

ABCs of Yoga for Kids Around the World

Kids' Yoga Lesson Plans 1 to 5

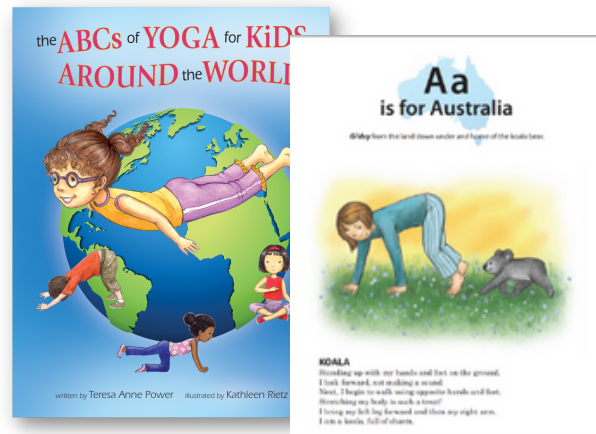
Go on a Yoga Adventure Around the World

20-minute yoga lesson plans for ages 3-8

Suitable for home, preschool, daycare, elementary schools, yoga studios and more

- These lesson plans focus on global awareness through the practice of yoga. Children will learn kid-friendly facts about different countries as well as easy-to-learn yoga poses. This is a great way to introduce young kids to yoga, the alphabet, and geography. There are 195 countries in the world plus about 60 dependent areas. These lesson plans serve as a companion guide to the award-winning book, *The ABCs of Yoga for Kids Around the World*, a fun-filled yoga tour of 32 countries.

- If your room has a carpet, kids can practice the yoga poses there. In addition, kids can use yoga mats or a beach towel. Hold the poses anywhere from eight to ten seconds. As it takes time to get into the poses, counting should begin once the children are in the posture.



- These lesson plans were created by Teresa Power, acclaimed yoga expert, best-selling author of the ABCs of Yoga for Kids and Little Mouse Adventures series, and founder of International Kids' Yoga Day. As always, before beginning any type of exercise program, it's a good idea to consult with a doctor.

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Can't get enough of around the world kids' yoga adventures?
All purchases of *The ABCs of Yoga for Kids Around the World* come with the complete set of 12 yoga lesson plans based on the book!

ABCs of Yoga for Kids Around the World: Lesson Plan 1

Australia and Brazil

Featuring the letters "A" and "B"

A 20-minute yoga lesson plan for ages 3-8



Australia



Brazil

Poses: Candle, Easy, Airplane, Koala, Kangaroo, Rhea, Jaguar, Do Nothing

- Have kids start in **CANDLE POSE** to help them begin to focus on their breath. Instruct them to kneel on the floor and bring their hands in prayer position in front of their hearts, taking several deep breaths in and out through their noses to calm their minds and bodies and prepare for the rest of the class. Ask what letter of the alphabet candle starts with. (the letter C)



Illustration by Kathleen Rietz



Illustration by Kathleen Rietz

- Next, ask kids to sit cross legged in **EASY POSE**, again taking deep breaths in and out through their noses. Ask them to imagine they are going on a trip to Australia to learn about this country and practice some yoga poses inspired by the animals who live there. Ask what letter easy pose starts with. (the letter E)

- Instruct kids to do **AIRPLANE POSE** next as they imagine flying to Australia. Lying on their tummies, ask them to lift their chests, arms and legs like a majestic airplane taking off for flight. Airplane and Australia both start with the letter A, the first letter of the alphabet.



Illustration by Kathleen Rietz



- Show kids where Australia is located on a map. Explain that In the United States we say "hello," and that in Australia people greet one another by saying "Gi'day." Have children practice saying "Gi'day" to one another.

ABCs of Yoga for Kids Around the World: Lesson Plan 1

- After saying “Gi’day” to one another, it’s time for KOALA POSE. Instruct students to stand up and then bend over to bring their hands and feet on the ground. Looking forward, have the children begin to walk, using opposite hands and feet. Ask them what letter of the alphabet koala starts with. (The letter K)

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Illustration by Kathleen Rietz



Illustration by Kathleen Rietz

- With around 50 million of them across the Australia – twice the number of people – kangaroos are one of Australia’s most easily spotted native animals. Just like the koala pose, the KANGAROO POSE starts with the letter K. Have kids bend their knees and then jump up like hopping kangaroos!

- Have children get back into AIRPLANE POSE as they fly to their next destination, Brazil (starts with B). Have them find Brazil on the map.



Illustration by Kathleen Rietz

- Teach kids how to say “hello” in Portuguese, Brazil’s native language, by saying “ola” to one another. Then have them practice the RHEA POSE (starts with R). Rheas are only found in South America. Have children stand tall as they bend one leg and bring their foot inside their thigh. Next, have them tilt forward with their hands in prayer position behind their backs. Have them slowly balance with their necks forward and chins held high before switching sides.



