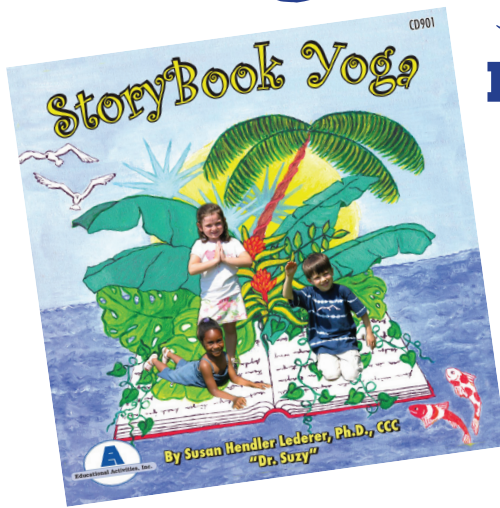


StoryBook Yoga

Lesson with

I Can Say That (Story 1)

By Dr. Suzy Lederer



1. Select the breathing, postures/music, and chanting inspired by the book:
 - a. Breathing: Deep, rhythmical breathing; Holding breath in SWIM YOGA
 - b. Poses/music:
 - Book Pose (BOOK YOGA/ "It's Time to Read")
 - Duck Pose (SWIM YOGA/ "Doing the Swim")
 - Dog Pose (DOG YOGA/ "Floppy Doggy")
 - Cat Pose (CAT YOGA/ "My Kitty")
 - c. Call and response chanting for all animal sounds
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 poses. 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 1 in the book **I Can Say That**.
6. "This is a cow. A cow says 'Moo.' A cow says 'Moo.' Can you say that too?" Add the following chant: "Listen: Moo, Moo/Moo, Moo, Moo. Your turn: Moo, Moo/Moo, Moo, Moo." (First two "Moos" are short; the second three are long -- or you can use any version of call and response chanting of the animal sound.)
7. "This is a duck. A duck says 'Quack.' A duck says 'Quack.' Can you say that back?" Add a quack chant as described above. 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.



Educational Activities, Inc.

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 dog. ‘Woof’ says he. ‘Woof’ says he. Please say that with me.” Add a woof chant as described in step 6. Then, put down the book and turn on Track 8, DOG YOGA, and then Track 9, FLOPPY DOGGY, 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.
9. “This is a cat. ‘Meow’ says the cat. ‘Meow’ says the cat. Please try to say that.” Add a meow chant as described in step 6. Then, put down the book and turn on Track 6, CAT YOGA, followed by Track 7, MY KITTY, which includes the breathing at the end.
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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