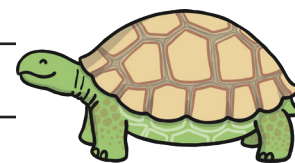


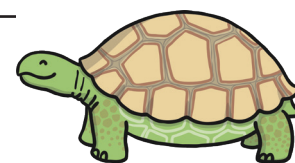
Pet Show Yoga Story



Age	5-7
National Curriculum	Develop balance, agility and co-ordination.
Time	Approximately 20 minutes but can be flexible according to age and session time.
Preparation	Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with pet props to promote discussion with some pictures/stories e.g. a dog lead, a pet toy or some stuffed animals.
Opener	Today, we're going to have fun making pet poses at a pet show! Have a discussion about the pets. Who has a pet? What types of pets are there? Reveal the props from the bag and discuss their relevance to pets. How do we care for pets? Where do we take them if they are ill? Read a story based on pets such as 'What Pet should I Get?' by Dr Seuss.
Main Section	<p>Let's begin. Everyone, sit crossed legged, back straight, shoulders back and chin tucked in towards the chest.</p> <p>Place your palms together at your heart and bow forwards and say our special yoga password - Namaste (Nam-as-tay).</p> <p>OK, it's time to enter the pet show big top! I wonder who will win a prize for the best trick or shiny, glossy fur?! Let's see who's first.</p> <p>Oh it's a beautiful dog with floppy ears and a wagging tail! Let's make our dog pose (see card 1). Keep breathing. Can you bark like a dog? Oh, he's started to growl, I wonder why?</p> <p>Ah, I see, it's a fluffy cat. Cats and dogs don't always get on! The cat has got a very glittery, silver collar. Now it's our turn to stretch like a cat. Down we go (see card 2). She's cleaning her fur, can you do it too? Pretend to lick you paw and clean your face! Now meow!</p> <p>I wonder who'll be next into the ring. Wow! It's a long, stripy snake. See how it's coiled around its owner's arm? Let's make a snake pose (see card 3). Take a deep breath in and make a long hisssssssss like a snake! Repeat. Ooooh, the snake's tongue is flicking in and out! Can you do it too? Snakes smell with their tongues. I wonder what it can smell.</p> <p>Oh, I know now! It's the next pet, a little mouse! I think the snake's owner needs to go before it tries to eat the mouse! Can you make yourself as small as a mouse in this pose (see card 4)? Squeak like a tiny mouse! Keep breathing.</p> <p>Wow, the next pet is huge! It's a gracious, galloping horse! Let's make a horse pose (see card 5). Keep breathing. Can you shake your horse's tail? Swap sides. Keep breathing. Neigh like a horse! Off he gallops (gallop on the spot).</p>



Continued



<p>Main Section</p>	<p>Look at this slow, slow pet plodding into the ring. It's a tortoise! She's trying to climb up the judge's chair! Oops, she's flipped onto her back. Down we go into a turtle pose (see card 6). Can you wriggle on your back like the tortoise? Keep breathing. She's back up right now, off she plods.</p> <p>The next pet is being carried into the ring in a tank. It's a goldfish! Into our fish shape everyone (see card 7). Can you glub glub like a fish?! Wiggle like you are swimming too! Keep breathing.</p> <p>Wow, the next pet is gliding in above our heads! It's the brightest parrot I've ever seen! Let's make a bird shape and then when we are balanced, flap our wings gracefully like the parrot (see card 8). Great! Squaaaaawk! Swap legs and flap those wings! Keep breathing.</p> <p>Another pet is entering the ring in a tank. It's a tiny green frog. It's hopped out of the tank onto the judge's lap! Can you jump like a frog? Let's make the pose (see card 9). Chest up, keep breathing. Croak! Croak! Croak!</p> <p>Next is a snuffling guinea pig with lovely long golden fur. It's time to make our guinea pig shape (see card 10). Can you breathe and snuffle into your tiny paws like you're eating a crunchy carrot?</p> <p>Who's next? It's another hopping creature next - it's a rabbit! Let's make a rabbit pose. Take a deep breath and show your bunny teeth when breathing out! Paws up beside your face! Show me your rabbit ears! Keep breathing.</p> <p>I can see a large branch with leaves on but no pet! It must be something camouflaged. The judge is asking what it is. It's a stick insect! Stick insect poses everyone (see card 12). Keep breathing and swap sides. Great.</p> <p>Our pet show is nearly at an end it's time for the judges to decide who is the winner.....it's the cheeky frog! Congratulations Felicity frog! It must have been that huge leap that impressed the judges! She needs her photo taking now with her trophy alongside her owner. Let's stand up tall and smile like we are having our photos taken (see card 13). Cheese!</p>
<p>Closing:</p>	<p>The pet show has come to an end now. The pets are all in their snuggly beds after all their hard work in the show. Let's relax here on our backs and think about our adventure today (see card 14). Close your eyes if you want to. Keep breathing. What was your favourite pet shape? Breathe here calmly and quietly for as long as needed. Finally, let's sit up cross legged with our hands to our hearts bow forwards and say our secret Yoga password. Namaste.</p>
<p>Extension Opportunities:</p>	<p>Children to think of other pets from around the world. Make a class book of pets with their own poses in.</p>
<p>NB - Hold each pose for at least two breaths and change sides when instructed to. Keep breathing, move slowly into the pose, never over stretch and if any pain is felt stop immediately. Have fun!</p>	



