

Rachel's Spring Day

By Giselle Shardlow

A Kids Yoga Stories Colors Book

“AAhhhhhhh.” Rachel took a big stretch. She stood at her bedroom window and basked in the rays of the bright-**yellow** morning **Sun**.

“Let’s go outside to play in the garden, Sammy!” said Rachel to her little dog. She scooped him up in her arms. “See you later, Mom.”

Her mom sent her off with a friendly wave.

Rachel and Sammy skipped around the backyard. It started to lightly **Rain**. The sky was a gorgeous **blue**.

They huddled under the branches of a tall, luscious **green Tree**. Rachel looked up and felt the sprinkles of rain on her face. She smelled the fresh spring air.

“Whooooaahh, Sammy,” Rachel called out as her dog chased after a large **red Bird**. Rachel caught Sammy just in time.
“Phew, that was close.”

Rachel went over to the garden bed. She squatted down and began to **Plant Seeds** in the **brown**, wet soil.

“Wow! Getting my hands dirty is so much fun. I love spring!”
said Rachel happily.

“Pretty soon, we will see the **Flowers Grow**,” Rachel explained to her little dog. She spaced the **pink** flower seeds two inches apart.

The rain stopped sprinkling.

“We have to plant lots of colorful, fragrant flowers to attract the **yellow Bees**,” Rachel said. “We need bees to help our vegetable garden grow!” Sammy listened obediently and wagged his tail.

“Oh, silly Sammy.” Rachel giggled. Sammy jumped up and down, trying to catch a fluttering **purple Butterfly**.

Rachel saw something **orange** on a fern leaf. She leaned over and peered at a wiggling **Caterpillar**.

“Caterpillars can be pests in the garden,” Rachel said. “They eat leaves, but they are so beautiful.” Sammy barked in reply.

Rachel lay down on the grass with her arms and legs stretched out like a star. She listened to the birds chirping. Rachel sighed. “Look at that beautiful **Rainbow**. I love spring!”

I hope you enjoyed *Rachel's Spring Day*. Print out a copy to illustrate and act out together.

Let me know if you found the book useful in bringing spring to life in your home, classroom, or studio by emailing me at giselle@kidsyogastories.com.

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Happy Spring!

Giselle

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List of Kids Yoga Poses

Color	Keyword	Yoga Pose
1. Yellow	Sun	Sun Salute
2. Blue	Rain	Standing Forward Bend
3. Green	Tree	Tree Pose
4. Red	Bird	Warrior 3 Pose
5. Brown	Plant Seeds	Squat Pose
6. Pink	Flowers Grow	Child's Pose to Kneeling
7. Black	Bees	Hero Pose, buzzing arms
8. Purple	Butterflies	Butterfly Pose
9. Orange	Caterpillar	Cobra Pose
10. Rainbow	Rainbow	Resting Pose