

OMazing Kids StoryStretchers:

Creating a Yoga Storytime for Kids

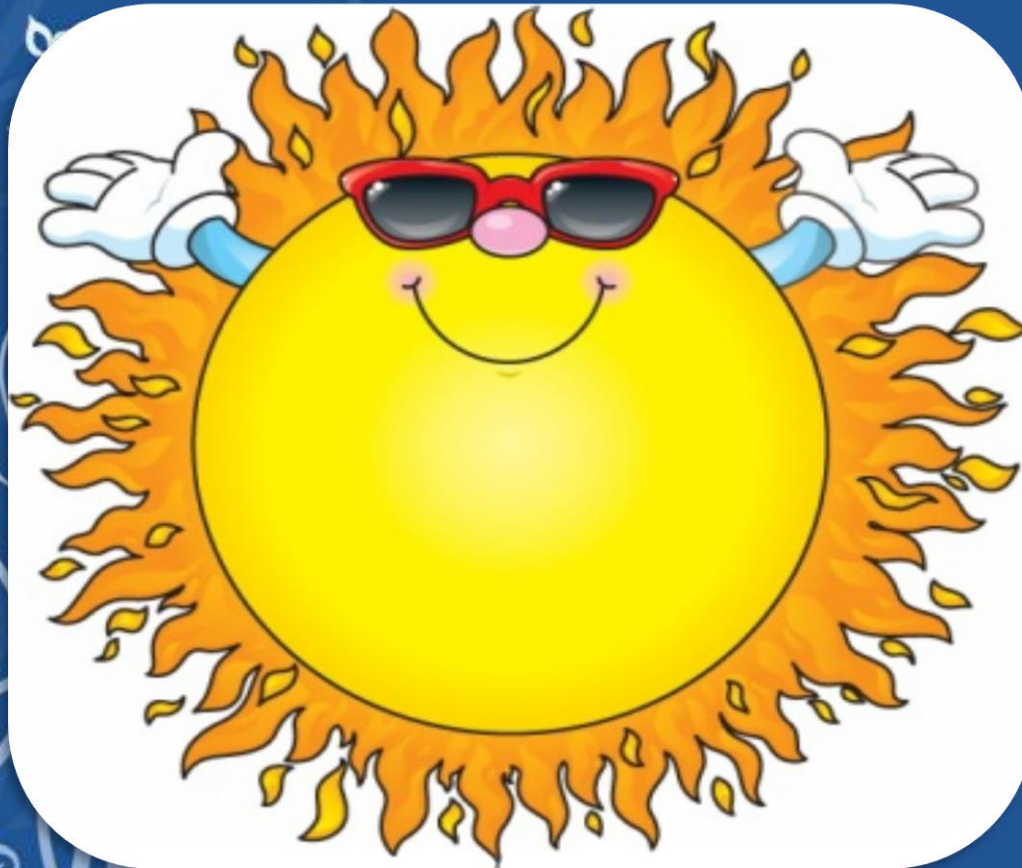


Angela Moorad, MS, CCC-SLP
Speech-Language Pathologist at the JD McCarty Center



Radiant Child Yoga Certified – Levels 1 & 2
International Association of Yoga Therapists
Founder of OMazing Kids, LLC

It is early so let's do a little
Sun Breath & Stretch
to get some energy flowing



See a video at:
<http://tinyurl.com/sun-stretch-and-breath>

Learning Objectives

- Learn at least 3 things to consider when selecting a book to use in yoga storytime .
- Learn how to create a kids yoga storytime lesson plan.
- Hands-on practice of a few basic kids yoga poses & activities commonly used in a yoga storytime .
- Learn about the sensory aspects of particular yoga poses and activities, including at least 3 that tend to be “calming” and at least 3 that tend to be “energizing”.
- Learn ideas for extension activities to expand on themes.
- Learn at least 2 resources for finding free ideas for kids yoga storytime lesson plans & activities online.

A yellow sun character with a smiling face, wearing black sunglasses. The text "Sun Breath & Stretch" is written inside the sun's face.

Please enter the drawing for doorprizes at the end of this presentation.

