



## A KIDS YOGA STORIES LESSON PLAN WINTER ACTIVITIES

Topic:	<b>WINTER ACTIVITIES</b>
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 winter activities.
Preparation:	Gather books, magazines, resources, videos, and photos showcasing a variety of snow activities.
Opening:	Explain the intention of the day's experience and ask the children about their prior experiences. What winter activities have they experienced? What are their favorites? What books have they read that include winter activities? What makes the winter season special?

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

Get ready for your kids yoga experience. Lead a Sun Salute or similar warm-up sequence to get ready for the day.

Journey: Use the Kids Yoga Stories winter activities–inspired sequence below as a guide for 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 sequence 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. Add your own breathing techniques and mindfulness practice.

Engage the children. Create authentic, meaningful experiences. Follow their passions and interests. Cater to their different learning styles. Be creative and enjoy yourselves, but please be safe. Wear comfortable clothing and practice barefoot. Wait one to two hours after eating before engaging in your yoga session.



A winter activities-inspired kids yoga sequence, including keywords and the corresponding yoga poses:

**Snowshoeing – Mountain Pose variation**

(Stand tall with legs hip-width apart and feet facing forward. Gently swing your bent arms back and forth while walking on the spot as if you are snowshoeing.)

**Skating – Warrior 3 Pose**

(Stand on one leg. Extend the other leg behind you. Bend your torso forward and take your arms out behind you to pretend that you are gliding on the ice like a figure skater.)

**Skiing – Chair Pose**

(Stand tall in Mountain Pose with your feet hip-width apart, bend your knees, and pretend to ski down the slopes like a skier.)

**Making a Snowman – Squat Pose**

(Come down to a squat and pretend to pack the snow in your hands to make the base of a snowperson.)

**Sledding – Staff Pose**

(Sit with a tall spine and your legs straight out in front of you. Take your hands down beside you and pretend to hold on to the sled as you fly down a snow hill.)

**Snow Angels – Resting Pose**

(Lie on your back with your arms and legs stretched out like a star. Move your arms and legs in unison as if you are making a snow angel. Breathe and rest.)

For pictures and descriptions of the poses, see Kids Yoga Poses at [www.kidsyogastories.com/kids-yoga-poses](http://www.kidsyogastories.com/kids-yoga-poses). What other winter activities could you add to the list above?



Some of our favorite winter activities books for little ones:

*Snow Happy!* by Patricia Hubbell and Hiroe Nakata

*Snow Dance* by Lezlie Evans

*Let It Snow* by Maryann Cocca-Leffler

A few more of our favorites are:

*A Perfect Day* by Carin Berger

*Oh Snow* by Monica Mayer

*Snow* by Cynthia Rylant

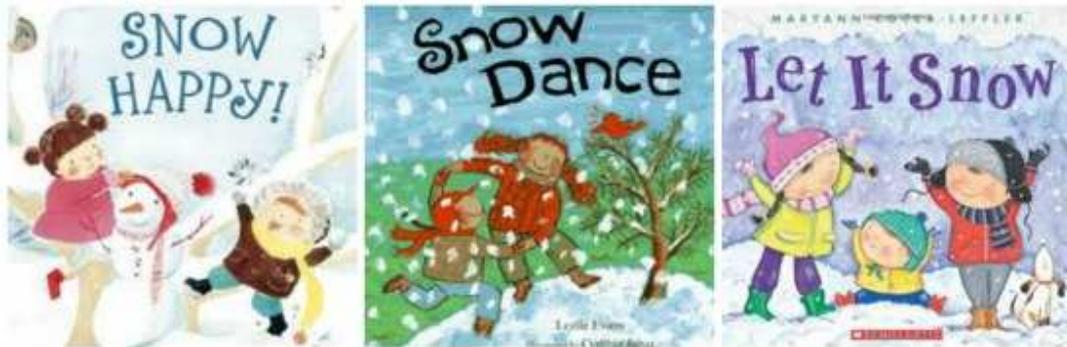
*This Place in the Snow* by Rebecca Bond

*Frog in Winter* by Max Velthuijs

*Froggy Gets Dressed* by Jonathan London and Frank Remkiewicz

*Red Sled* by Patricia Thomas and Chris Demarest

*Sledding* by Elizabeth Winthrop and Sarah Wilson



Closing:

Sit in a circle to complete your winter activities celebration. 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 talk about their favorite winter experience.

Kids yoga-inspired books 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: An Interactive Kids Yoga Book*

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

*Good Night, Animal World*

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

About Kids Yoga Stories:

We hope you enjoyed your *Kids Yoga Stories* experience. Visit [www.kidsyogastories.com](http://www.kidsyogastories.com) to:

**Receive updates.** For updates, contest giveaways, articles, kids yoga sequences, and activity ideas, sign up for our free **Kids Yoga Stories Newsletter**.

**Connect with us.** Please share with us about your yoga journey. Send pictures of yourself practicing the poses. Describe your journey on our social media pages (Facebook, Pinterest, Twitter, and Google+).

**Check out free stuff.** Read our articles on books, yoga, parenting, and travel. Download one of "5 for 5: Five kids yoga poses in 5 minutes" or coloring pages.

**Read or write a review.** Read what others have to say about our books and lesson plans. Post your own review on Amazon or on our website. We would love to hear how you enjoyed this lesson plan.

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

Giselle

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