

Shadows

Children Will

- Practice: creative movements, frog jump, gallop, hop, leap, run, skip, and balance.
- Practice following visual cues shown without using words.

Materials and Setup

-  Have each child stand on one spot.
-  Children will be moving off spots and around the play area.
-  Kids in Motion CD: "Shadow Dancing" (Track 11)

Warm Up

Number Fun

- One: Jump up high to have fun.
- Two: Walk a circle like the sun.
- Three: March with your knees up high.
- Four: Run in place and reach for the sky.
- Five: Stand up tall and wave goodbye.

 Repeat.

Let's Begin

- You are my shadow. You will do everything I do. Let's see how well we can all work together to do the same thing at the same time.
- When the music starts, I will move around the play area in fun ways and you will move the same way I do.
- When the music stops, find a spot to stand on and I will ask you a question.



Let's Move

 Show children how to move, without using words or visual aid cards. After two different movements, stop the music. Have children find a spot and ask them a follow-up question.

 **Kids in Motion CD:** “Shadow Dancing” (Track 11)

Use music as background.

Examples of Teacher-Led Movements (to be shadowed by children):

- Gallop
- Frog Jump
- Skate
- Tip Toe
- Skip
- Leap
- Swim
- Hop
- March
- Run in Place
- Backward Balance
- Side Stretch

Examples of Follow-up Questions:

- What two animals did we just move like?
- What movement did we do that can be done in the water?
- Show me how you balanced on one leg.
- Show me how you moved when we needed to be quiet.

Let's Share

- What do I mean when I say, “You are my shadow?” *Children do everything the teacher does.*
- Show me your favorite animal movement.



Superheroes

Children Will

- Practice: creative movements, frog jump, gallop, jump, skip, yoga poses, and balance.
- Practice pathways: straight and curved.
- Increase awareness of foods that help build strong bones and muscles.

Materials and Setup

-  Have each child stand on one spot.
-  Children will be moving off spots and around the play area.
-  Kids in Motion CD: “The Body Rock” (Track 2)
-  Gallop (Card 2), Jump (Card 3), Skip (Card 5), Bridge (Card 8), Frog Jump (Card 11)

Warm Up

Open-Shut Them

Open-shut them, open-shut them,
give a little clap, clap, clap.

Open-shut them, open-shut them,
hands behind your back.

-  Repeat and use different body parts (e.g., knees, eyes, arms).

Let's Begin

- We are “bone-building” and “muscle-building” superheroes.
- Our spot is where we eat to build strength and learn what foods and movements help keep us healthy.
- I will tell you how to move and you will move around the play area.
- When I say, “Go home” safely fly back to your spot to eat a healthy snack.

Let's Move

Cue	Movement
Superhero	Balance on one leg and stretch your arms up like you are taking off to fly. This is our superhero pose.
Gallop	Gallop around the play area. Switch legs. <i>Card 2</i>
Fly	Fly high into the sky. Fly low to the ground.
Go home	Good job flying back to your spot. Let's build strong bones by drinking low-fat milk. Superheroes are very strong.
Superhero	Balance on one leg and stretch your arms up. Show me how strong you are by doing your superhero pose.
Fly	Fly in a straight line down a busy street. Fly in a curved line around traffic.
Skip	Skip like you are moving over high mountains. <i>Card 5</i>
Go home	Good job flying back to your home. It is time to eat. Let's build strong muscles by eating beans and low-fat cheese.
Superhero	Balance on one leg and stretch your arms up. Show me how strong you are by doing your superhero pose.
Jump	Jump like you are trying to get to the top of a skyscraper. <i>Card 3</i>
Frog jump	Frog jump like you are moving from building to building. <i>Card 11</i>
Go home	Good job flying back to your spot.
Bridge	Bridge pose. We are making our arms and bellies stronger. <i>Card 8</i>



Kids in Motion CD: "The Body Rock" (Track 2)

Now I am going to play the song "The Body Rock." We are going to stand on our spots and move different parts of our body to the beat of music.

Let's Share

- Show me your superhero pose.
- What do we drink to build strong bones? [Low-fat milk.](#)



The New York Food Train

Children Will

- Practice: creative movements, hop, jump, squat, and balance.
- Increase knowledge that many foods are grown locally, throughout New York State.