First & Last Name: _____

Age ranges of children I would like to try yoga with:
☐ Toddlers ☐ 3-5 years ☐ 6-10 years

Name of childcare center OR if a home, put "home": _____

Town: _____

E-Mail: _____

**Drawing for free
kids yoga stuff @
the end!**



Yoga is...

- To “yoke”, “unite”, “be whole”.
- The union of body (postures), mind (inner focus) & spirit (breath).
- A holistic practice.
- Adaptable to almost any level of physical or developmental ability.
- A gentle, noncompetitive form of exercise that all children can enjoy.

Yoga is **not**...

- A religion.



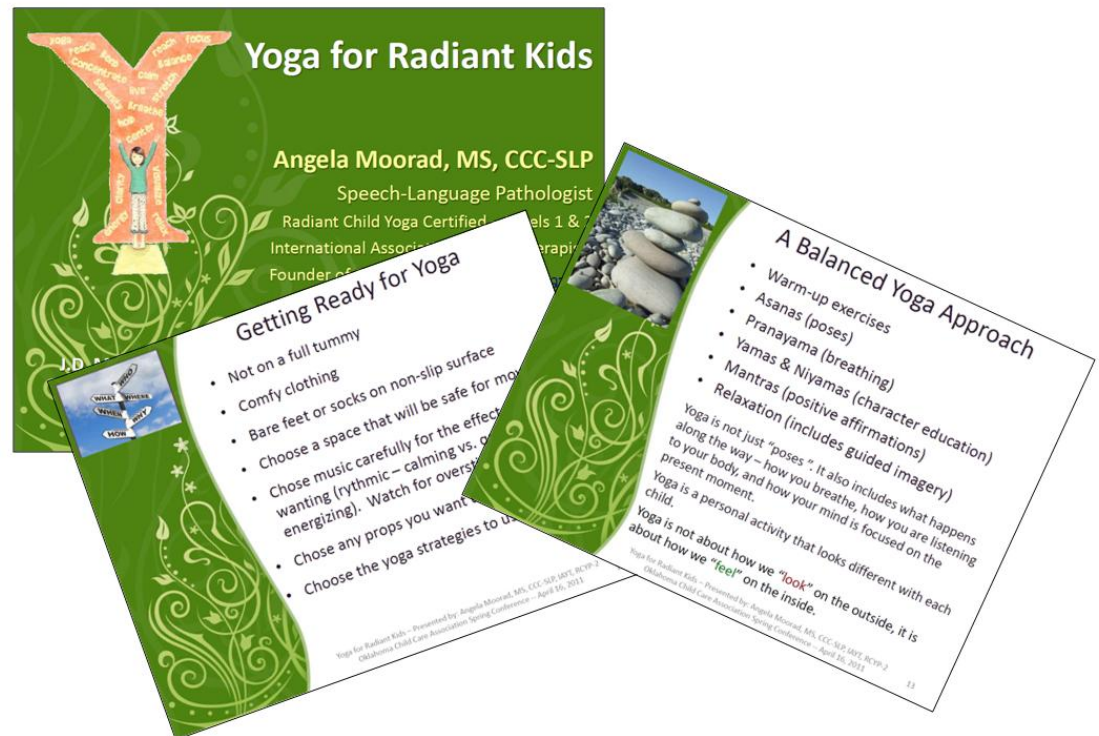
Benefits of Yoga for Kids

- Strength, flexibility and balance
- Concentration, focus and attention
- Inner strength and body awareness
- Confidence and self-esteem
- Creativity and imagination
- Awareness of breath
- Relaxation and self-control
- Feeling of well-being and respect for others

Disclaimer: The information in this presentation is for general informational purposes only and SHOULD NOT be relied upon as a substitute for sound professional medical advice, evaluation or care from your physician or other qualified health care provider.

More Info About Kids Yoga

Please refer to the handout from my presentation at last year's conference for introductory info about the basics of yoga for kids. Download a PDF with video links at: <http://tinyurl.com/OCCA-handouts-2011>



Why Combine Yoga & Storytime?



