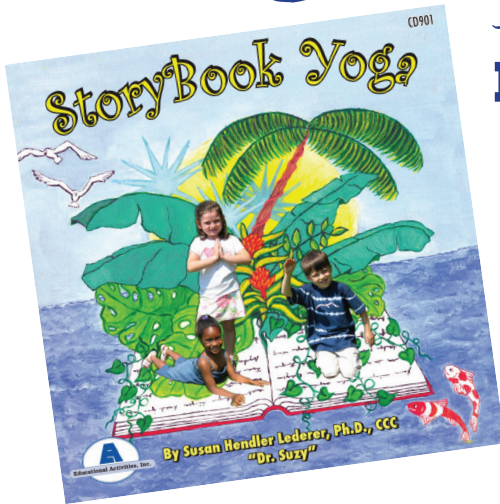


StoryBook Yoga

Lesson with

I Can Do That (Story 2)

By Dr. Suzy Lederer



1. Select the breathing, postures/music, and chanting inspired by the book:
 - a. Breathing: Deep, rhythmical breathing; Bunny breathing (three quick sips of air in through the nose to fill the lungs and one long exhale out of the mouth).
 - b. Poses/Music:
 - Book Pose (BOOK YOGA/ "It's Time to Read")
 - Fish Pose (SWIM YOGA/ "Doing the Swim")
 - Bird Pose (BIRD AND TREE YOGA/ "Hummingbird")
 - c. Call and response chant: Monkey
2. Arrange the room with towels or yoga mats, preferably in a circle, and dim the lights. Have all children take off their shoes and socks (optional) and sit comfortably with "pretzel legs."
3. Introduce today's story emphasizing the book concepts of title, author and illustrator. Introduce **StoryBook Yoga** by playing Track 1, WELCOME.
4. Continue with BOOK YOGA: Track 2, which teaches the children the book pose. Track 3 includes the song, "It's Time to Read" plus the yoga instructions. At the end of Track 3, children will be instructed to close their eyes and breathe.
5. When they open their eyes, begin reading Story 2 in the book **I Can Do That**.
6. "This is a fish. A fish loves to swim. Let's pretend to swim with him." Add the following chant: "Listen: Swim, Swim/Swim, Swim, Swim. Your turn: Swim, Swim/Swim, Swim, Swim." (First two "swims" are short; the second three are long -- or you can use any version of call and response chanting.) Then, put down the book and turn on Track 4, SWIM YOGA, which will instruct the children in the poses and breathing. Continue to Track 5, DOING THE SWIM, and the breathing at the end of the song.
7. "This is a bird. A bird loves to fly. Let's pretend to fly in the sky." Add a "fly" chant as described in step 6. Then, put down the book and turn on Track 16, BIRD AND TREE YOGA, and then Track 17, HUMMINGBIRD, which includes the breathing at the end. If the group is small enough, give each child a backrub while resting in child's pose at the end of the song.



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For more information on **StoryBook Yoga** and **I Can Do That**, visit www.EdAct.com

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8. Continue reading...“This is a bunny. A bunny loves to hop. Let’s pretend to hop then stop.” Add a “hop” chant as described in step 6. Put down the book and practice Bunny Breathing. Sit on your heels, Japanese style. Take three quick sips of air in through the nose to fill the lungs and one long exhale out of the mouth. Repeat three times. For even more bunny fun, have children pretend to eat some carrots, biting quickly and slowly to engage them in careful listening.
9. Continue reading until you finish the monkey “...swing, swing, swing” on page 21. Put down the book and engage the children in monkey call and response chanting. “Listen: oo, oo” (as you pound on your chest, one fist then the other. Children copy. “Listen: ee, ee” (as you tap one then the other shoulder). Children copy. “Listen: ah, ah” (as you tap your head with one hand then the other). Combine chants with movements “Listen: oo, oo, ee, ee” or “Listen: oo, ee, ah.” Children copy.
10. Finish reading the book. Conclude your **StoryBook Yoga** lesson with Track 22, RELAXATION, followed by 23, SMOKE DRIFTS UP. You can enhance relaxation with backrubs or foot/hand massages. Give children a choice to practice self-determination.
11. Complete **StoryBook Yoga** with Track 24, CLOSING CEREMONY. Children will be instructed to chant “Om” (the universal sound of peace) and acknowledge each other with “Namaste” (a Sanskrit greeting that I translate to mean “We are all special.”).
12. Have children roll up their mats and put them away for another day of **StoryBook Yoga**. Thank you for practicing with me today! Namaste!



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