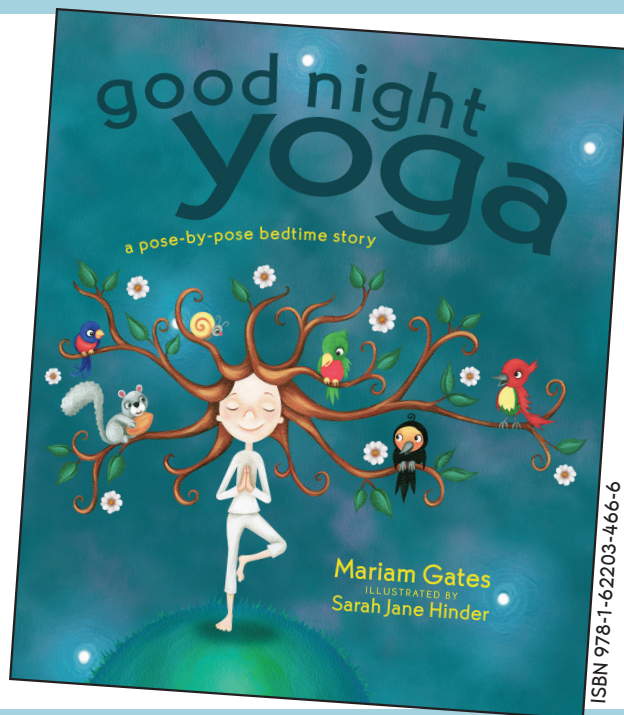
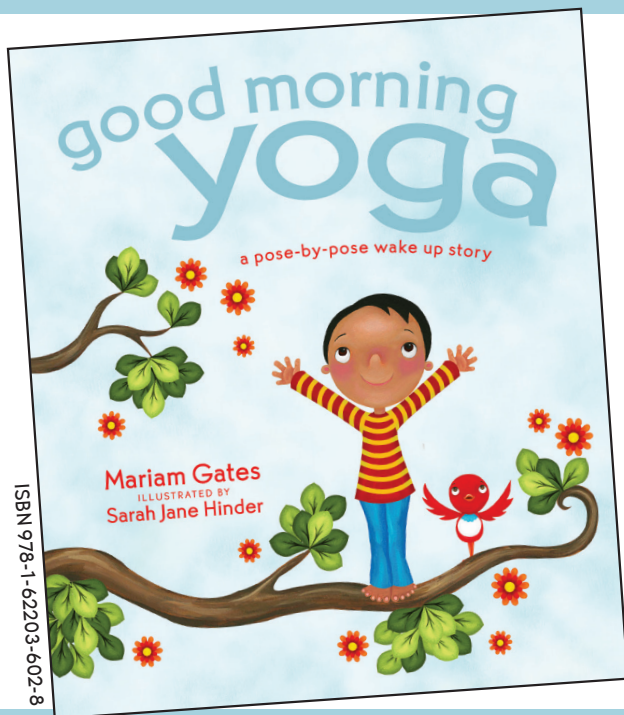




Yoga Story Hour Kit



Host a yoga story hour in your bookstore or library—or right at home!

Kids love yoga, and it's good for them! The US Department of Health and Human Services includes yoga as an excellent muscle-building activity for children and adolescents in their *Physical Activity Guidelines for Americans*. And in our screen-obsessed, over-programmed culture, kids (and adults!) will appreciate the focus and mind- and body-calming benefits yoga can provide.

Good Morning Yoga and *Good Night Yoga*, adorable picture books by educator Mariam Gates, director and founder of KidPower Yoga, provide the perfect basis for a fun yoga story hour with children ages 4–8.

**Use the activities and ideas in this kit
to host a yoga story hour
with kids!**



SOUNDS TRUE

SoundsTrue.com

mariamgates.com

Yoga Story Hour Tips

- ❁ Use the Yoga Story Hour sign in this kit to advertise your story time event. Post it in prominent locations and use it as a bag stuffer or check-out flyer.
- ❁ Prepare a story hour space with a carpeted floor or carpet squares for the kids to stand on.
- ❁ Visit the Sounds True website to watch a video reading of each book:
Good Night Yoga reading: <http://www.soundstrue.com/store/good-night-yoga.html>
Good Morning Yoga reading: <http://www.soundstrue.com/store/good-morning-yoga.html>
Both videos are available on YouTube as well.
- ❁ When the children are gathered, practice taking slow, deep yoga breaths and exhaling long and slow. Demonstrate each of the yoga poses from the book and talk with the children about the name of each pose.
- ❁ Use the yoga positions card decks in this kit during your initial demonstration to help the children learn the poses in each book. (*Note that not all of the book poses are included in each deck.) Or present the decks to the children as a take-home handout at the end of your story hour.
- ❁ Complete one book in its entirety before moving to the second story. Consider hosting a second yoga story hour the next week to feature the other title. You might use *Good Morning Yoga* for a morning story hour and *Good Night Yoga* for an afternoon story hour.
- ❁ When you host the active reading of the book(s) at your story hour, it's helpful to have one person reading the story, including the "As I breathe in, as I breathe out" movement description, and one person demonstrating the poses for the children to copy. Or play the audio portion of each video to serve as the story reading.



