

ANIMAL YOGA

Use yoga poses in your classroom to involve students in physical activities that connect them to unique animals behaviors.

Grade Level
K-2

Theme:
Adaptations

Curriculum Connections:
S, PE

Materials:
Large Open Space

Kangaroo: Stand with your feet together and back straight. Bend your knees and bend both of your arms in front of your body like paws, with hands dropped forward. Then, jump both feet together in time with music. Jump around in a circle.

Bear Crawl: Keeping low to the ground, crawl around the circle on all fours.

Elephant Walk: Put your fingers together and bend over slowly from a standing position. With your back straight, swing your arms back and forth like an elephant's trunk as you walk. The elephant walk stretches out the shoulders, arms and strengthens the legs.

Gorilla: Stand with your legs wide apart. Bend forward at the waist, bending your knees a little bit. Let your arms hang down in front of you and swing your upper body back and forth like a gorilla. You can also just hang forward over your legs without swinging. Ideas: Try walking side to side and back and forth with heavy feet like a big gorilla. Take a big breath in and stand up. As you lean back, beat your fists on your chest and make a big gorilla noise!

Giraffe: Bring together the tips of thumbs and index fingers to make a triangle. Spread your legs wide, reach up with the arms and then bend forward, pretending to drink from the water hole. The arms look like the long neck of a giraffe.

Snake: Begin lying on your tummy. Then, as you exhale, press into your palms and reach your heart up to the sun. Can you make a hissing sound like a snake?

Frog: Crouch down low with feet turned out and hands flat on the ground in front. Jump!

Lion: Kneel on the ground and round your back to lean over, place your paws (forearms) on the ground beside your head. Stretch your head up and roar.

Flamingo: Place hands on your hips and lift one leg up as high as you can with the toe pointing down. Hold as long as you can and then switch legs.

Sea Lion: Lay on your belly and use your front flippers (arms) to push your body up, stretching your head up to look at the sky.