Pet Show Yoga

Yoga Cards

Preparation and Safety

Age 5-7

National Curriculum Develop balance, agility and co-ordination.

Time Can be adapted to any setting or time frame.

Preparation Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion.

Safety Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs.

Yoga Cards

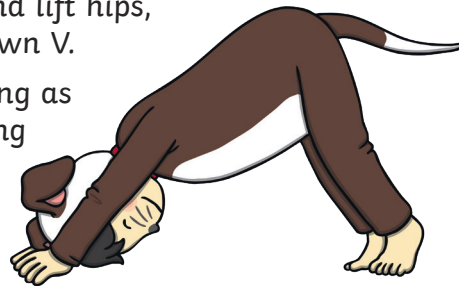
Dog

1

Downward Facing Dog - Adho Mukha Svanasana

Benefits Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

- 1 Begin on hands and knees with toes tucked under.
- 2 Exhale, straighten knees and lift hips, so you are in an upside-down V.
- 3 Hold this position for as long as you like. Let your head hang down and breathe.
- 4 To release, exhale and bring knees to the floor.



Yoga Cards

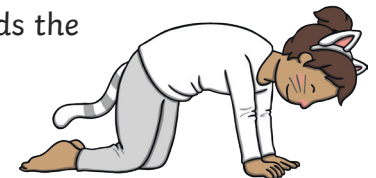
Cat

2

Cat Cow Pose - Marjaryasana Bitilasana

Benefits Stretches torso and neck, gently massages spine and internal organs.

- 1 Start by kneeling on hands and knees. Make sure hands are below shoulders, and knees are below hips.
- 2 Inhale, look up to the ceiling, and allow your belly to sink toward the floor.
- 3 Exhale, round your back towards the ceiling, and look at your belly.
- 4 Repeat.



Snake

3

Locust Pose/Snake Pose: Salabhasana

Benefits Strengthens spine and backs of arms and legs; stretches shoulders, chest, and belly; improves posture; helps relieve stress.

- 1 Begin by lying on your tummy. Exhale, and lift your head, upper torso off the floor.
- 2 Gaze forward or slightly upward.
- 3 Hold this position, then release.



Mouse

4

Child's Pose - Balasana

Benefits Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.

- 1 Kneel on the floor, touching your big toes together.
- 2 Sit back on your heels and separate your knees hip-width apart.
- 3 Exhale, bringing your head down, and rest it on the floor in front of you.
- 4 Place your hands wherever they are comfortable by your head, your knees, etc.
- 5 Relax and breathe, holding this pose.



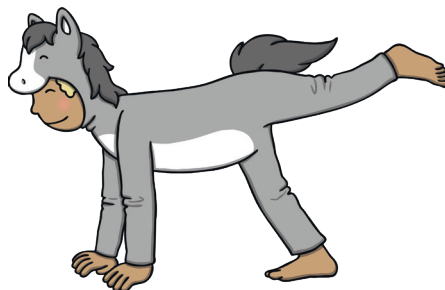
Horse

5

Three-Legged Dog Pose - Tri Pada Adho Mukha Svanasana

Benefits Calms the mind, relieves stress, energizes the body, strengthens arms and legs, stretches upper and lower body, relieves headaches, back pain, and fatigue.