- Taps into a variety of learning styles. The more senses we use, the more learning occurs.
- Stories come alive when kids participate actively in becoming part of the story.
- It teaches kids how to use their bodies and minds together while incorporating their breath with their movement.
- Easier to learn prepositions & verbs through movement.
- Fosters creativity & imagination.

More info: www.shortstoriesforchildren.net/the-benefits-of-kids-yoga-stories



188 books that work well
with kids yoga – resource
list from OMazing Kids

<http://omazingkidsllc.com/2012/04/06/books-for-kids-yoga-a-resource-list-from-omazing-kids-yoga/>



14 page bibliography of suggested books: http://yogainmyschool.com/pdf/yoga4literacy_bibliography.pdf

More info on Yoga & Literacy: http://www.getca.com/Content/uploads/2010/LanguageArts/560_3hr_ReadingReadinessTwist_Handout.pdf

Picking a Good Book

Tips for selecting a book to use in yoga storytime

- Books with animals & nature provide lots of opportunities for yoga poses.
- Books with repeated lines provide opportunities for repetition of poses & promote early literacy skills.
- Books with clear, bright illustrations are often best for younger children.
- Books with just a few words per page.
- Books that also provide opportunities to teach children positive ways to treat themselves, others & the environment.

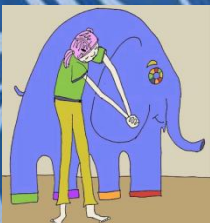
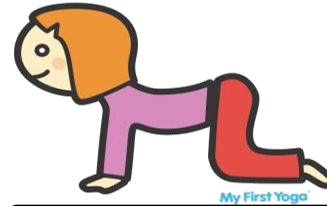
More tips: <http://www.myfirstyoga.com/blog/2012/3/13/choosing-a-book-for-story-time-yoga.html>

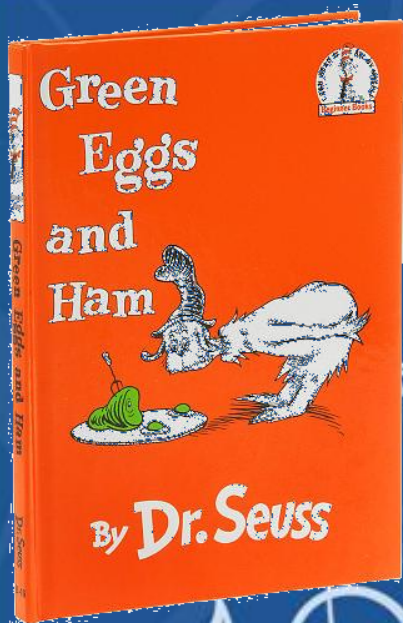
Create A Yoga Storytime Lesson Plan

- Determine opportunities for yoga poses, breathing, affirmations, character education and/or relaxation on each page of the book.
- If needed, put a sticky note as a reminder of the activities at the bottom corner of the page.
- If an animal or item in the book does not appear to readily match a yoga pose, get creative! What does it look like or do? Find a pose that fits those characteristics or even have the kids make up a pose.... They love it!
- Determine what props or music to add to enhance the activity. Only add things that enhance without becoming overstimulating.



Poses Frequently Used in Kids Yoga

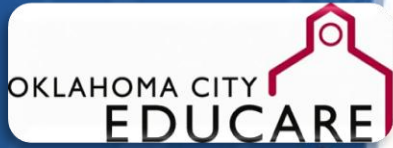




Want To Try Green Eggs and Ham Yoga?

- Sam-I-Am (I am Happy - I am Good chant)
- Egg (child's pose)
- Here or There (seated twist and + extended arms to point)
- Mouse in a House (2 kids do partner "rooftops pose" + another child does "mouse" pose (child's pose w/ arms extended) under their roof)
- Fox (cat pose with alternating leg extended as the bushy fox tail)
- Car ("Bumpy Camel Ride" pose as a bumpy car ride)
- "Washing Machine & Dryer" to clean our clothes after that bumpy ride
- Stretch arms up to pretend to put on shirt & forward fold to stretch towards toes to pretend to put on pants
- Tree (tree pose or group tree to help each other with balance)
- Train (Choo Choo breath – make fists and move them up and down with "soft" breaths as the train moves slowly & "louder" breaths as it speeds up)
- Rain (stretch arms up & wiggle fingers down as rain or do partner activity -rain drop massages on each others backs)
- In the Dark ("palming" - rub palms together & then cover eyes)
- Goat (deer pose)
- Boat (boat pose)

Green Eggs & Ham Yoga at Educare OKC



So much fun with the 3-4 year olds at Educare on 3/7/12!