Warm Up

Train Ride

Touch your toes, stretch up high.

Circle your hips, try, try, try.

Twist your body to both sides.

We're going on a long ride.

Shake your fingers, let's go.

Move your knees fast and slow.

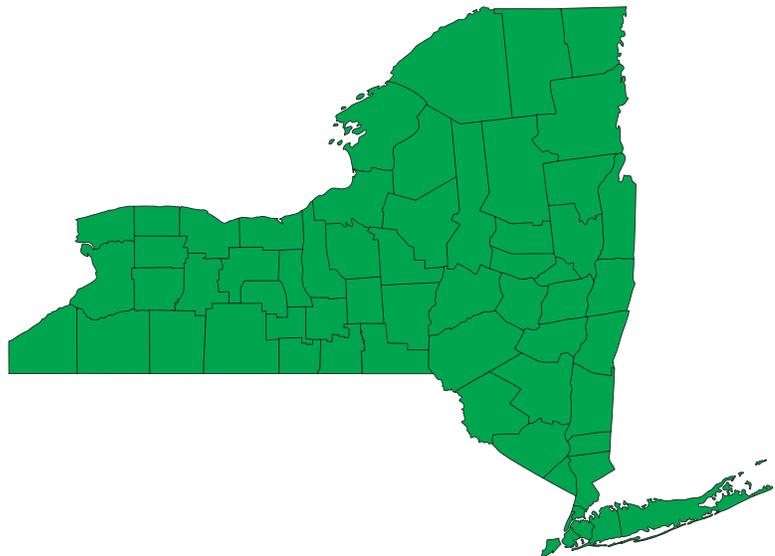
Wiggle your body, all's clear,

Choo, Choo! The train is here.

 Repeat.

Materials and Setup

-  Have each child stand on one spot.
-  Children will be moving off spots and around the play area.
-  Movin' & Groovin' CD: "I Like to Move it" (Track 8)
-  Hop (Card 1), Jump (Card 3), Backward Balance (Card 7), Side Balance (Card 12), Side Stretch (Card 13), Squat (Card 14),



Let's Begin

- We are working on a train. Our train is traveling across New York State to find the best local foods to share at the farmers' market. We are going to load and unload the food from the train.
- When I say, "Choo, Choo" you will move like a train in different ways around the play area.
- When I say, "Train station" stop moving and listen for new directions.

Let's Move

Cue	Movement
Choo, Choo	Move like a train around the play area. Walk with your elbows close to your body and move your arms in a circle.
Train station	Freeze. Curl your body into a ball , like you are a small cabbage. Our train has stopped in eastern Long Island, where there are a lot of cabbage fields.
Load it up	Bend down and stretch up to put the cabbages in the train.
Choo, Choo	Move like a train around the play area.
Train station	Freeze. Squat like you are milking a cow. Our train has stopped in upstate New York. There are many dairy farms where low-fat milk and cheese are made. Card 14
Load it up	Side stretch and reach high as you load the low-fat cheese and milk onto the train. Switch sides. Card 13
Choo, Choo	Jump in place as we go over the Catskill Mountains. Card 3
Train station	Freeze. Run in place like you are moving through an apple orchard. There are many apple orchards in western New York.
Load it up	Backward balance. Try to balance as you pick the apples from the tall orchard trees and put them in the train. Switch legs. Card 7
Choo, Choo	Hop on one foot as the train starts to move again. We are heading back to New York City. Switch legs. Card 1
Train Station	Freeze. We are back in New York City. Side balance as you unload the train. We are getting ready to share our food at the local farmers' market. Switch legs. Card 12



Movin' & Groovin' CD: "I Like to Move it" (Track 8)

Now I am going to play the song "I Like to Move it." Move like a train around the play area.

Let's Share

- Show me how you backward balance while reaching for the apples.
- In what state can we find all of the food we loaded onto our train? [New York State.](#)



What Time Is It?

Children Will

- Practice: creative movements, gallop, jump, and squat.
- Practice different daily healthy habits.

Warm Up

Food Boogie

Oatmeal: Move your hips like you are stirring oatmeal.

