?

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

Get ready for your pretend trip around the world as an Earth Day Detective. Lead a Sun Salute or similar warm-up sequence to get ready for the day.

**Journey:** Use the Earth Day kids yoga sequence below as a guide or as inspiration for 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!

## **Earth Day-inspired kids yoga sequence:**

1. Be a blossoming **Flower** in your garden – **Child's Pose** (seed) to **Kneeling** (flower)
2. Stand tall like a stainless-steel **Water Bottle**, instead of a plastic bottle – **Extended Mountain Pose**, extended arms like the spout of the water bottle
3. Turn off the **Lamp** to save energy – **Mountain Pose**, with arms out to side like a lamp shade
4. Move like a **Windmill** creating wind energy – **Mountain Pose**, with arms rotating like a windmill
5. **Walk** to school to reduce gas pollution – **Walking** on the spot
6. Be a tall **Tree** swaying the wind – **Tree Pose**, swaying in the wind
7. Be a **Farmer** driving a tractor through your chemical-free fields – **Chair Pose**, with hands on wheel
8. Be a clear, rushing **Waterfall** that is safe to drink from – **Standing Forward Bend**, like a waterfall
9. Swim like a **Fish** through clean ocean waters – **Bow Pose**, swimming like a fish
10. Twist like an energy-efficient **Washing Machine** – **Hero Pose**, with upper body twisting back and forth like the motion of a washing machine
11. Be a **Cloth Bag**, instead of a plastic bag, to carry groceries – **Boat Pose**, like a cloth bag
12. Read a **Book** about ways to save the Earth – **Butterfly Pose**, with bent legs like the pages of a book
13. Be a **Bicycle** that you ride to school to reduce pollution – **Knees-to-Chest**, with legs pedaling a bike
14. Rest on your back and look at the shining **Stars** through the clear night sky, with no air or light pollution – **Resting (Do Nothing) Pose**, imagining that you are looking at a clear night sky, breathe deeply and relax

## **Closing:**

Sit in a circle to complete your Earth Day yoga experience. 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 his or her favorite earth-friendly activity.

## **Further Activities:**

*I recommend choosing earth-friendly activities that inspire you to learn something new, commit to a particular issue, and take meaningful action.*

Research the history of Earth Day and talk about its purpose.

Create an Earth Day Scrapbook compiling all your research on earth-friendly activities.

Take pictures of the children practicing the poses and make an Earth Day Book.

Read books that focus on the environment, like the *Magic School Bus Series*, *The Lorax* by Dr. Seuss, or *The Wump World* by Bill Peet. Have the children write book reports. Share your favorites.

Take a fieldtrip to a local demonstration forest, landfill, factory, recycling center, energy-efficient home, fish farm, or water facility. Take notes. Encourage the children to share the information with friends, family, and classmates.

Create a dedicated Earth Day wall for their artwork. Use recycled material for art supplies.

Take magnifying glasses and a science notebook to research their observations while visiting a local park.

Team up with older or younger students to do an Earth Day activity.

Make a list of environmental challenges. Have the children choose one or two that interests them and then research the topic at the local library. Help them understand its cause, its impact, and what can be done to repair the damage. Here is a sample brainstorm of ideas:

Water crisis  
Population growth  
Urban expansion  
Chemical farming  
Fossil fuels  
Global warming  
Recycling programs  
Energy  
Garbage

Pollution  
Oil spills  
Ozone depletion  
Animal extinction  
Fish farming  
Deforestation  
Acid rain  
Plastic  
Retail consumption

Think critically and look for ways to take action to make a difference. Consider focusing on one action item per month. Here are some ideas:

Use energy efficient appliances  
Turn off lights  
Fix leaky taps  
Reduce energy bill by lowering furnace thermostat  
Recycle, reduce, and reuse  
Live plastic-free  
Reduce gas pollution by walking or biking  
Replace lights with energy-saving light bulbs  
Take waste-free lunches to school  
Conserve energy  
Have a garage sale  
Be a smart shopper  
Create a compost in your backyard

Write to your government representative to express your concern for the environment  
Close the fridge door  
Buy local and in bulk  
Take cloth bags to the grocery store  
Plant your own garden  
Reduce your use of paper to save trees  
Turn the power off small appliances and electronics when you're not using them  
Install low-flow showerheads  
Take a fieldtrip to a garbage dump or recycling center  
Host a birthday party that is litter-free  
Make your own art supplies  
Set up a worm farm in your classroom or backyard

Look at a world map and discuss environmental issues that certain areas have in common. Find pen pals from other countries who will share environmental issues from their countries and discuss ways to make a difference.

**Recommended books for Earth Day:**

*Compost Stew* by Mary McKenna Siddals and Ashley Wolff

*Thank You, World* by Alice McGinty and Wendy Anderson Halperin

*All the World* by Liz Garton Scanlon and Marla Frazee

*I Love Our Earth / Amo nuestra Tierra* by Bill Martin Jr.

*How Big Is the World?* by Britta Teckentrup

*He's Got the Whole World in His Hands* by Kadir Nelson

*The EARTH Book* by Todd Parr

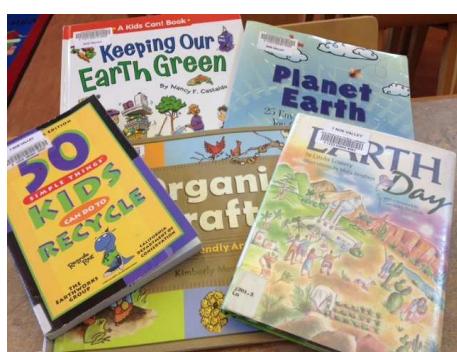
*The Whole Green World* by Tony Johnston and Elisa Kleven

*The Lorax* by Dr. Seuss

*The Wump World* by Bill Peet

*Take Care of the Earth Every Day (Kids Save the Earth)* by Tammy Gagne

*The Giving Tree* by Shel Silverstein



*Earth-friendly books from our local library.*

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### 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. The books are found at <http://www.kidsyogastories.com/store> and [www.amazon.com/author/giselleshardlow](http://www.amazon.com/author/giselleshardlow).

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