More details on my blog:

<http://omazingkidsllc.com/?s=green+eggs+and+ham>

Video Clips:

<http://www.youtube.com/playlist?list=PLCAE36593ED7AEC56>

Extension Activities to Expand on Themes

- Coloring
- Crafts
- Songs
- Music
- Dramatic Play
- Snacks



Themes provide an integrated approach to teaching and learning. An integrated approach is supported by research on how the brain works and how human beings learn. Ultimately, the use of thematic units helps young children achieve higher levels of learning.

http://www.earlychildhoodnews.com/earlychildhood/article_view.aspx?ArticleID=112

Free Green Eggs & Ham rap mp3:
<http://kendrak.com/mp3/greeneggs.mp3>

Instructions & template to make felt
Green Eggs & Ham set:
<http://www.craftingwithcathair.com/2012/03/green-eggs-and-ham-tutorial.html>



Basic Principles of Asanas (poses)

- **Simple** - Stick to basic yoga poses. Advanced yoga poses are **not** recommended for most children.
- **Short** - The poses should not be held for too long – only a couple of breaths for younger children.
- **Slowly** - Listen to your own body and do **not** do anything that hurts. Move slowly in/out of poses.
- **Breathe** - Remember to breathe.
- **Both Sides** - Do poses on each side of the body for about an equal amount of time.
- **Balance** - Provide a balance of poses that move and stretch the body into motion with those that provide quietness and relaxation.

Reminders:

Children learn best from their own experience.

The goal is not the perfect pose... it is to engage the child in experiencing yoga.

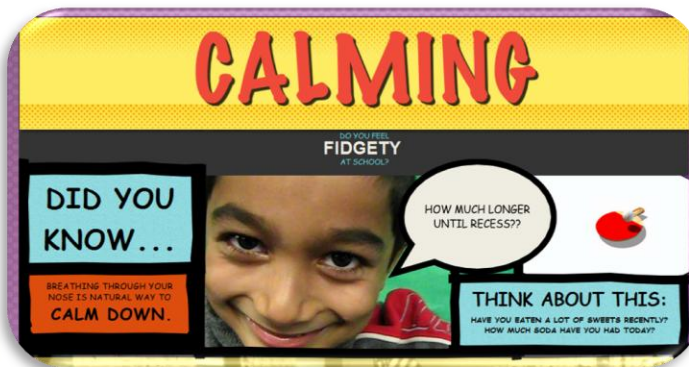
The key is to “guide” them in exploring yoga in a safe way.

Phrase assistance in a positive way.



Asanas That Promote Calming

- Children are bombarded with stimuli of all kinds and can become tense and stressed in our fast-paced society.
- Yoga can help them discover the joy of stillness and teach them how to concentrate.
- Poses that promote relaxation: Easy Pose, Lotus, Mouse/Child's Pose, Lying Flat (Savasana/Do Nothing Doll/Yogic Sleep), etc.
- **In general, poses that provide “flexion” are calming.**



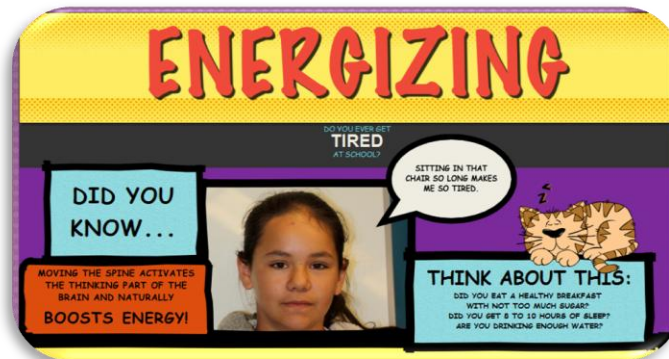
Calming activities on the Yoga Bites website:

http://www.maddiesbooks.com/yogibee/CYP_yb/yogabites2010/Calming_main.html



Asanas That Promote Alertness

- Our brains need movement to keep us alert. Have you ever felt that mid-afternoon energy dip?
- Ideas for alerting poses: as a brain-break between activities, a perk-up before a test, etc...
- Poses that promote alerting: camel, chair, cobra, crescent moon, lion, sun breath & stretch, upward facing dog, warrior 1, woodchopper, etc...
- In general, poses that provide “extension” are **alerting & energizing**.