Illustration by Kathleen Rietz

ABCs of Yoga for Kids Around the World: Lesson Plan 1



Illustration by Kathleen Rietz

- In Brazil, there are many kinds of different animals, including jaguars (starts with J). Have kids pretend to be jaguars as they practice this pose. Instruct them to get into a lunge position with their right leg bent and back leg straight with their knee on the ground. Have them bring their arms down alongside their front bent knee. Ask them to hold this pose for the count of eight before switching sides.

- Instruct children that the last destination on their global travels is to rest, imagining that they are on top of a cloud in the DO NOTHING POSE (starts with D). This pose is one of the most important as it teaches kids how to just sit still and do nothing, except to breathe quietly in and out of their noses. You can play a soothing lullaby while the kids lie on their yoga mats or towels, with their arms alongside their bodies, and their eyes closed. Tell them to rest quietly until the song is over. If you have a bell, ring it to let them know that it is time to get up.



Illustration by Kathleen Rietz



Illustration by Kathleen Rietz

- End the yoga session in EASY POSE. Ask kids which country was their favorite as well as which yoga pose. This is a fun way to encourage them to talk about and articulate what they learned during the session.

End Lesson 1

To take this lesson further, sign up for International Kids' Yoga Day, a free, annual celebration dedicated to giving the gifts of yoga and community to children all over the world. Visit www.kidsyogaday.com for more information.

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ABCs of Yoga for Kids Around the World: Lesson Plan 2

Canada and China Featuring the letter "C"

A 20-minute yoga lesson plan for ages 3-8



Canada

China

Poses: Candle, Easy, Airplane, Lynx, Moose, Alligator, Panda, Do Nothing

- Have kids start in **CANDLE POSE** to help them begin to focus on their breath. Instruct them to kneel on the floor and bring their hands in prayer position in front of their hearts, taking several deep breaths in and out through their noses to calm their minds and bodies and prepare for the rest of the class. Ask what letter of the alphabet candle starts with. (the letter C)



Illustration by Kathleen Rietz



Illustration by Kathleen Rietz

- Next, ask kids to sit cross legged in **EASY POSE**, again taking deep breaths in and out through their noses. Ask them to imagine they are going on a trip to Canada to learn about this country and practice some yoga poses inspired by the animals who live there. Ask them what letter easy pose starts with. (the letter E)

- Instruct kids to do **AIRPLANE POSE** next as they imagine flying to Canada. Lying on their tummies, ask them to lift their chests, arms and legs like a majestic airplane taking off for flight. Airplane starts with the letter A, the first letter of the alphabet, while Canada starts with the letter C.



Illustration by Kathleen Rietz



- People greet one another in this French- and English-speaking country by saying "bonjour." Encourage children to practice saying "bonjour" to one another, as they identify Canada on a map or globe.

ABCs of Yoga for Kids Around the World: Lesson Plan 2

- After saying “bonjour” to one another, it's time for LYNX POSE. Lynx starts with the letter L and is a medium-sized cat. It is known for having a fluffy coat and black-tipped ears.



Illustration by Kathleen Rietz



Illustration by Kathleen Rietz

- Another animal that is native to Canada is the moose, which starts with M. Have children make up a yoga pose for moose, asking them to imagine what a moose looks like and then use their bodies to make that shape.



- Have children get back into AIRPLANE POSE as they fly to their next destination, China, which starts with C. Have them look at a map and identify where China is. Teach children how to say "hello" in Chinese by saying “ni hao.”

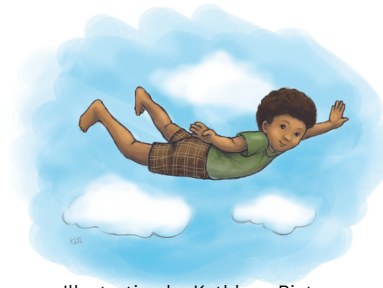


Illustration by Kathleen Rietz

- China is the home of the endangered Yangtze alligator as well as where paper, kites and soccer were invented! Ask kids what letter alligator starts with (the letter A) and then show them how to do ALLIGATOR POSE. Have the children lay on their tummies and bring their arms forward with palms together. They can open and shut their palms like a snapping Yangtze alligator from China!



Illustration by Kathleen Rietz

ABCs of Yoga for Kids Around the World: Lesson Plan 2



- Another animal native to China is the panda bear. Panda starts with the letter P. Instruct children to sit cross legged and take slow deep breaths in and out through their noses as they imagine themselves as cute and cuddly panda bears.

- Instruct children that the last destination on their global travels is to rest, imagining that they are on top of a cloud in the DO NOTHING POSE (starts with D). This pose is one of the most important as it teaches kids how to just sit still and do nothing, except to breathe quietly in and out of their noses. You can play a soothing lullaby while the kids lie on their yoga mats or towels, with their arms alongside their bodies, and their eyes closed. Tell them to rest quietly until the song is over. If you have a bell, ring it to let them know that it is time to get up.