Banana: Jump up and down like you are mashing a banana into your oatmeal.

Low-fat milk: Show me your muscles. Milk helps build strong muscles and bones.

Eggs: Run in place with your knees up high. Eggs give us energy for the whole day.

 Repeat and ask children to create additional moves and give other breakfast options.

Materials and Setup

-  Have each child stand on one spot.
-  Children will be moving off spots and around the play area.
-  Kids in Motion CD: "Body Talk" (Track 9)
-  Gallop (Card 2), Jump (Card 3), Side Stretch (Card 13), Squat (Card 14), Table (Card 15)

Let's Begin

- We are going to practice activities we do every day to stay healthy.
- I am the clock. I will tell you what time of day it is and you will move around the play area.



Let's Move

Cue	Movement
Wake-up time	Side stretch slowly to wake your body up. Switch sides. Card 13
Wash time	Rub your hands together like you are washing your hands.
Breakfast time	Squat like you are sitting in a chair and getting ready to eat a healthy breakfast. Card 14
Brush your teeth time	March around the play area and pretend to brush your teeth.
School time	Walk around the play area like you are going to the bus stop. You are going to ride the bus to school.
Circle time	Jump in a circle around your spot. Card 3
Play time	Gallop with your friends around the play area. Switch legs. Card 2
Wash time	Rub your hands together like you are washing your hands.
Lunch time	Table pose. The table is set for lunch. Card 15
Brush your teeth time	March around the play area and pretend to brush your teeth.
Rest time	Curl your body into a ball and pretend to take a rest.
Dance time	Dance around the play area.



Kids in Motion CD: "Body Talk" (Track 9)

Now I am going to play the song "Body Talk." Listen carefully as the song tells you how to move your different body parts.

Let's Share

- Show me how you wash your hands every day before you eat lunch.
- Show me how you jump in a circle around your spot.



Balancing Act

Children Will

- Practice: creative movements, hop, squat, and balance.

Warm Up

Head, Shoulders, Knees, and Toes

Head, shoulders, knees, and toes;
knees and toes.

Head, shoulders, knees, and toes;
knees and toes.

Eyes and ears and mouth and nose.

Head, shoulders, knees, and toes;
knees and toes.

 Repeat.

Let's Begin

- We are going to safely balance our scarves on different parts of our bodies.
- I will say a body part and you will balance your scarf on that body part for 3 counts.

Materials and Setup

-  Have each child stand on one spot.
-  Give each child a scarf and review scarf safety (see p. A).
-  Kids in Motion CD: "The Balancing Act" (Track 6)
-  Hop (Card 1), Squat (Card 14)



Let's Move

Cue	Movement
Hand	<p>Balance your scarf on your hand. Count 1, 2, 3. Switch hands and count to 3 again.</p> <p>Now, try to squat while balancing your scarf on your hand. Card 14</p>
Shoulder	<p>Balance your scarf on your shoulder. Count 1, 2, 3. Switch shoulders and count to 3 again.</p> <p>Now, try to raise and lower your shoulders while balancing your scarf.</p>
Elbow	<p>Balance your scarf on your elbow. Count 1, 2, 3. Switch elbows and count to 3 again.</p> <p>Now, try to slowly spin while balancing your scarf on your elbow.</p>
Back	<p>Balance your scarf on your back. Count 1, 2, 3.</p> <p>Now, try to reach for your toes while balancing your scarf on your back.</p>
Head	<p>Balance your scarf on your head. Count 1, 2, 3.</p> <p>Now, try to walk around your spot while balancing your scarf on your head.</p>
Knee	<p>Balance your scarf on your knee. Count 1, 2, 3. Switch knees and count to 3 again.</p> <p>Now, try to hop while balancing the scarf on your knee. Switch legs. Card 1</p>



Kids in Motion CD: “The Balancing Act” (Track 6)

Now I am going to play the song “The Balancing Act.” Stand on your spot and listen for how to balance your body.

Let's Share

- Show me how you balance your scarf on your elbow.
- Show me how you walk around your spot while balancing your scarf on your head.