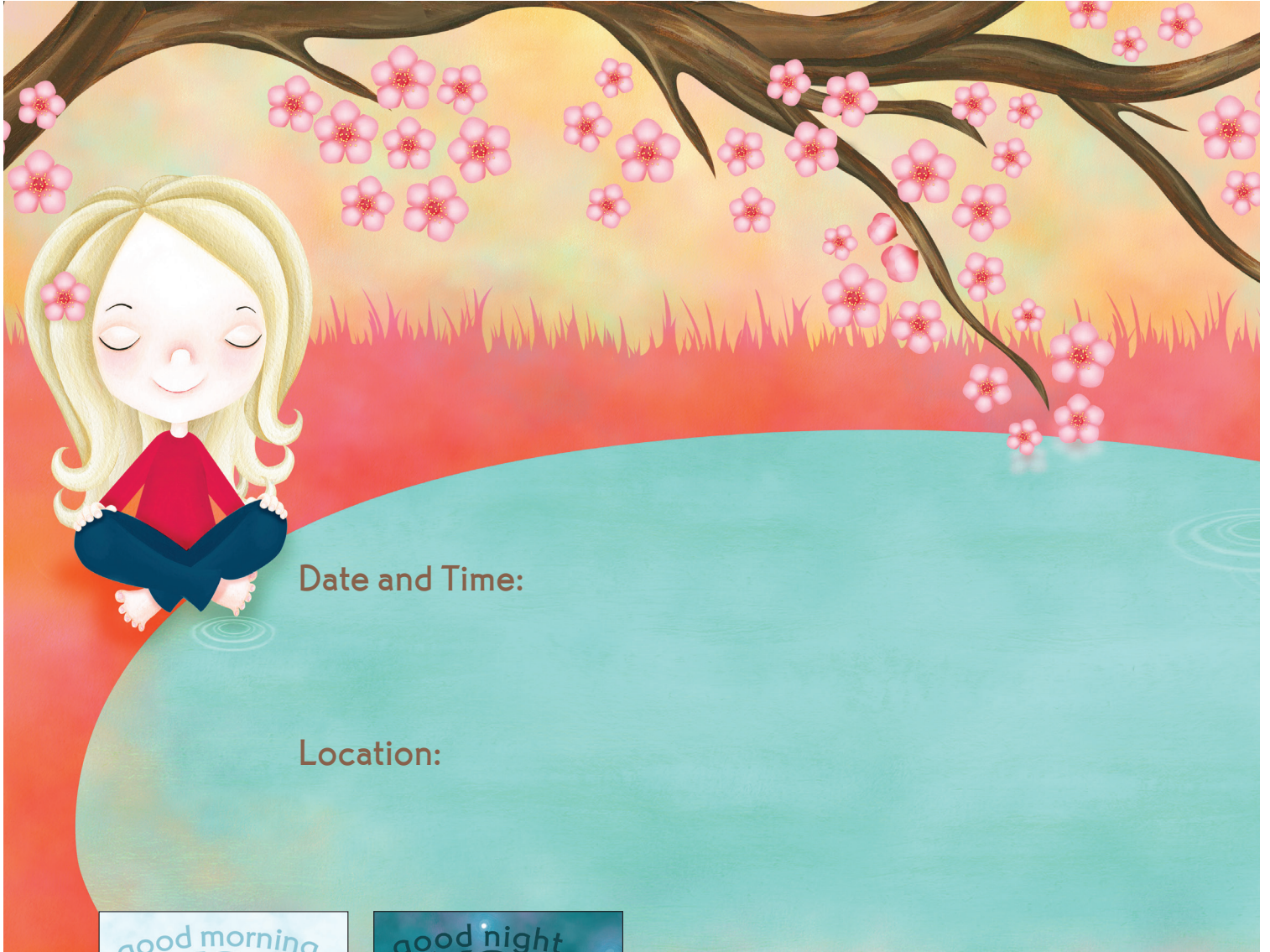
- ❁ Invite the children to do the visualization exercise at the end of each yoga flow.
- ❁ After completing the yoga flow and visualization, invite the children to sit in a circle and talk about their favorite poses from the story. How did the poses make them feel? Were any more difficult than others? Which were the most like their pose names? What did they think of the visualization exercise? How did it make them feel?
- ❁ Read just the story portion of the book aloud, skipping the movement description portions. Allow the children to study the book's illustrations as you read.
- ❁ If time allows, let the children complete the wristband and drawing activities in this kit and cut out the yoga decks if they weren't presented earlier in the session.



