



## KIDS YOGA STORIES WINTER OLYMPICS LESSON PLAN

Topic: **WINTER OLYMPICS**

Age Group: 3 to 8 years old

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

Intention: To learn through movement about the sports featured at the Winter Olympics.

Preparation: Gather information about different sports featured at the Winter Olympics. Use resources such as YouTube clips, newspaper reports, magazine pictures, Internet sites, guest speakers, brochures, and books.



Opening: Explain the intention of the day's experience and ask the children about their prior knowledge of the Winter Olympics. Do they remember the last Olympics? Which country is hosting the Olympics this year? What is their prior experience with the different sports?

Now, pretend to go on a journey to see the Winter Olympics.

Pretend to wake up, pack your backpack, and get ready for your journey. Lead a Sun Salute or similar warm-up sequence to get ready for the day. Pretend to fly on a plane (Warrior 3 Pose) to the country hosting the Olympics. Do a few poses depicting icons of the host country.

Journey: Brainstorm your own list of winter sports and then act them out or follow the suggested *Kids Yoga Stories* sequence below.

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. 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.

Winter Olympics-inspired kids yoga sequence:

1. **Ski Jumping – Mountain Pose variation** (Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Open your chest and arch your back slightly, pretending to be ski jumping.)
2. **Cross Country Skiing – Mountain Pose variation** (Stand tall with legs hip-width apart, feet facing forward, and move your arms as if you are cross country skiing.)
3. **Snowboarding – Warrior 2 Pose** (From standing position, step one foot back, placing the foot so that it is facing slightly outward. Take your arms up into a position parallel to the ground. Bend your front knee and look forward as though you are snowboarding.)
4. **Figure Skating – Warrior 3 Pose** (Stand on one leg. Extend the other leg behind you. Bend your torso forward and take your arms back behind you. Pretend to be gliding down the ice like a figure skater.)
5. **Hockey – Horse Stance** (Stand with your legs apart, with your feet facing slightly outward, bend your knees, and stand firm like a hockey goalie clutching a hockey stick.)
6. **Alpine Skiing – Chair Pose** (Stand tall in Mountain Pose with your feet hip-width apart, bend your knees, and pretend to be skiing down the mountain.)
7. **Speed Skating – Standing Forward Bend variation** (From Chair Pose, bend your torso forward. Take one arm back behind you and swing the other arm back and forth like a speed skater does.)
8. **Curling – Lunge** (Come to a lunge position by stepping back with one leg and bending your front knee. Swing your right arm as if you are sliding a curling stone along the ice.)
9. **Bobsleigh – Staff Pose** (Sit with a tall spine and your legs straight out in front of you. Pretend that you are in a bobsleigh racing down the mountain.)
10. **Luge – Resting Pose variation** (Lie on your back with your arms and legs tight to your body as if you are going down the luge. Then stretch them out. Breathe and rest.)



### Closing:

Rest on your backs after a long day of visiting Olympic events. Ask the children to close their eyes and think about their favorite winter sport. Ask them to imagine themselves in the Olympics, doing that particular sport. Feel free to add your own special ritual to end the session together, such as lighting a candle, saying “Namaste,” or sitting in a circle.

### Extensions:

- Take pictures of the children to make a class book called “Our Winter Olympic Journey.”
- Add poses specific to the host country.
- Invite guest speakers who participate in the different sports.
- Look up the flags specific to the competing countries.
- Re-enact the opening ceremony with the children dressing in the fashion of their chosen country and favorite sport—find ideas on [www.olympic.org](http://www.olympic.org).
- Create a Winter Olympics pretend play corner.
- Go to the library and check out books on winter sports.
- Using the Internet, research the history of the Winter Olympics. Talk about the significance of the Olympic rings.
- Create a “world passport” and learn about the different countries participating in the Olympics. For each country, record one fact, find a picture of an animal, draw a national landmark, draw the flag, and write down two things that make the country unique.
- Create your own Winter Olympic activity book, including a word search, coloring page, fill-in-the-blanks, sentence starters, and matching words. Share with a friend or sibling.
- Host your own Winter Olympics in your backyard or indoors. Invite friends over to go through the pretend races together.
- Copy attached ‘Winter Olympics Yoga’ page for your yogis to draw pictures and color.

*Pictures above from [www.olympic.org](http://www.olympic.org) from the 2010 Vancouver Olympic Winter Games.*

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," kids yoga lesson plans, 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

Kids Yoga Stories

[www.kidsyogastories.com](http://www.kidsyogastories.com)

[www.facebook.com/kidsyogastories](http://www.facebook.com/kidsyogastories)

[www.pinterest.com/kidsyogastories](http://www.pinterest.com/kidsyogastories)

[www.twitter.com/kidsyogastories](http://www.twitter.com/kidsyogastories)

[www.amazon.com/author/giselleshardlow](http://www.amazon.com/author/giselleshardlow)

[www.plus.google.com/+giselleshardlow](http://www.plus.google.com/+giselleshardlow)

Copyright 2014 Kids Yoga Stories

[www.kidsyogastories.com](http://www.kidsyogastories.com)

[giselle@kidsyogastories.com](mailto:giselle@kidsyogastories.com)

## WINTER OLYMPICS YOGA

Picture	Keyword	Yoga Pose	Demonstration
	Ski Jumping	Mountain Pose	
	Cross Country Skiing	Mountain Pose	
	Snowboarding	Warrior 2 Pose	
	Figure Skating	Warrior 3 Pose	
	Hockey	Horse Stance	
	Alpine Skiing	Chair Pose	
	Speed Skating	Standing Forward Bend	
	Curling	Lunge	
	Bobsleigh	Staff Pose	
	Luge	Resting Pose	