Magic Farming

Children Will

- Practice: creative movements, jump, and squat, with scarves.
- Increase awareness of how fruits and vegetables grow.

Warm Up

- Children will be holding their scarf.

Growing Healthy

Curl up like a ball and then grow really tall.

Jump up high to grab an apple from the tree.

Bend down low to pull potatoes from the soil.

Climb like a grapevine far and wide.

Drop like a ripe peach falling to the ground.

- Repeat.

Let's Begin

- We are farmers and our spot is a farm.
- We are going to use our scarf to work on our farms.
- I will say a farming word and you will move your scarf like that word.



Materials and Setup

- Have each child stand on one spot.
- Give each child a scarf and review scarf safety (See p. A).
- Movin' & Groovin' CD: "The Ants Go Marching" (Track 9)
- Jump (Card 3), Side Stretch (Card 13), Squat (Card 14)



Let's Move

Cue	Movement
Dig	Dig a deep hole in the soil using your scarf.
Seed	Spin slowly with your arms and scarf by your side as you drop seeds into the hole.
Cloud	Wave your scarf slowly above your head from side-to-side like clouds.
Rain	Jump with your scarf, like rain falling on the soil. <i>Card 3</i>
Sun	Make a circle with your scarf like the hot sun.
Corn	Side stretch with your scarf up high like corn growing in a field. A breeze is blowing you from side-to-side. <i>Card 13</i>
Strawberry	Squat low with your scarf to pick strawberries that grow on small bushes. <i>Card 14</i>
Cherry	Stretch up high with your scarf like you are picking some cherries off a cherry tree.
Carrot	Bend down with your scarf like you are pulling carrots out of the soil.



Movin' & Groovin' CD: "The Ants Go Marching" (Track 9)

Now I am going to play the song "The Ants Go Marching." Stand on your spot and march to the beat of the song. Move your scarf in different ways.

Let's Share

- Show me how you dig a big hole in the soil.
- What is your favorite thing to do on a farm?



Paintbrush Scarves

Children Will

- Practice: creative movements, jump, and balance, with scarves.
- Practice pathways: straight and curved.

Warm Up

 Children will be holding their scarf.

Scarf Sway

Scarves fly up so high.

Scarves go down so low.

Scarves fly side-to-side.

Scarves put on a show.

Scarves wave hello.

Scarves wave goodbye.

 Repeat.

Let's Begin

- We are painters. Your scarf is your paintbrush and your spot is your paint can. Hold on to your paintbrush so it does not fall to the floor.
- I will tell you what to paint and you will use your scarf to paint colorful shapes, fruits, and vegetables.

Materials and Setup

-  Have each child stand on one spot.
-  Give each child a scarf and review scarf safety (see p. A).
-  Movin' & Groovin' CD: "Best of Both Worlds" (Track 4)
-  Jump (Card 3), Banana (Card 24), Blueberry (Card 25), Carrot (Card 27)



Let's Move

Cue	Movement
Straight Line	Paint a straight line up and down. Switch hands. What vegetable looks like a straight line? Carrot .
Carrot	Jump up high painting the straightest carrot you can imagine. Card 3 What color is a carrot? Orange . Card 27
Curved Line	Paint a curved line from side-to-side. Switch hands. What fruit looks like a curved line? Banana .
Banana	Swing your arms to paint a curved banana. What color is a banana? Yellow . Card 24
Circle	Paint a circle around your head, your waist, your knees, and your feet. What fruit looks like a circle? Blueberry .
Blueberry	Balance on one leg as you paint a round blueberry. What color is a blueberry? Blue . Card 25
Circle	Paint a circle around your head, your waist, your knees, and your feet. What vegetable looks like a circle? Cabbage .
Cabbage	Balance on your other leg as you paint a round cabbage. What color is cabbage? Green , purple .
Triangle	Paint a triangle. What fruit can be cut into triangle slices? Watermelon .
Watermelon	March with knees up high while you paint your triangle watermelon slices. What color is a watermelon slice? Pink .



Extend the activity by adding different fruits, vegetables, shapes, and colors.



Movin' & Groovin' CD: "Best of Both Worlds" (Track 4)

Now I am going to play the song "Best of Both Worlds." When the music starts, I will tell you how to move safely around the play area with your scarf.