- 1 Begin in downward-facing dog (hands and feet on the floor, bottom in the air in an upside-down V).
- 2 Lift one leg, hold, then lower with an exhale.
- 3 Repeat with the opposite leg.



Tortoise

6

Happy Baby Pose - Ananda Balasana

Benefits Gently stretches inner groin and spine; calms the mind; and helps relieve stress and fatigue.

- 1 Lie down on your back.
- 2 Exhale, bend your knees into your belly, and hold onto your feet.
- 3 Allow your body to gently rock side to side.



Goldfish

7

Floor Bow Pose: Dhanurasana

Benefits

Stretches entire front of the body, strengthens back muscles, improves posture.

- 1 Begin on your belly, with your hands by your body, palms up.
- 2 Exhale and bend your knees. Reach back with your hands and take hold of your ankles.
- 3 Inhale and lift your heels towards the ceiling and your thighs away from the floor. Your chest will lift away from the floor.
- 4 Gaze forward. Hold this position, and release as you exhale.



Parrot

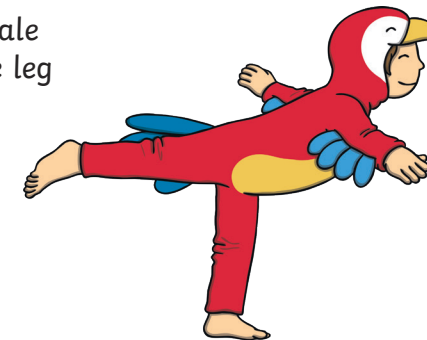
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Aeroplane Pose: Dekasana

Benefits

Improves balance, develops concentration, strengthens legs, chest, and arms.

- 1 Begin in mountain pose. Extend arms out to either side.
- 2 When you feel balanced, exhale and lean forward, lifting one leg straight behind you.
- 3 Hold this pose, then return your leg to the ground and your arms to your sides.
- 4 Repeat with opposite leg.



Frog

9

Frog Pose - Ardha Bhekasana

Benefits

Tones legs; increases hamstring flexibility.

- 1 Squat on the floor, balancing on your toes, knees spread wide, hands on the floor between your legs.
- 2 Look up and inhale.
- 3 As you exhale, straighten your legs and lower your head toward your knees.
- 4 Return to squatting position, then repeat.



Guinea Pig

10

Polar Bear Pose

Benefits Stretches arms, legs, sides, and chest; releases tension.

- 1 Begin on your knees, then sit back on your heels. Spread your knees comfortably apart.
- 2 Bend forward, bringing your chest to the floor.
- 3 Bring your hands in front of you, lacing your fingers together.
- 4 Exhale through your mouth, warming your paws.



Rabbit

11

Lion Pose: Simhasana

Benefits

Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue

- 1 Start on your knees, then sit back onto your heels. Spread your fingers out and press your palms into your knees.
- 2 Take a deep breath in through your nose.
- 3 Open your mouth, stretch out your tongue, open your eyes wide, and let out your breath through your mouth.
- 4 Repeat a few times.



Stick Insect

12

Triangle Pose: Trikonasana

Benefits

Stretches and strengthens legs, chest, and spine; relieves stress; improves digestion.

- 1 Stand in mountain pose. Exhale, and step feet wide apart.
- 2 Raise your arms parallel to the floor, palms down.
- 3 Turn your left foot in slightly and your right foot out 90°. Exhale.
- 4 Bend through your hips, and rest your right hand on your leg. Stretch your left arm toward the ceiling.
- 5 Inhale and return to standing. Repeat on opposite side.



Photograph

13

Mountain Pose: Tadasana

Benefits

Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).



Relaxation

14

Corpse Pose: Savasana

Benefits

Calms the body and mind; helps relieve stress, headaches and fatigue.

- 1 Lie down on your back, with arms next to your body and legs slightly apart.
- 2 Close your eyes, focus on deep breathing and relaxation. For full benefit, relax for 2-5 minutes depending on age.

