



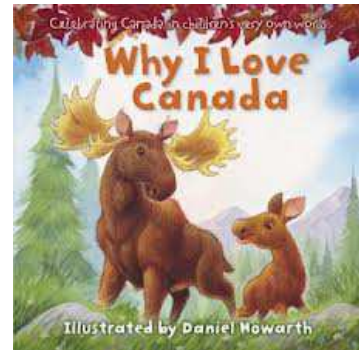
## A KIDS YOGA STORIES LESSON PLAN A TRIP TO CANADA

- Topic:** CANADA
- Age Group:** 3 to 8 years old
- Time:** 15 to 45 minutes. Be flexible to suit the needs of the children.
- Intention:** To learn through movement about Canada and what makes this country unique. To celebrate Canada Day on July 1<sup>st</sup>.
- Preparation:** Gather books, poems, songs, resources, videos, and photos about Canada. Gather information about the animals and other things found in Canadian forests, oceans, and lakes.
- Opening:** Explain the intention of the day's experience and ask the children about their prior knowledge of Canada. Where is the country located? Which animals live there? What is unique about this country? What languages do Canadians speak?
- Talk about the visuals to get them interested in Canada. Make a web of their ideas.
- Get ready for your pretend trip to Canada. Lead a Sun Salute or similar warm-up sequence to get ready for the day.
- Journey:** Use the Kids Yoga Stories sequence below as a guide, but feel free to add your own poses.
- The keywords are listed in a specific sequence to create a safe kids yoga experience that encourages flow from one pose to the next. Feel free to shorten or lengthen the lesson to suit your age group by changing the number of poses. Don't forget to practice on both sides/legs.
- Focus on having fun with movement, not on practicing perfectly aligned poses. Engage the children. Follow their passions and interests. Create authentic, meaningful experiences. Cater to their energy levels and different learning styles. Be creative and enjoy yourselves, but please be safe. Wear comfortable clothing and practice barefoot. Encourage the children to share their yoga experiences with their family and friends.



Canada-inspired kids yoga sequence with keywords from ***Why I Love Canada***, by Daniel Howarth:

1. **Rocky Mountains – Mountain Pose**, standing tall and mighty
2. **Bald Eagle – Eagle Pose**, looking out from the top of the tree
3. **Squirrel – Squat Pose**, with hands eating seeds
4. **Polar Bear – Downward-Facing Dog Pose**, doing a bear walk
5. **Salmon – Locust Pose**, with bent legs and arms stretched back
6. **Beaver – Extended Cat Pose**, looking around for branches
7. **Blue Jay – Pigeon Pose**, perching on a branch
8. **Raccoon – Hero's Pose**, with “Ah-Okay” hands over eyes for mask of raccoon
9. **Wolf – Kneeling Pose**, reaching up and howling at the moon
10. **Moose – Seated Twist**, with hands up for antlers
11. **Otter – Happy Baby Pose**, eating on tummy with hands
12. **River - Resting Pose**, stretching out like a rushing river



Closing:

Sit in a circle to complete your Canadian-forest yoga experience. Feel free to add your own special ritual to end the session, such as lighting a candle, blowing into a conch shell, saying “Namaste,” sitting in a circle, or having each child take turns saying his or her favorite Canadian animal.

Further activities for the children:

- **Flag:** Study the Canadian flag and talk about its defining features and colors. Draw a picture of the flag.
- **Anthem:** Listen to a recording of the Canadian National Anthem. Learn the first chorus.
- **Map:** Check out a map of Canada and locate all the provinces. Discuss what would be different about living in the southern part of the country versus the northern part.
- **Characteristics:** Research the defining characteristics of Canada. Study what makes the country unique. What is the country known for?

- **Activities and Games:** Research which games are popular in Canada. Play lacrosse or hockey with your friends and family. Look up what sports are popular in the Olympics. Check out pictures from the 2010 Winter Olympics in Vancouver.
- **Food:** Research foods that are popular in Canada. What is typical Canadian cuisine? Is the food similar or different than at your house? Make Canadian food and have a potluck. Host a Canadian Thanksgiving dinner.
- **Music and Dance:** Play some music by Canadian bands and musicians. Learn a new dance practiced in Canada. For example, Canada is home to many large Scottish Country Dance clubs. Or learn the words to the Canadian national anthem.
- **Language:** Discuss that Canada has two languages. Translate the animals above into French. Practice the kids yoga sequence again, reinforcing the French words.
- **Art:** Paint a picture of the Rocky Mountains. Do a pencil drawing of one of the Canadian animals. Make 3-D animals and create a mobile. Gather pictures of Canada from magazines and make a collage.
- **Mini-Book:** Take photos of the children in the different poses. Make a mini-book of their yoga-pose pictures and other images of the matching animals.
- **Books:** Go to the local library and ask the librarian for recommendations for books on Canada, both fiction and non-fiction. How is the country similar and different from your country of origin?
- **Environmental Issues:** Research which environmental issues are most common in Canada. Find out what actions Canadians are taking to rectify the problems. What can we learn from the Canadian environmental movement?
- **History:** Research the First Nations people and learn about their art, traditions, and ceremonies.
- **Celebration:** Study why and how people celebrate Canada Day. Host your own celebration of Canada. Cater to each of the senses. For example, play music, make popular food dishes, wear distinctively Canadian clothing, bring out your stuffed animals, and gather your books.

Happy Canada Day!

## About Kids Yoga Stories

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Yoga stories by Giselle Shardlow:

*Sophia's Jungle Adventure*

*Sophia's Jungle Adventure Coloring Book*

*Anna and her Rainbow-Colored Yoga Mats*

*Luke's Beach Day*

*The ABC's of Australian Animals: A Kids Yoga Book*

*Luke's A to Z of Australian Animals: A Kids Yoga Alphabet Coloring Book*

*Good Night, Animal World*

*Hello, Bali*

Many of the books above are available in Spanish and eBook format.

Thank you for your support in spreading our message of integrating learning, movement, and fun.

Giselle  
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