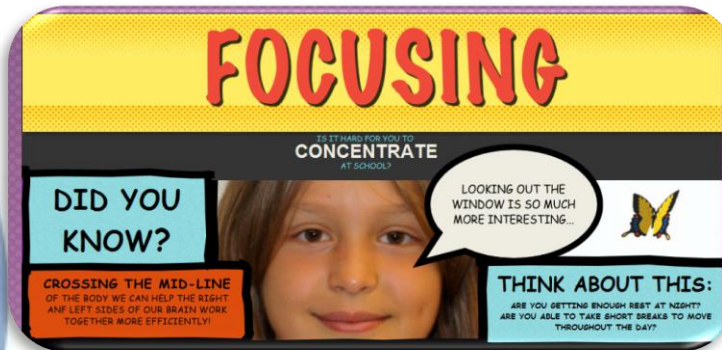
Energizing activities on the Yoga Bites website:

http://www.maddiesbooks.com/yogibee/CYP_yb/yogabites2010/Energize_main.html



Asanas That Promote Focus

- Have you ever felt overwhelmed or unfocused?
- Ideas for focus poses: as a brain-break before teaching new or challenging tasks, to center/focus before a test, before multi-step activities, etc...
- Poses that promote focus: tree, eagle, flamingo, Brain Gym “hook ups”, washing machine, etc...
- In general, poses that use both sides of the body and/or cross midline promote **focusing**.



Focusing activities on the Yoga Bites website:

http://www.maddiesbooks.com/yogibee/CYP_yb/yogabites2010/Focus_main.html



Pranayama (Controlled Breathing)

- Increases blood oxygenation and can produce calming or energizing effects.
- Basic guidelines:
 - Breathe in through your nose as you expand, lift or open your body.
 - Exhale as you contract or close your body.
- Helps to use a flower as an image to breathe in through the nose like “sniffing” and a candle as an image of blowing out when you breathe out.
- Breathing in through the nose warms, slows and cleans your breath.

This free visual support is on my blog at:

<http://omazingkidsyoga.files.wordpress.com/2011/03/breathing-visual-support-in-through-nose-like-smelling-out-through-mouth-like-blowing.pdf>

Free Ideas for Combining Books with Kids Yoga / Movement



OMazing Kids Facebook page, blog & YouTube channel:

<http://omazingkidsllc.com/>

<http://www.facebook.com/OMazingKidsYoga>

<http://www.youtube.com/user/amoorad1>



Maria's Movers Facebook page & blog:

<http://marias movers.com/>

<http://www.facebook.com/pages/Marias-Movers/146896406870>



Picture Books & Pirouettes Facebook page & blog:

<http://kerryaradhya.blogspot.com/>

<http://www.facebook.com/DanceBooks>



Storyyoga Facebook page & Website:

<http://www.storyyoga.com>

<http://www.facebook.com/Storyyogafriends>



Yogakiddos with Gaileee Facebook page & blog:

<http://www.facebook.com/YogaKiddos>

<http://yogakiddos.blogspot.com/>



Yoga in My School's website, Facebook page & YouTube channel:

<http://yogainmyschool.com/>

<http://www.youtube.com/user/homyogachick>

<http://www.facebook.com/YogaInMySchool>

A free alphabetical list of more than 35 kids yoga poses on their website at:

<http://yogainmyschool.com/yoga-101/poses/alphabetical-list-of-poses/>

References



Kids Yoga Books:

Fly Like A Butterfly: Yoga for Children by Shakta Kaur Khalsa, E-RYT 500. Good kid-friendly warm up activities, use of yoga storytelling with black and white photo of each pose with instructions, list of benefits for each pose, partner pose activities, affirmations, meditations with mudras, “long time sun” closing song/activity.