Let's Share

- Show me how you paint a circle with your paintbrush.
- What are some fruits and vegetables that look like a circle? [Blueberry](#), [cabbage](#).



Pass the Scarf

Children Will

- Practice balance.
- Practice hand-eye coordination by tossing and catching a scarf.
- Demonstrate social skills by working with a partner.

Warm Up

-  The play area is set up with one spot per pair. Partners are sitting next to their shared spot, facing the teacher. Children do not have a scarf.

Head, Shoulders, Knees, and Toes

Head, shoulders, knees, and toes;
knees and toes.

Head, shoulders, knees, and toes;
knees and toes.

Eyes and ears and mouth and nose.

Head, shoulders, knees, and toes;
knees and toes.

-  Repeat.

Let's Begin

-  The play area is set up with one spot and one scarf per pair. Partners are sitting and facing each other, with their spot and scarf between them.
- We are going to practice using our scarf with a partner.
- I will tell you how to use the scarf and you will work with your partner to do the movement.
- You are sitting down, facing your partner, sharing one scarf.

Materials and Setup

-  Divide the class into pairs; have each pair sit next to one spot.
-  After warm up, give each pair one scarf; review partner and scarf safety (see p. A).
-  Movin' & Groovin' CD: "Best of Both Worlds" (Track 4)
-  Backward Balance (Card 7), Side Balance (Card 12)

Let's Move

Cue	Movement
Pass the scarf	Pass the scarf by handing it back and forth to your partner until I say, "Freeze." Repeat.
Freeze	Freeze.
Toss and catch	Stay seated, but move farther away from your partner. Toss and catch the scarf to your partner. Be sure to catch the scarf with two hands. Repeat.
Freeze	Freeze.
Side balance	Let's stand up. Hold the scarf with your partner, using two hands. Without letting go, side balance on one leg. Switch legs. Card 12
Freeze	Freeze.
Backward balance	Without letting go of the scarf, lift your leg behind you as you backward balance . Switch legs. Card 7
Freeze	Freeze.
Back-to-back	Stand back-to-back with your partner. Twist your body and pass the scarf to your partner. Turn the other way to get the scarf from your partner. We are going to make the scarf move side-to-side. Repeat.
Freeze	Freeze.
March	Turn and face your partner. March as you hold the scarf with your partner.
Freeze	Freeze.
Toss and catch	Take one step away from your partner. Toss and catch the scarf to your partner. Repeat.



Movin' & Groovin' CD: "Best of Both Worlds" (Track 4)

Now I am going to play the song "Best of Both Worlds." When the music starts, I will tell you how you and your partner will move safely around the play area with your scarf.

Let's Share

- Show me how you backward balance while holding the scarf with your partner.
- What is your favorite partner activity?



Pizza Scarves

Children Will

- Practice: creative movements, gallop, jump, and squat, with scarves.
- Practice hand-eye coordination by tossing and catching a scarf.

Warm Up

- Children will be holding their scarf.

Scarf Sway

Scarves fly up so high.

Scarves go down so low.

Scarves fly side-to-side.

Scarves put on a show.

Scarves wave hello.

Scarves wave goodbye.

- Repeat.

Let's Begin

- What shape is your scarf? [Square](#).
- We are going to make a square pizza with different healthy toppings.
- Our scarves are the whole-wheat pizza dough.
- I will tell you how to make a pizza and you will do the movements.

Materials and Setup

- Have each child stand on one spot.
- Children will be moving off spots and around the play area.
- Give each child a scarf and review scarf safety (see p. A)
- Movin' & Groovin' CD: "Celebration" (Track 10)
- Gallop (Card 2), Jump (Card 3), Squat (Card 14), Broccoli (Card 26)



Let's Move

Cue	Movement
Pizza dough	Make your dough into a ball.
Toss and catch	Toss and catch your pizza dough.
Toss and jump	Jump while you toss and catch your pizza dough. Try to catch it before it falls on the ground. Card 3
Toss and spin	Spin while you toss and catch your pizza dough. Switch directions.
Crush tomatoes	March in place as you crush your tomatoes. We are making tomato sauce.
Stir sauce	Move your scarf like you are stirring tomato sauce. Switch directions.
Sprinkle cheese	Shake your scarf to sprinkle some low-fat cheese on your pizza.
Chop broccoli	Move your scarf up and down like you are chopping broccoli. Switch hands. Card 26
Place pizza in the oven	Squat and place your pizza in the oven. Card 14
Gallop	Gallop around the play area while you wait for your pizza to cook. Switch legs. Card 2



Movin' & Groovin' CD: "Celebration" (Track 10)

Now I am going to play the song "Celebration." Move around the play area with your scarf celebrating making a pizza.

