

## Goldilocks & the 3 Grounded Bears

INTRO: Do the first verse, then add the second and do it from the top, then add the third and do it from the top. You're really warm by then!!

THE STORY MIGHT BE HIGH stretch arms to ceiling raise onto toes  
THE STORY MIGHT BE LOW bend over and reach to the floor  
THE STORY MIGHT BE FAST move arms, legs, head, body fast  
THE STORY MIGHT BE SLOW same thing sloooooow

THE STORY COULD BE HAPPY happy feet, arms, legs, etc.  
THE STORY COULD BE SAD sad slow moves  
THE STORY COULD BE SCARY jump around yikes yikes yikes  
THE STORY COULD BE MAD stomp fast with feet, pull in abs and growl!

THE STORY'S IN MY FINGERS play the piano  
THE STORY'S IN MY TOES tap dance  
THE STORY'S IN MY BISCUIT that's your butt, but you can't say butt  
THE STORY' IN MY N-N-N-NOSE lean back with hands on face  
ACHOO! ACHOO! ACHOO! Great big body sneezes 3 times

DRAWING ON THE CEILING: Next make a circle and sit down with your feet all touching. Hamstring stretch while having a "Foot Party!" Now rub your feet and magically turn them into crayons (what color is YOUR crayon?) and roll onto your back to draw "STRAIGHT LINES ON THE CEILING, STRAIGHT LINES ON THE CEILING" moving legs and pointing toes as if you're drawing lines on the ceiling. Roll back to sitting (ab work!) and cover your mouth to disguise your voice saying, "Who's drawing straight lines on the ceiling?" Remove hands, look up and say, "Sorry!" Now each child gets a turn to suggest what to draw on the ceiling, and the same pattern is repeated until after the last "Sorry!" you change your feet into erasers and go back once more to "ERASE THE CEILING, ERASE THE CEILING!"

Then we do 3 solid ground flows (Grounded Yoga) or you can do Sun A

Start at the BEGINNING with the SHAPE MACHINE! Buttons, levers, shploinky shploinks, and it's aaaaaaa  
BEAR! (bear pose holding ankles and using belly to pull legs up and walk back and forth on the mat)

BEGINNING:

Once upon a time there were three BEARS! Papa, Mama, Baby  
They were eating BOWLS of porridge. Papa, Mama, Baby  
Too hot, WALK to the woods.

MIDDLE:

Along came Goldilocks. BOWLS, CHAIRS, BEDS (fall asleep)

END:

Bears come back home. PAPA, MAMA, BABY  
BOWLS! CHAIRS! BEDS!  
Goldilocks jumps up, slides down the banister, and runs away!!

Pose Possibilities:

- Triangle (house)
- Tree (woods)
- Butterfly (bowl of porridge)
- Chair (chair)
- Dead Bug Pose - engaging the core on your back and then letting it all go (bed)
- Reverse Table (sliding down the banister)

1 last sun salute and Savasana

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