

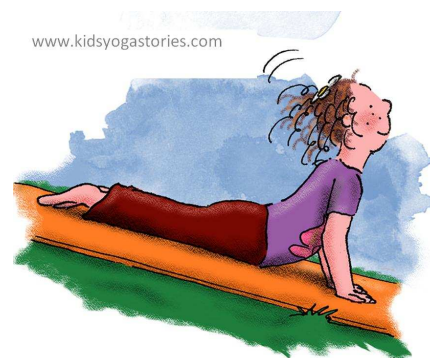


## A KIDS YOGA STORIES VALENTINE'S DAY PLAN

- Topic:** VALENTINE'S DAY - LOVE
- Age Group:** 3 to 8 years old
- Time:** 15 minutes to 45 minutes, flexible to suit the needs of the children
- Preparation:** Gather information about Valentine's Day, Love, or opening the Heart Chakra - from YouTube clips, Newspaper articles, Magazines pictures, Internet sites, Guest speakers, Brochures, Fiction, and Non-fiction books
- Opening:** Display your visuals for the children to experience before class starts, to get them in the mood. Start by asking them what they know about Valentine's Day. Discuss their prior experiences. Then, begin a warm-up sequence to awaken their bodies.
- Journey:** The poses below are listed in a specific sequence to create a safe kids yoga experience that encourages a flow from one item to the next. There is a combination of backbends, chest openers, and shoulder stretches, all of which are great heart-openers. Feel free to shorten, lengthen, or change the poses to suit your age group. Don't forget to practice on both sides/legs. Add in your own breathing and relaxation techniques as appropriate for your students.

The focus is on having fun with movement, not on practicing perfectly aligned poses – be creative and enjoy yourselves!

Easy Pose  
Dancer's Pose  
Eagle Pose  
Warrior 1  
Triangle Pose  
Extended Side Angle Pose  
Chair Pose  
Standing Forward Bend  
Crescent Moon  
Pigeon Pose  
Cat Pose & Cow Pose  
Cobra Pose  
Bridge or Wheel Pose  
Table Top Pose  
Happy Baby Pose  
Reclined Butterfly Pose  
Resting (Corpse) Pose



Closing: Rest on your backs imagining that you are a big Red-Shaped Heart. Think about the people you love in your life. Think about what love means to you.

End the practice in Easy Pose.

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 the name of someone you love and who you wish a Happy Valentine's Day.

Books:  
Froggy's First Kiss, by Jonathan London and Frank Remkiewicz  
The Giving Tree, by Shel Silverstein  
Mama, Do You Love Me?, by Barbara Josse and Barbara Lavallee  
I Love You With All My Heart, by Noris Kern  
I Love You Because You're You, by Liza Baker and David McPhail  
Guess How Much I Love You, by Sam McBratney and Anita Jeram  
Love You Forever, by Robert Munsch  
Frog in Love, by Max Velthuis



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I'd love to hear how you enjoyed your Heart-Opening Love journey, email me at [giselle@kidsyogastories.com](mailto:giselle@kidsyogastories.com). I have to say that reading *Frog in Love* to my Grade 3 students every Valentine's Day is still one of my fondest memories!

Much love

Giselle

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