Come to our Yoga Story Hour!

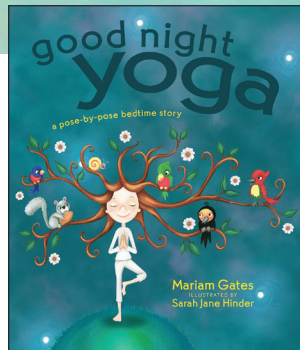
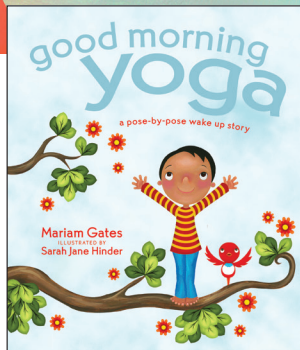


We'll stretch and reach, so wear comfortable clothing!



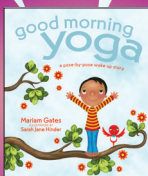
Date and Time:

Location:



As I breathe in, as I breathe out

Good Morning Yoga
Yoga Positions
Card Deck



Cut out each card and use them to help you remember each fun position!



Volcano

I lift up on tiptoes and reach my fingers high.



Ski Jumper

I bend my knees and sweep my arms back.



Lightning Bolt

With my knees bent, I glide my hands up high.



Mountain

I press down through my feet and stretch my spine so it is long. I roll my shoulders back and press my palms together.



Forward Bend

I round my back, bend my knees, and roll down to the ground.



Downward Dog

I press my palms and feet into the earth and raise my hips up to the sky.



Boat

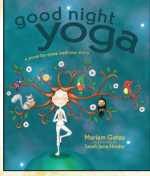
I sit up tall to lift my legs and arms off the ground with my knees straight or bent.



Calm and Awake

I sit with my legs crossed. My spine grows taller, my shoulders roll back, and I rest my hands on my knees.

Good Night Yoga Yoga Positions Card Deck



Cut out each card and use them to help
you remember each fun position!



Sun

I inhale and reach my arms over my head.
I exhale and bring my arms back down.



Star

I press down through my feet.
I reach my arms out wide.



Bird

I focus on one point. I lift my foot behind
me and balance. Then I switch feet.



Tree

I become tall in my spine. I rest my
foot on my ankle or above my knee
and balance. Then I switch feet.



Ladybug

I bend my knees, roll my shoulders back,
and press my palms together.



Butterfly

I sit on the ground, press the soles
of my feet together, and roll my
shoulders back.



Cat

First I inhale and look up, letting
my spine and tummy drop low. Then
I exhale and tuck in my chin, lifting
my spine up high and arching
my back like a cat.



Child

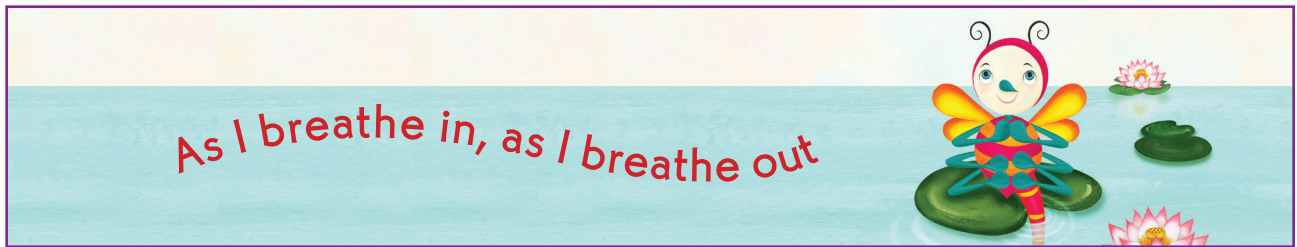
I press back on my heels
and rest.



Yoga Wrist Bands

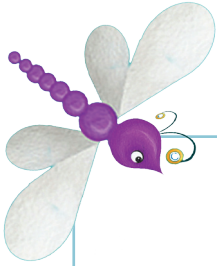


Cut out the wrist bands below. Use tape to secure each band to a wrist.



My Favorite Pose

What's your favorite yoga pose? Draw a picture of it in the space below.



My favorite pose is _____.

It makes me feel _____.