



## A KIDS YOGA STORIES RAINFOREST TRIP PLAN

- Topic:** **RAINFOREST** (Central American)
- Age Group:** 4 to 8 years old
- Time:** 30 minutes to 1 hour, flexible to suit the needs of the children
- Intention:** To learn (through movement) about different animals in the rainforest
- Preparation:** Gather information about different jungle animals (i.e. YouTube clips, Newspaper reports, Magazines pictures, Internet sites, Guest speakers, Fiction and non-fiction books)
- Opening:** Explain the intention of today's experience and ask about the children's prior knowledge of Rainforests (Has anyone been to Central America? Have they read books on Rainforests? What animals do they think live/don't live there?).
- Talk about the sights, sounds, and smells of the jungle.  
Use visuals.
- Now, pretend to go on a trip to the Rainforest.
- Pretend to wake up, pack your backpack, and get ready for your adventure. Lead a Sun Salute or similar warm-up sequence to get ready for the day.
- Pretend to take a bus, car, or plane to get to a Costa Rican Rainforest.
- Journey:** You could brainstorm your own list of animals that you see in the Rainforest and then 'act' them out or follow the suggested *Kids Yoga Stories* sequence in the attached list. This sequence was inspired by my own hike to a waterfall near Volcano Arenal in Costa Rica.
- 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 or lengthen the number of poses to suit your age group.
- The focus is on having fun with movement, not on practicing perfectly aligned poses – be creative and enjoy yourselves!



**Closing:** Rest on your backs looking up at the stars in the sky. Ask the children to close their eyes thinking about their favorite rainforest animal. Use a rainstick to signal time to sit up and close your journey. 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 rainforest animal.

**Extensions:** Take pictures of the children to make a class book of "Our Rainforest Journey"

Talk about different types of forests on the planet and which animals live where

Invite guest speakers to talk about the Rainforest

Bring in pictures of different rainforest animals and create different sequences

Play rainforest sounds and give students a chance to move around room imitating different jungle animals

Paint pictures of the different layers of the rainforests and show in which layer do the rainforest animals live

Read books with rainforest animal topics

Have a "Rainforest Party"

Discuss the impact of deforestation and global warming on rainforests

Do 5 minute presentations on their favorite rainforest animal or Latin American country

Write Rainforest stories and read them out loud to each other

Plan an imaginary trip to Central or South America by using maps, guidebooks, travel websites, travel brochures, or magazines

Make a table with pictures of "Animals who live in the Rainforest" on one side and "Animals who don't live in the Rainforest" on the other

**Resources:** This Rainforest Lesson Plan was inspired (poses are not the same in the books) by ***Sophia's Jungle Adventure*** and ***Sophia's Jungle Adventure Coloring Book***.

For further information or to purchase the books, please visit ***Kids Yoga Stories*** at [www.kidsyogastories.com](http://www.kidsyogastories.com) or [www.facebook.com/kidsyogastories](https://www.facebook.com/kidsyogastories). I hope you enjoy your Rainforest journey!

Giselle Shardlow  
Kids Yoga Stories



## A TRIP TO THE RAINFOREST

Draw a picture of the Keyword under the Picture column. Then, draw a picture of you doing the Yoga Pose under the Demonstration Column.

PICTURE	KEYWORD	YOGA POSE	DEMONSTRATION
	Hello to the Sun	Sun Salute	
	Trees	Tree Pose (both sides)	
	Toucan	Warrior 3 (both sides)	
	Waterfall	Standing Forward Bend	
	Monkey	Squat Pose	
	Tapir	Downward Facing Dog Pose	

	Jaguar	Cat Pose	
	Cobra	Cobra Pose	
	Armadillo	Extended Child's Pose	
	Butterfly	Cobbler's Pose	
	Alligator	Scissor Legs	
	River	Resting Pose	