

## Yoga Class for 4 – 7 year olds

## A Trip to the Jungle!

Lie down, imagine you are in a tree house in the jungle, it's very early morning still dark and you are just listening to sounds.

Wriggle toes, fingers, ankles, do a big wake up stretch, rock side to side.



Still one star in sky – sing *“twinkle, twinkle, little star”* with actions if you know them.

1) **Star pose** – calming, hip stretch



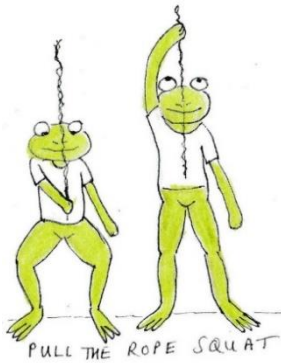
2) **Do our early morning stretches** – sing wind the bobbin up with stretches  
*“Wind the bobbin up, Wind the bobbin up, Pull, Pull, Clap, Clap, Clap, Wind it back again, wind it back again, Pull, Pull, Clap, Clap, Clap.”*

3) **Make some porridge** – Sit with legs out wide, interlink fingers with arms straight, lean back then, trace a big circle as if stirring a massive bowl of thick porridge, it gets thicker as you stir, stir in the other direction.



4) **Make some tea** – sing *“I’m a little tea pot, short and stout”* – for **balance**.

5) Climb down ladder of the tree house – **Pulling the rope squat**



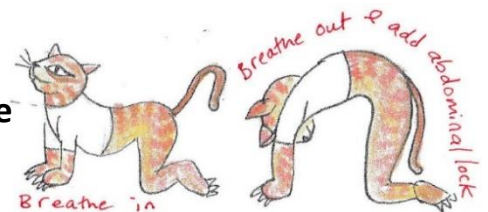
6) Now we're in the jungle surrounded by trees  
**Be a Swaying palm tree**



7) Chop some wood to make a fire later

**Woodchopper pose**

8) A cat comes to say "good morning". **Do a cat pose**



9) A dog comes along and does a lovely Dog stretch



**Downward dog pose**

10) Set off through the jungle – quietly listening, on tip toes, STOP VERY STILL, LISTEN....

11) You can see a tiger stretching – **TIGER POSE**



12) Cross swamp – big giant strides as if feet getting stuck in mud

13) STOP VERY STILL ... can you hear a lion roaring???

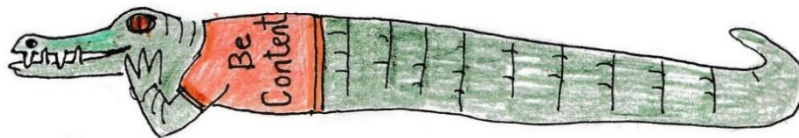


**Roaring Lion pose**

14) Reach a river, find a boat to cross the river, practice rowing the boat and sing *“Row, row, Row your boat, gently down the stream”*

15) STOP VERY STILL ... I think there’s a Crocodile in water!!!

**Crocodile pose** – very quiet just eyes and nostrils above the water, very still, just the movement of your body breathing, feeling your tummy against the floor, feel the breath in your nostrils.



16) Cross the river rest on the soft grass & see some rabbits,



**SHANKASANA**

17) Sleeping rabbits song *“See the little rabbits sleeping till its nearly noon”*  
Sleep in hare in the moon pose and then rabbit hop *“hop little bunnies hop, hop hop”*



18) In a field of flowers, Sit cross legged ... hands in Lotus mudra,



smell a flower.



19) Watching bees collecting honey ...

**Humming bee breath,**

finger & thumb touching in Chin Mudra,  
being a bee flying and humming ,



Then the bees lands on your knees, they have a little rest ... and then they fly off again when you breath out, hummmmmmmmmmmmmmmmmmmmm.

20) **Relaxation:**

Lie down on your back with a blanket if you like, you could have a one of your favourite soft toys on your tummy and feel your tummy rising and falling as you breathe.

Everything goes very quiet and peaceful ...

Listen to all the sounds you can hear,

feel all the different parts of your body that touch the floor,

feel the air on your skin.

And for a minute or two, you don't have to do anything at all ...