Itsy Bitsy Yoga for Toddlers and Preschoolers: 8-Minute Routines to Help Your Child Grow Smarter, Be Happier and Behave Better by Helen Garabedian.

My First Yoga: Animal Poses. This book uses child friendly vocabulary and vibrant illustrations to lead kids through a series of easy to follow yoga poses.

Once Upon a Pose: A Guide to Yoga Adventure Stories for Children by Donna Freeman. Great info on using storytelling to facilitate children’s yoga. Includes 10 premade storytelling scripts with black and white photos of poses. Nice selection of short guided imagery scripts for kids. Also describes benefits of yoga, how yoga fits with goals in classrooms at various grade levels, brief info on yoga for specific special needs.

References



Kids Yoga Books:

Storytime Yoga: Teaching Yoga to Children through Story by Sydney Solis.

The Yoga Zoo Adventure: Animal Poses and Games for Little Kids by Helen Purperhart.
Good supplementary resource for activity ideas.

The ABCs of Yoga for Kids by Teresa Anne Power. Alphabetical picture book with rhyme for each pose. Available in English & Spanish. There is also a coloring book & poster available.

Yoga Games for Children: Fun and Fitness with Postures, Movement & Breath by Danielle Bersma & Marjoke Visscher. Good supplementary resource for activities/games for breathing, relaxation, meditation, partner or group activities to build cooperation/trust, seasonal themes & making mandalas.

YogaKids: Educating the Whole Child Through Yoga by Marsha Wenig. Based on concept of eight intelligences, good tips for working with children, tips for tying poses in to curriculum areas, good clear color photos and instructions for each pose, tips for specific special needs, affirmations, lists of songs & books to go with poses.

References

Kids Yoga Coloring Books & Workbooks:

ABCs of Yoga for Kids: A Book for Coloring

Asana Alphabet: Yogi & Yogette Learn the Asana Alphabet

Color Me Yoga® Coloring Book

Elahi Yoga Student Workbook

Learn with Yoga: ABC Coloring Book by Addriya



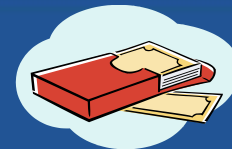
Kids Affirmation Books & Cards:

Tiniest Acorn: A Story to Grow By – by Marsha T. Danzig / Color Me Yoga®

Manifest Your Magnificence Affirmation Cards for Kids by Susan Howson – set of 64 illustrated two-sided affirmation cards for children. One side has a simple “I am ____” statement with illustration, the other side has a brief meaning with illustration. Square coated cards & storage box.



References



Yoga Cards:

ABCs of Yoga for Kids Learning Cards – set of 56 two-sided cards. Each card has a cute illustration of the pose and a poem about how to do the pose.

Color Me Yoga® Flash Cards - A 66 card deck featuring a picture of an elephant doing each pose on the front (non-laminated so they can be colored). On the back are the steps to the poses.

Learn With Yoga ABC Yoga Cards for Kids cards by Christine Ristuccia, SLP & RYT – set of 26 ABC yoga cards with verbal cues & benefits (1 pose for each letter) & 26 Instructor Cards with ideas for language development & reading readiness activities for each pose. Large coated cards & durable storage box.

Little Lotus Kids Yoga Cards by Yoga in the Valley - 39 illustrated poses and 16 games.

Yoga 4 Classrooms™ Activity Card Deck - 67 activities divided into six categories: Let's Breathe, At Your Desk, Stand Strong, Loosen Up, Imagination Vacation and Be Well. Each activity includes several discussion points, sub-activities and educational tie-ins for a total of over 200 Y4C™ classroom practices.

Yoga for Small Spaces cards by Christine Ristuccia, RYT & Lynn Geddes, RYT – set of 52 cards with positioning cues, benefits, modifications & affirmations. Large coated cards & durable storage box.

References



Yoga Cards:

Yoga Kit for Kids by Imaginazium - Includes 25 yoga cards, instruction book & a music CD.

