Swamp and Bug Yoga @ Ohio County

Jennifer Baird and Melissa Aquaviva
Yoga in the Library
Choosing the right book is essential. Choose a story that changes characters every page or so.
Yoga in the library is a team event. One storyteller reads while the other demonstrates the poses.
We create a power point that shows the children and the leader the animal and poses as they correspond with the story.
a brown spider busy spinning her web.
Our homeschool children
Partner Poses
Savasana- relaxation breathing

Belly Bugs—we placed a stuffed or plastic bug on the children’s belly and challenged them to focus on raising and lowering their bugs. Lights are turned down.
September Swamp Yoga

Afterschool K-6
You can see how one person reads, the other person demonstrates, and an image of the pose is displayed. The person reading can see the whole group and give additional instruction and encouragement.
Yoga is hard work. So we interject some stories to let the kids and ourselves catch a breath.
Mandela poses
Savasana
Children created a yoga folder and were sent home with all the poses we had done so that they could continue to yoga at home.
This is Toddler Time and we are starting with stretches.
Some of the kids were really good and you could tell that they had done it before. Some just watched - and that’s OK!
I am amazed that we haven’t figured out where to put the camera.
Bug Yoga-Spring 2017

1. Introduction to Yoga-history
2. Warm-Up Stretching Rhymes
   a. Stomp & Clap
   b. Extend & Stretch
   c. Open the Book
3. Book: *Butterfly, Butterfly-a Book of Colors* by Petr Horacek
   (one storyteller reads as the other makes a pose for each insect that is presented in the story)
4. Prop: The Greedy Mosquito
5. Partner Poses: storytellers encourage children to find a partner to create some poses together
6. Flannel: 5 Hungry Ants
7. Book: *The Very Quiet Cricket* by Eric Carle (again one storyteller reads as the other makes poses)
8. Video: Grasshopper Catapult by Miniscule on Youtube
9. BugDance
10. Savasana: Belly Bugs- put a plastic bug on belly to watch breathing techniques
Swamp Yoga-September 2017

School Age: K-6th
1. Warm-Up: Stretching Rhymes
   a. Extend & Stretch
   b. Open the Book
2. Book: Swamp Chomp by Lola Schaefer (one storyteller reads as the other storyteller creates yoga poses based on the animals in the story)
3. Prop story: Gertrude’s Mosquito Soup
4. Flannel: One Dog Canoe (swamp version)
5. Book: The Swamp Where Gator Hides by Marianne Berkes (one storyteller reads as the other storyteller creates yoga poses based on the animals in the story)
6. Game: Gulping Gators
7. Mandela Yoga: Children try to create mandelas by posing in groups
8. Craft: color firefly mandelas for a take home yoga folder with activity cards inside

Pre-School
1. Warm-Up: Stretching Rhymes
   a. Extend and Stretch
   b. Open the Book
2. Swamp Chomp By Lola Schaefer (one storyteller reads while the other storyteller creates poses based on the animals in the book)
3. Flannel: Colorful Dragonflies
4. Prop Story: Alpha-Gator
5. Flannel: One Dog Canoe (swamp version)
6. Flannel: 5 Little Possums
7. Book: Little Yoga by Rebecca Whitford (one storyteller reads while the other storyteller creates poses based on the animals in the book)
8. Video: ABC’s of the Swamp - Sesame Street on Youtube
9. Craft: Swamp Sensory Bottles
10. Game: Fish Ring Toss
Stretching Rhymes

**Extend and Stretch**  
*Frere Jacques*

Extend and stretch (sit in sukasana – easy seated pose, or crisscross applesauce and do seated side bends)  
Extend and stretch  
Twist and turn (seated twists)  
Twist and turn  
This is yoga, (hands overhead on “this,” then bring to prayer position on “yoga”)  
This is yoga  
Om sweet om, (hands in prayer, bow forward)  
Om sweet om  
Source: I got this from Kids Yoga Guide teacher training, but here is another from Be Grace Yoga

**Open the Book**

Start seated with arms stretched out in front of you, palms touching. To “open the book,” stretch the arms wide. To close it, bring them back together. To “turn the page,” open just the right arm and close it, then the left arm and close it. Repeat “turning pages” until the kids giggle. Repeat the whole sequence using legs instead of arms. Then try arms and legs together.

**Stomping Feet**  
*(Skip to my Lou – from Jim Gill)*

Stomping feet, one and two  
Stomping feet, one and two  
But if my feet were covered in glue  
I’d stick to the glue, my darling.

Clapping hands, one and two  
Clapping hands, one and two  
But if my hands were covered in glue  
I’d stick to the glue, my darling  
(hands in Anjali mudra, or prayer position)
Resources

STORIES, SONGS, and STRETCHES!
Creating Playful Storytimes with Yoga and Movement

INSECTS, BUGS, AND CREEPY CRAWLERS
Yoga Pose Ideas

Teachers
Pay
Teachers