



A KIDS YOGA STORIES A TRIP TO ENGLAND

Topic: **A TRIP TO ENGLAND**

Age Group: 3 to 8 years old

Time: 15 to 45 minutes, flexible to suit the needs of the children.

Intention: To learn through movement about England and to celebrate the birth of the Royal Baby, George Alexander Louis, who was born on July 22nd, 2013.

Preparation: Gather books, poems, songs, resources, videos, and photos about England. Gather information about the animals and other things you would find there.

Opening: Explain the intention of the day's experience and ask the children about their prior experiences. Has anyone been to England? Which cities? Does anyone have any relatives from England? What do they know about Britain? What makes it unique? What is Britain famous for? Which animals live in England? How is it similar or different from your country?

Talk about the visuals to get them interested in their pretend journey. Make a web of their ideas.

Get ready for your pretend trip to London. Lead a Sun Salute or similar warm-up sequence to get ready for the day.

Journey: Use the Kids Yoga Stories England-inspired sequence below as a guide or as inspiration for your own poses.

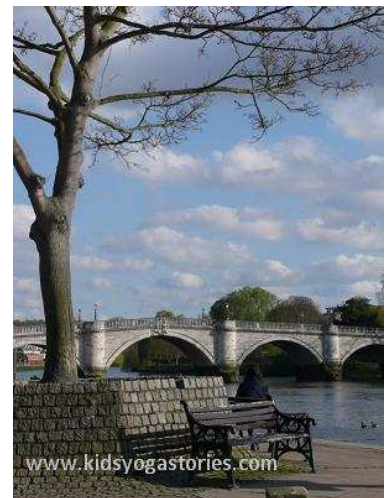
The keywords are listed in a specific sequence to create a safe kids yoga experience that encourages a flow from one pose to the next.

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. Focus on having fun with movement, not on practicing perfectly aligned poses. Engage the children. Create authentic, meaningful experiences. Cater to their different learning styles. Be creative and enjoy yourselves, but please be safe!



British Animals-inspired kids yoga sequence:

1. **Horse - Horse Stance** (stand with your legs apart, knees bent outwards, and stand in a firm stance, neigh!)
2. **Squirrel – Pick up acorns with toes** (pretend to pick up acorns with your toes or pick up cotton balls with your toes)
3. **Duck - Squat Pose** (come to a squat, and flap your bent arms like a duck, quack!)
4. **Toad – Frog Pose** (from squat pose, jump up like a toad, ribbit!)
5. **Sheepdog – Downward-Facing Dog Pose** (step back to hands-and-feet, and bark like a dog, ruff!)
6. **Sheep – Cat Pose** (come to hands-and-knees, and waddle like a sheep, baa-baa)
7. **Cow – Cow Pose** (from hands-and-knees, look up, arch up, and moo like a cow)
8. **Swan - Bow Pose** (lie on your tummy, bend your knees, lift up your heads and shoulders, and take your arms back to reach your toes)
9. **Rabbit – Hero Pose with Bunny Breath** (sit on heels, take 4-6 short breaths, then long exhale, repeat)
10. **Hedgehog – Hero Pose with Lotus Mudra** (sit on heels, fingers stretched out, palms together in mudra to represent spines of hedgehog)
11. **Red Fox – Kneeling Pose with Gyan Mudra** (come up to kneeling, look up to moon, and make an A-Okay sign over nose)
12. **Badger – Hero Pose with Gyan Mudra** (sit on heels, both hands in A-Okay sign over eyes to look like the badger’s eyes)
13. **Deer – Seated Twist** (one leg stretched out front, other leg held close to body, twist)
14. **Mole – Child’s Pose** (come to child’s pose, rest, and breathe)



Closing:

Sit in a circle to complete your trip to England. Feel free to add your own special ritual that you do together to end the session, such as lighting a candle, saying Namaste, or taking turns having everyone say his or her favorite animal that lives in this country.

Further Activities:

- Send the Royal Baby a letter or drawing expressing your congratulations to the family.
- Discuss how raising a Royal Baby would be different than raising a child in your town.
- Look at pictures online of the Royal Baby.
- Ask your mom about your own birth and look at your baby photos.
- Research how England is similar or different from your country. Read books set in England.
- Research the best places to visit in London.
- Take out guidebooks from the library and plan a pretend trip to England.
- Build your own “My Trip to England” book with facts of the country and places you would visit.
- Play new and old British music. Host a dance party.
- Pick one animal in the sequence above and write a mini-report to share with your friends.
- Look up the British flag and notice its unique features.
- Host an Afternoon Tea Party with your friends.
- Gather photos or magazine pictures of England and make a collective collage.
- Take pictures of you all practicing the poses for a book about England.
- Team up with older or younger students to learn more about this country.
- Write stories from starter sentences like “I would like to visit to England because...” or “My favorite animal is ...” Then read your stories together.
- Take out non-fiction books about London and/or England from your local library. Read and learn about the British way of life. How is it similar or different from your own?
- Do a visualization of a trip around London. Ask everyone to close their eyes, listen to the story, and imagine being there in the big city. Imagine the sights, smells, and sounds. At the end, have them open their eyes and draw or paint a picture of what they imagined.
- Cook British food, like fish and chips, scones and jam, shepherd’s pie, bangers and mash, or sticky toffee pudding, and have lunch together. Do you think the Royal Family is having for their lunch?
- Have a Fact Scavenger Hunt, using books from library or the internet, find facts such as population, size of country, number of animal species, yearly temperature, places of interest, famous British people, sports, festival, historical landmarks, or natural wonders.



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 next Kids Yoga Stories book, ***Good Night, Animal World***, which features a character from Brighton, England. Her character is based on my experiences as a child visiting my grandparents.

I would love to hear how you enjoyed your journey to London. Please email me at giselle@kidsyogastories.com.

Giselle
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Pictures courtesy of my hubby on his recent trip to London.