Yoga Planet Card Deck: 50 Fun Activities for A Greener World by Leah Kalish & Tara Guber. 50 cards feature an activity or pose on one side, with activity instructions or simple visualizations on the other. Activities include Breathing, Individual Poses, Partner Poses, Games, and Inspired Action. Large coated cards & durable storage box.

Yoga Pretzels Card Deck: 50 Fun Yoga Activities for Kids & Grownups by Leah Kalish & Tara Guber. 50 cards feature an activity or pose on one side, with activity instructions or simple visualizations on the other. Activities include forward bends, back bends, balance poses, breath exercises, partner poses, yoga games and visualizations. Large coated cards & durable storage box.

Yoga Warriors cards by Radiant Child Yoga. Each of the four characters demonstrates five yoga poses for a total of twenty poses. Four wild cards represent the elements at play in Spring (Courage), Summer (Radiance), Autumn (Appreciation), and Winter (Stillness). Cards include yoga instruction and benefits. Instructions are included for playing Concentration, Go Fish, War/Peace, Runs & Sets, and Last Yogi Standing. Total cards: 48 (24 doubled).

DVD's:

References



Move with Me Action Adventures - Scooter and Me series of nine story and movement DVD's for ages 3 – 7. Each DVD is 25-30 minutes and includes a warm-up, storytelling with movement, teaching kids “adventure skills” they can use to self-calm & self-regulate, and relaxation.

Namaste Kid: Yoga Motion. 35 minutes. The unique thing about this kids yoga DVD is that it has no distractions in the background. Just a kid-friendly yoga instructor on her yoga mat on a plain white background. The DVD is organized into 10 chapters. Each chapter is a complete 3-4 minute yoga routine, identified by a colorful icon. While the DVD was designed for young kids (2.5 to 8 years old), it also would be appropriate for older kids that need a simplified format with no distractions.

Storyland Yoga by Playful Planet. Two yoga stories - Condor Trek (23:10) & Save the Whale (18:30). Plus special features: Playful Planet, Yoga Benefits, The Poses & Storytelling.

The Peddler's Dream by Storytime Yoga. 28 minutes. Children learn geography and philosophy with friends Jean-Jacques the pirate, Spanish and poetry with Lalita the Mariquita, and story structure as they retell the story with yoga poses.

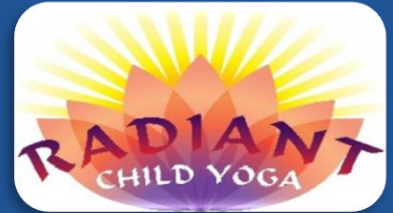
Whale Yoga™ For Kids by Next Generation Yoga. 37 minutes. Yoga stretches and breathing techniques that imitate the movement and behavior of humpback whales.

YogaBuddies™ Bedtime Stories DVD. 40 minutes. Includes: 3 bedtime stories & 42 calming yoga poses. Follow along as five yoga buddies demonstrate calming yoga poses while listening to bedtime stories.

References

Trainings:

Radiant Child Yoga Program – Children’s Yoga Teacher Training Manual – Levels 1 & 2 founded & directed by Shakta Kaur Khalsa, E-RYT 500, taught by Rebecca “Rebe” Taylor, E-RYT 500, on January 7 – 9, 2011 in Oklahoma City, OK.



www.childrensyoga.com

Asana Alphabet Teacher Training Workshops - taught by Ann Robideaux, E-RYT 200, founder & creator of Asana Alphabet in February & March 2012 in Edmond, OK.



www.asanaalphabet.com

- ***B is for Baby - Teaching Yoga to Babies and Families***
- ***ABCs of Yoga: PreK-First Grade***
- ***Teaching Yoga to Kids with Special Needs***
- ***Teaching Teen and Preteen Yoga***

Therapeutic Yoga: Bridging Ancient Practices with Traditional Therapy Techniques — presented by Julie Whitbeck, OTR/L, CYT, Cross Country Education on July 22, 2010 in Oklahoma City, OK.



