



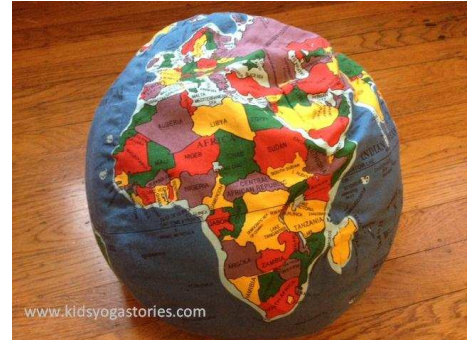
A KIDS YOGA STORIES EARTH DAY PLAN

Topic: EARTH DAY (or Environmental Education)

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 Earth Day and ways to be globally responsible citizens



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

Opening: Explain the intention of today's experience and ask the children about what Earth Day means to them. What is special about our planet? What harm is being done to our world? What actions can we take to make a difference? Why do they think that we need to look after our planet? What are some earth-friendly actions that they are already doing at home and school?

Use visuals to get them interested in Earth Day. Make a web of their ideas.

Pretend to get ready for your 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 an inspiration guide or feel free to add your own poses.

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, but please be safe!

Earth Day-inspired Kids Yoga sequence:

1. Be a blossoming **Flower** in your backyard 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** safe to drink – 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** to carry groceries, instead of plastic bags – 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 – Laying on back, with legs riding 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 (Corpse) 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 to end the session together, such as lighting a candle, saying ‘Namaste’, sitting in a circle, or taking turns saying everyone’s favorite earth-friendly activity.

Further Activities:

My recommendation is to choose 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 environmentally-focused books like the *Magic School Bus Series*, *The Lorax* by Dr Seuss, or *The Wump World* by Bill Peet. 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. Share with friends, family, and classmates.

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

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 an Earth Day activity.

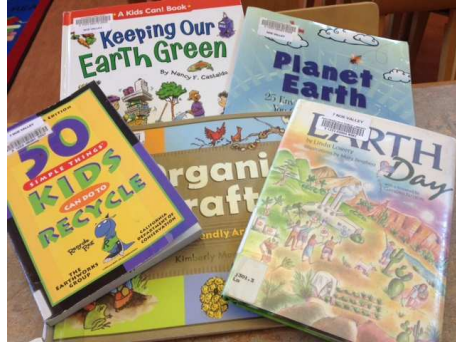
Look at a world map to discuss what environmental issues are common in which areas. Find a Pen Pal from another country to share environmental issues from your countries and discuss ways to make a difference.

Make a list of environmental challenges. Choose 1 or 2 that interest you. Research the topic. Understand its cause, its impact, and what can be done to repair the damage. Here is a sample brainstorm of ideas:

Water crisis	Pollution
Population growth	Oil spills
Urban expansion	Ozone depletion
Chemical farming	Animal extinction
Fossil fuels	Fish farming
Global warming	Deforestation
Recycling programs	Acid rain
Energy	Plastic
Garbage	Retail consumption

Go to the library and ask the librarian for books on ways to save the Earth. Make a list of 10 to 12 earth-friendly ideas that interest you. 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	Write to your government representative to express your concern for the environment
Turn off lights	Close the fridge door
Fix leaky taps	Buy local and in bulk
Reduce energy bill by lowering furnace thermostat	Take cloth bags to the grocery store, not plastic bags
Reduce, reuse, recycle	Plant your own garden
Live plastic-free	Reduce your use of paper to save trees
Reduce gas pollution by walking or biking	Turn the power off all appliances and electronics
Replace lights with energy-savings light bulbs	Install low-flow shower heads
Take waste-free lunches to school	Take a fieldtrip to a garbage dump or recycling center
Conserve energy	Host a birthday party that is litter-free
Have a Garage Sale	Make your own art supplies
Be a smart shopper	Set up a worm farm in your classroom or backyard
Create a compost in your backyard	



Earth-friendly books from our local library.

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!

Watch for the release of **Luke's Beach Day**, a kids yoga sequence woven around an Australian beach adventure, in June 2013. Luke finds garbage on the beach. The story lends itself well to a discussion of environmental issues.

Sophia's Jungle Adventure also has an environmental theme, if that's helpful. The Kids Yoga Stories books are available on the KYS website or Amazon worldwide.

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

Giselle

Kids Yoga Stories

www.facebook.com/kidsyogastories

www.pinterest.com/kidsyogastories

www.twitter.com/kidsyogastories