Let's Share

- Show me how you toss and catch your pizza dough.
- What vegetables do you like to put on your pizza?



Scarf Swim

Children Will

- Practice: creative movements, gallop, jump, leap, and skip, with scarves.
- Practice pathways: straight, curved, and zigzag.

Warm Up

- Children will be holding their scarf.

Scarf Sway

Scarves fly up so high.

Scarves go down so low.

Scarves fly side-to-side.

Scarves put on a show.

Scarves wave hello.

Scarves wave goodbye.

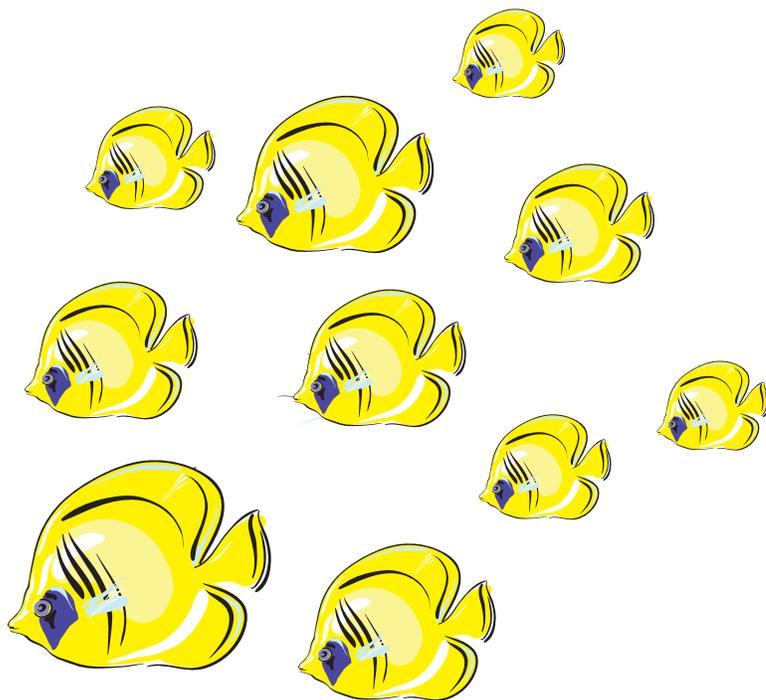
- Repeat.

Let's Begin

- We are in the ocean and our scarf is a colorful fish.
- I will tell you how to move around the play area, and you will pretend your scarves are a school of swimming fish.
- When I say, "Swim home" return to your spot.

Materials and Setup

- Have each child stand on one spot.
- Children will be moving off spots and around the play area.
- Give each child a scarf and review scarf safety (see p. A).
- Movin' & Groovin' CD: "Under the Sea" (Track 5)
- Gallop (Card 2), Jump (Card 3), Leap (Card 4), Skip (Card 5)



Let's Move

Cue	Movement
Straight line	Walk with your fish in a straight line around the play area.
Curved line	Walk with your fish in a curved line around the play area.
Zigzag line	Walk with your fish in a zigzag line around the play area.
Swim home	Good job finding your spot.
Gallop	Gallop with your fish around the play area. Switch legs. Card 2
Skate	Skate with your fish around the play area.
Skip	Skip with your fish around the play area. Card 5
Swim home	Find your spot.
Jump	Jump with your fish around the play area. Card 3
Leap	Leap with your fish around the play area. Switch legs. Card 4
Swim home	Find your spot.



Movin' & Groovin' CD: "Under the Sea" (Track 5)

Now I am going to play the song "Under the Sea." Move around the play area and pretend your scarf is a fish.

