



A KIDS YOGA STORIES SPRING PLAN

- Topic:** **SPRING** (and Easter)
- Age Group:** 3 to 8 years old
- Time:** 15 minutes to 45 minutes, flexible to suit the needs of the children
- Intention:** To learn (through movement) about Spring and Easter
- Preparation:** Gather books, poems, songs, resources, videos, photos, and visuals about Easter, Spring, and the different seasons. Old calendars are great for visuals.
- Opening:** Explain the intention of today's experience and ask the children about what Spring and Easter means to them. What do they think of? What sounds and smells do they notice?
- Use visuals to get them interested in the Spring topic. Make a web of their ideas. Compare Spring to other seasons.

Daffodils at the San Francisco Zoo.



- Pretend to get ready for your trip to the nearest park or playground to experience the signs of Spring. Lead a Sun Salute or similar warm-up sequence to get ready for the day.
- Journey:** Use the attached **Springtime Yoga handout** to guide the children through a safe yoga sequence. Add in any other animals or things that the children share along the journey.
- The keywords are listed in a specific sequence to create a safe kids yoga experience that encourages a flow from one item 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. The focus is on having fun with movement, not on practicing perfectly aligned poses. Be creative and enjoy yourselves!

Spring-inspired Kids Yoga sequence:

1. **SUN** (Sun Salute)
2. **TREE** (Tree Pose swaying in the breeze)
3. **BIRD** (Warrior 3 with flapping arms)
4. **RAIN** (Standing Forward Bend with rain arms)
5. **PLANTING GARDEN** (Squat Pose with planting hands in the garden)
6. **CATERPILLAR** (Locust Pose arms stretched out front, inching along a leaf)
7. **BEE** (Hero Pose with buzzing arms and humming breath)
8. **BUTTERFLY** (Butterfly Pose with fluttering wings)
9. **FLOWER** (Flower Pose blossoming)
10. **RELAXING IN THE PARK** (Resting Pose for a period of time)

Our daughter in Standing Forward Bend like the Rain falling



Other Easter-inspired Kids Yoga poses:

Easter Basket (Boat Pose)

Rainbow (Wheel Pose or Downward Facing-Dog Pose)

Chick or Duck (Squat Pose)

Easter Egg (Egg Pose balancing on buttocks while hugging knees to chest)

Easter Bunny (Hero Pose with bunny breath)

Easter Lily (Flower Pose)

Easter Hat (Downward-Facing Dog Pose)

Closing: Sit in a circle to complete your Spring experience. Feel free to add your own special ritual to end the session together, such as lighting a candle, saying 'Namaste', sitting in a circle, or taking turns saying everyone's favorite Spring activity.

Distribute a Springtime Yoga Journey page per child. Ask them to draw a picture of the keyword on the left side and a picture of them demonstrating the pose on the right side.

Further Activities: Take pictures of the children practicing the poses and make a "Spring Book".

Take a trip to the park or playground to see, hear, smell, and touch Spring. Paint pictures of what they experience.

Write a Spring poem or story and read aloud together.

Create a dedicated "Spring" wall with their artwork. Make 3D versions of all keywords.

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

Team up with older or younger students to do a Spring activity.

Make a Spring Collage from magazine cut-outs or photos. Compare to other seasons.

Read Spring and Easter books. Write book reports. Share your favorites.

Look at the world map to discuss which countries are experiencing which seasons.

Talk about the meaning and history of Easter. Compare traditional vs. modern Easter celebrations. Talk about how their family celebrates Easter.

Make a collective Spring mural.

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!

I'd love to hear how you enjoyed your Spring journey, please email me at giselle@kidsyogastories.com.

Giselle

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