

Yoga Storytime

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Picture Books to Adapt:

Bark, George by Jules Feiffer

Shhhh! We Have a Plan by Chris Haughton

Breathe by Scott Magoon

Hurry Up and Slow Down by Layn Marlow

Brown Bear, Brown Bear, What Do You See? By Bill Martin and Eric Carle

Listen to Our World by Bill Martin Jr. & Michael Sampson

If You're Hoppy by April Pulley Sayre

I'm the Biggest Thing in the Ocean by Kevin Sherry

Clip-Clop by Nicola Smee

A Perfect Day by Lane Smith

The Cow Loves Cookies by Karma Wilson

In My Heart: a Book of Feelings by Jo Witek

What Do You Do With A Problem? By Kobi Yamada

Yoga Picture Books:

The Yoga Game: By the Sea by Kathy Beliveau

ABC Yoga by Christine Engel

Good Morning Yoga by Mariam Gates

Good Night Yoga by Mariam Gates

Yoga Bunny by Brain Russo

I Am Yoga by Susan Verde

Twist by Janet S. Wong

You are a Lion! : and other fun yoga poses by Taeun Yoo

Game:

Yoga Freeze Tag

Play music for children to dance to and when music is paused—child freezes in yoga pose. This can be done free-style, child freezes in any pose or a pose the presenter calls out and models.

Yoga Resources:

Books:

A Moving Child is a Learning Child: how the body teaches the brain to think by Gill Connell and Cheryl McCarthy

Yoga for Children: 200+ yoga poses, breathing exercises, and meditations for healthier, happier, more resilient children by Lisa Flynn

Stories, Song, and Stretches! Creating Playful Storytimes with Yoga and Movement by Katie Scherrer

Blog:

<https://yogibrarian.wordpress.com/>

Children's librarian and yoga teacher Andrea Cleland shares storytime ideas including plans for her yoga storytimes.

Music:

Laurie Berkner, "The Goldfish" and "We Are the Dinosaurs" from *Best of the Laurie Berkner Band*

Laura Doherty, "I'm a Little Fish" from *In a Heartbeat*

Bari Koral, "Butterfly" from *Anna and the Cupcakes*

Kira Willey, *How to Be a Cloud: Yoga Songs for Kids Vol.3*

Songs:

Are You Ready for Yoga?

Are you ready for yoga?
If you're ready, then stomp your feet.
Stomp your feet and make some noise.
Let's stomp our feet and make some noise.
And do it really fast.
Then stop. Stretch your feet up, up, up
And down.
(Repeat with arms, then both feet and arms.)

Source: Nextgenerationyoga.com

Go Bananas!

Squeeze the orange, squeeze, squeeze the orange
(repeat each verse 2-3 times)
(Sit on bottom with knees pulled in and arms hugging knees.)
Roll the cookie dough, roll roll the cookie dough.
(Roll back and forth massaging back and holding knees.)
Pop the popcorn, pop pop the popcorn.
(Gain momentum while rolling and "pop" up into star pose.)
Peel the banana, peel peel the banana.
(Arms stretched upward, lean to one side and then the other.)
Go Bananas! Go go bananas!
(Dance around!)

(Source: Wild Things Yoga)

Old MacYogi had a Farm

Tune: *Old MacDonald had a Farm*
Old Mac-Yogi had farm. E-i-e-i-om. And on that farm he had a cat.

E-i-e-i-om (cat pose).

Repeat and have child chose an animal and create a pose for animal.

Source: yogibrarian.com

Head and Shoulders Yoga Pose

Tune: *Head and Shoulders Knees and Toes*
(NOTE: kids can chose to do any yoga pose)
Head, shoulders, yoga pose, yoga pose
Head, shoulders, yoga pose, yoga pose
Breathe in and out deeply through your nose.
Head, shoulders, yoga pose.

YOGA POSE!

Source: kiddingaroundyoga.com

Row, Row, Row Your Boat

(NOTE: use a visual of the animals—stuffedies, puppets, or photos)
Row, row, row, Your Boat
Gently down the stream
Merrily, merrily, merrily, merrily
Life is but a dream

Row, row, row your boat,
Gently down the stream,
If you see a crocodile,
Don't forget to scream.

Row, row, row your boat,
Gently down the Nile,
If you see a camel,
Don't forget to smile.

Row, row, row your boat,
Gently down the river,
If you see a polar bear,
Don't forget to shiver.

Row, row, row your boat,
Gently to the shore,
If you see a lion there,
Don't forget to roar!

Row, row, row your boat,
Gently down the creek,
If you see a little mouse,
Don't forget to squeak.

Source: jbrary.com

Twinkle, Twinkle Little Star

Twinkle, twinkle little star
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle little star,
How I wonder what you are.
(Build strength and balance, rock back and forth in Star Pose while singing)