Let's Share

- Show me how you walk with your fish in a curved line around your spot.
- Show me how you gallop with your fish around your spot.



Toss and Catch

Children Will

- Practice hand-eye coordination by tossing and catching a scarf.
- Practice tempo: slow and fast.

Warm Up

- Children will be holding their scarf.

Hokey Pokey

You put your scarf in, you pull your scarf out,
you put your scarf in, and you shake it all about.

You do the Hokey Pokey and you turn yourself around,
that's what it's all about.

- Repeat.

Let's Begin

- We are going to have fun while we safely practice tossing and catching our scarves.
- Our scarves are different balls.
- I will tell you a type of ball and you will toss and catch your scarf like that ball.

Materials and Setup

- Have each child stand on one spot.
- Give each child a scarf and review scarf safety (see p. A).
- Movin' & Groovin' CD: "Hokey Pokey" (Track 13)



Let's Move

Cue	Movement
Bowling ball	Bowling balls are heavy and we cannot toss them very high. Use two hands to toss and catch your scarf like it is a bowling ball.
Playground ball	Playground balls are not as heavy as bowling balls. Toss and catch your scarf like it is a playground ball.
Balloon	Balloons are very light. Toss and catch your scarf like it is a balloon.
Tennis ball	Toss and catch your scarf very fast like it is a tennis ball.
Beach ball	Toss and catch your scarf very slowly like it is a beach ball.



Extend the lesson by adding different types of balls.



Movin' & Groovin' CD: "The Hokey Pokey" (Track 13)

Now I am going to play the song "The Hokey Pokey." Listen carefully to what the song tells you to do while holding your scarf.

Let's Share

- Show me how you toss and catch your scarf like it is a bowling ball.
- Show me how you toss and catch your scarf quickly.



Weather Scarves

Children Will

- Practice: creative movements, gallop, jump, run, squat, with scarves.
- Practice pathways: straight and curved.

Warm Up

- Children will be holding their scarf.

Scarf Sway

Scarves fly up so high.

Scarves go down so low.

Scarves fly side-to-side.

Scarves put on a show.

Scarves wave hello.

Scarves wave goodbye.

- Repeat.

Let's Begin

- Our scarves will move like the weather.
- There are many different types of weather.
- I will tell you how to move and you will move around the play area with your scarf.

Materials and Setup

- Have each child stand on one spot.
- Children will be moving off spots and around the play area.
- Give each child a scarf and review scarf safety (see p. A).
- Movin' & Groovin' CD: "Best of Both Worlds" (Track 4)
- Jump (Card 3), Squat (Card 14)



Let's Move

Cue	Movement
Sunny	Move your scarf up and down like the sun rising and setting over our play area. Switch hands.
Windy	Walk around the play area with your scarf like it is blowing in the wind.
Find a spot	Good job finding a spot.
Snowy	Curl your scarf like it is a snowball. Shiver because it is so cold.
Rainy	Squat up and down. Bring your scarf up and down in front of your body like it is raining. Card 14
Rain puddles	Our spots are puddles of rain water. See how many different puddles you can jump over with your scarf. Card 3
Thunderstorm	March with your knees up high. Wave your scarf like it is blowing in a thunderstorm.
Find a spot	Good job finding a spot.
Rainbow	Wave your scarf like you are drawing a rainbow over your head.



Movin' & Groovin' CD: "Best of Both Worlds" (Track 4)

Now I am going to play the song "Best of Both Worlds." When the music starts, I will tell you how to move safely around the play area with your scarves.

Let's Share

- Show me how you jump over rain puddles.
- Show me how you move your scarf during a thunderstorm.



Nature Walk

Children Will

- Practice: yoga poses.

Warm Up

Wake Up

Twist your body from side-to-side.

Reach up high to touch the sky.

Slowly move your head all around.

Lift your shoulders up and down.

Shake your body to the ground.

Now stand up tall without a sound.

 Repeat.

Let's Begin

- We are going on a nature walk.
- I will say a yoga pose that looks like things we see in nature and you will hold that pose for “_____” (insert #1-5) breaths.
- Let's start by walking on our spots.

