



FROG YOGA FOR KIDS

Materials: *Yoga Frog* book by Nora Carpenter, *Yoga Frog* figurine, pictures of local frog species, origami paper, adhesive googly eyes, yoga bell (optional), yoga cards (optional)

- Talk about frogs. Show pictures of frogs that live where you live.
 - What do they look like?
 - Is a frog a reptile or amphibian?
 - What is the difference between a frog and a toad?
- Hum like a pond full of frogs in spring: Breathe in, then hum for as long as you can as you breathe out. Touch your throat with your hand as you hum to feel the vibration. When you stop humming, take three deep silent breaths.
- Introduce *Yoga Frog* figurine and talk about what yoga is.
- Read *Yoga Frog* aloud and follow along with the poses.
- Optional: Use yoga cards to supplement poses from the book for older kids. (I love *The Kids' Yoga Deck* by Annie Buckley.)
- Play leap frog.
- Relax in peaceful pond pose (also known as savasana).
- Make jumping origami frogs (<https://youtu.be/QUEb381QsFs>).

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