Kids Yoga Doorprizes

Special thanks to the following companies for their generous donations:

ABC's of Yoga for Kids - <http://www.abcyogaforkids.com/>

Karma Kids Yoga - <http://www.karmakidsyoga.com/>

Kidding Around Yoga - <http://kiddingaroundyoga.com/>

Little Lotus Kids Yoga Cards - <http://www.littlelotuskidsyoga.com/>

Move With Me™ Action Adventures - <http://www.move-with-me.com/>

Musical Yoga Adventures - <http://www.musicalyogaadventures.com/>

Namaste Kid - <http://www.namastekid.com/>

Radiant Child Yoga - <http://childrensyoga.com>

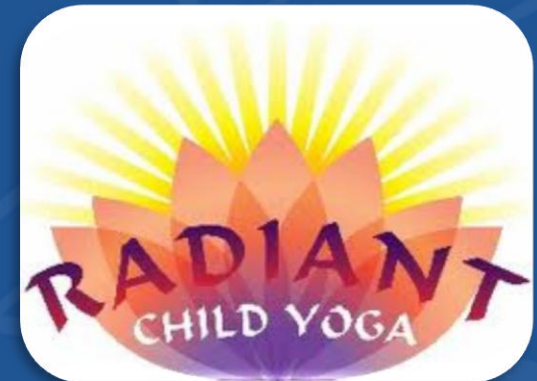
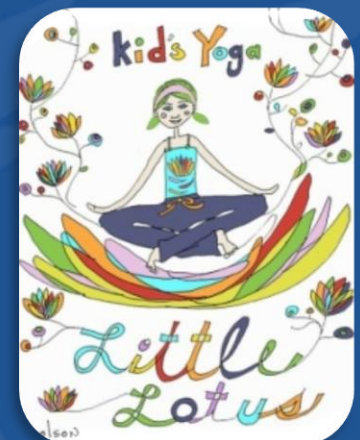
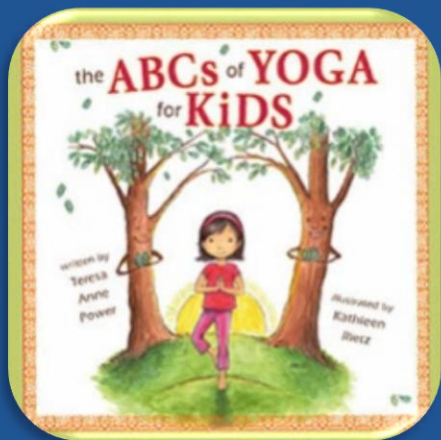
SuperDuper Publications - <http://www.superduperinc.com/>

Yoga 4 Classrooms™ - <http://www.yoga4classrooms.com/>

YogaBuddies™ - <http://www.yogabuddies.com/>



Many of these companies also have blogs, Facebook pages & YouTube channels with great ideas & resources!





Presenter Info

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(please always Cc my home e-mail to make sure I get the message)

(405) 307-2802 – voicemail at JDMC

22 years of experience working with children with a wide range of disabilities from birth to age 21 in a variety of settings (home, childcare, school, hospital, playground, etc.).

- 14 years with the SoonerStart Early Intervention Program
- 8 years at the J.D. McCarty Center (www.jdmc.org)
- 2 years experience teaching kids yoga
- Radiant Child Yoga Certified – Levels 1 & 2
- Additional Yoga Teacher Training through Asana Alphabet
- International Association of Yoga Therapists

Founder of OMazing Kids, LLC – inclusive wellness activities for kids of all abilities

Questions Thanks for coming!

I look forward to keeping in touch and sharing ideas with each other on the OMazing Kids Facebook page & blog.



**inclusive wellness
activities for kids
of all abilities**

Inclusive yoga for kids & teens of all abilities at the JD McCarty Center in Norman, Oklahoma



Benefits of yoga for kids & teens include:

- Strength, flexibility and balance
- Concentration, focus and attention
- Inner strength and body awareness
- Confidence and self-esteem
- Creativity and imagination

All activities are inclusive and can be adapted to include children with special needs.

For information contact:

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Website: www.omazingkidsllc.com

www.facebook.com/OMazingKidsYoga
www.youtube.com/user/amoorad1