Materials and Setup

-  Have each child stand on one spot.
-  Movin' & Groovin' CD: “Feng Shui” (Track 14)
-  Side Balance (Card 12), Side Stretch (Card 13), Baby Cobra Pose (Card 16), Butterfly Pose (Card 17), Downward Dog Pose (Card 18), Mountain Pose (Card 19), Star Pose (Card 22)

Let's Move

 Have children hold each pose for 1-5 breaths.

Cue	Movement
Mountain	Stretch your arms up high like a tall mountain. We see many mountains on our walk. Continue walking. Card 19
Grass	Side stretch from side-to-side like you are grass swaying in the breeze. Continue walking. Card 13
Tree	Side balance. Put your arms out to help you balance. Your arms and leg are like tree branches. Switch sides. Continue walking. Card 12
Downward Dog	Downward dog. You look like a dog stretching. Card 18
Baby Cobra	Baby cobra. Lie flat on the ground like a snake. Card 16
Butterfly	Sit cross-legged on the floor and lean forward slowly, extending your arms out in front of you. Switch legs. Continue walking. Card 17
Star	Make a star with your body. It is getting dark and there are stars in the sky. Continue walking. Card 22
Mountain	Stretch your arms up high like a tall mountain. We are passing one more mountain before heading home. Continue walking. Card 19

 Use music as background and repeat the above yoga poses.

 **Movin' & Groovin' CD:** "Feng Shui" (Track 14)
Now I am going to play the song "Feng Shui." When the music starts, I will tell you how to move on your spot.

Let's Share

- Show me how you side stretch like grass swaying in the breeze.
- Show me how you make a star with your body.



Sun Salutation

Children Will

- Practice “Take 5 Breathing” and yoga poses.

Warm Up

Wake Up

Twist your body from side-to-side.

Reach up high to touch the sky.

Slowly move your head all around.

Lift your shoulders up and down.

Shake your body to the ground.

Now stand up tall without a sound.

 Repeat.

Let's Begin

- The sun is shining and you are standing on your yoga spot.
- We are going to bend and stretch our bodies and say, “Hello” to the sun.
- I will say a yoga pose and you will hold that pose for “_____” (insert #1-5) breaths.
- Let's practice “Take 5 Breathing” before we begin.
 - Hold out your hand and show me 5 fingers.
 - Breathe in as you make a fist.
 - Breathe out slowly as you raise one finger at a time.

 Repeat “Take 5 Breathing.”

Materials and Setup

-  Have each child stand on one spot.
-  Movin' & Groovin' CD: “Feng Shui” (Track 14)
-  Side Stretch (Card 13), Baby Cobra Pose (Card 16), Downward Dog Pose (Card 18), Mountain Pose (Card 19), Standing Backbend Pose (Card 20), Standing Forward Bend Pose (Card 21)



Let's Move

 Have children hold each pose for 1-5 breaths.

Cue	Movement
Mountain	Stretch your arms up high like you are reaching for the sun. Card 19
Side stretch	Side stretch from side-to-side like you are swaying in the breeze. Card 13
Mountain	Stretch your arms up high like you are reaching for the sun. Card 19
Standing Backbend	Keep your arms up and slightly lean back looking up to the sky. Card 20
Standing Forward Bend	Bend forward at your waist and reach your hands towards your feet. Card 21
Downward Dog	Downward dog. You look like a dog stretching in the morning. Card 18
Baby Cobra	Baby cobra. Lie flat on the ground like a snake. Card 16
Downward Dog	Downward dog. You look like a dog stretching in the morning. Card 18
Standing Forward Bend	Walk your feet toward your hands to get into a standing forward bend. Card 21
Mountain	Roll your body up slowly until you are standing up nice and tall. Stretch your arms up high like you are reaching for the sun. Card 19
Stand	Slowly bring your arms down by your side.

 Use music as background and repeat the above yoga poses.

 **Movin' & Groovin' CD:** "Feng Shui" (Track 14)
Now I am going to play the song "Feng Shui." When the music starts, I will tell you how to move on your spot.

Let's Share

- Show me how you stretch up high like a tall mountain.
- Show me how you stretch your hands down towards your feet in standing forward bend.