Illustration by Kathleen Rietz



Illustration by Kathleen Rietz

- End the yoga session in EASY POSE. Ask kids which country was their favorite as well as which yoga pose. This is a fun way to encourage them to talk about and articulate what they learned during the session.

End Lesson 2

To take this lesson further, sign up for International Kids' Yoga Day, a free, annual celebration dedicated to giving the gifts of yoga and community to children all over the world. Visit www.kidsyogaday.com for more information.

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ABCs of Yoga for Kids Around the World: Lesson Plan 3

Denmark and Egypt

Featuring the letters "D" and "E"

A 20-minute yoga lesson plan for ages 3-8



Denmark



Egypt

Poses: Candle, Easy, Airplane, Windmill, Swan, Sphynx, Cobra, Do Nothing

- Have kids start in **CANDLE POSE** to help them begin to focus on their breath. Instruct them to kneel on the floor and bring their hands in prayer position in front of their hearts, taking several deep breaths in and out through their noses to calm their minds and bodies and prepare for the rest of the class. Ask what letter of the alphabet candle starts with. (the letter C)



Illustration by Kathleen Rietz



Illustration by Kathleen Rietz

- Next, ask kids to sit cross legged in **EASY POSE**, again taking deep breaths in and out through their noses. Ask them to imagine they are going on a trip to Denmark to learn about this country and practice some yoga poses inspired by the animals who live there. Ask them what letter easy pose starts with. (the letter E)

- Instruct kids to do **AIRPLANE POSE** next as they imagine flying to Denmark. Lying on their tummies, ask them to lift their chests, arms and legs like a majestic airplane taking off for flight. Airplane starts with the letter A, the first letter of the alphabet, while Denmark starts with the letter D.



Illustration by Kathleen Rietz



- Show kids on a map where Denmark is located. Teach them how to say "hello" in the language of this Scandinavian country. Have them practice saying "hej" to one another.

ABCs of Yoga for Kids Around the World: Lesson Plan 3

- Explain that Denmark is a small Nordic country known for its whirling windmills. Have kids practice WINDMILL POSE (starts with W). Instruct them to stand with their legs slightly bent and their feet wide apart. Then have children bring one hand down to the ground in between their legs and bring the other hand up towards the sky. Have them count slowly to five, and then switch sides as they imagine that they are twirling, carefree Danish windmills.



Illustration by Kathleen Rietz



Illustration by Kathleen Rietz

- Next, have children practice the SWAN POSE (starts with S). The mute swan is Denmark's national (and largest) bird, probably because of Hans Christian Andersen's famous fairy tale about the ugly duckling that turns into a beautiful swan.

- Have children get back into AIRPLANE POSE as they fly to their next destination, Egypt, which starts with the letter E.



Illustration by Kathleen Rietz



- Ask children to find Egypt on a map or globe. Teach them to say "hello" in the language of this Mediterranean country where Egyptian Arabic is spoken. Have them greet one another by saying "marhaba."

- Teach children how to do SPHYNX POSE (starts with S). The Great Sphinx of Giza is a statue of a reclining sphinx, a mythical creature with the head of a human and the body of a lion. Instruct children to lie on their bellies with their legs straight and their forearms pressed firmly into the ground. Have them look forward, frozen in time, without making a sound.



Illustration by Kathleen Rietz

ABCs of Yoga for Kids Around the World: Lesson Plan 3

- Next, it's time for the COBRA POSE (starts with C). The Egyptian cobra is a snake, also known as the asp. It is one of the largest cobra species found in Africa. Have children lie on their bellies as they bend their elbows close to the side of their body. Instruct them to next lift their chests as they hiss like Egyptian cobras!



Illustration by Kathleen Rietz



Illustration by Kathleen Rietz

- Instruct children that the last destination on their global travels is to rest, imagining that they are on top of a cloud in the DO NOTHING POSE (starts with D). This important pose teaches kids how to just sit still and do nothing, except to breathe quietly in and out of their noses. You can play a soothing lullaby while the kids lie on their yoga mats or towels, with their arms alongside their bodies, and their eyes closed. Tell them to rest quietly until the song is over. If you have a bell, ring it to let them know that it is time to get up.

- End the yoga session in EASY POSE. Ask kids which country and which pose was their favorite. This is a fun way to encourage them to talk about and articulate what they learned during the session.



Illustration by Kathleen Rietz

End Lesson 3

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ABCs of Yoga for Kids Around the World: Lesson Plan 4

France and Greece

Featuring the letters "F" and "G"

A 20-minute yoga lesson plan for ages 3-8



France



Greece

Poses: Candle, Easy, Airplane, Bridge, Hare, Dolphin, Bear, Do Nothing

- Have kids start in **CANDLE POSE** to help them begin to focus on their breath. Instruct them to kneel on the floor and bring their hands in prayer position in front of their hearts, taking several deep breaths in and out through their noses to calm their minds and bodies and prepare for the rest of the class. Ask what letter of the alphabet candle starts with. (the letter C)



Illustration by Kathleen Rietz



Illustration by Kathleen Rietz

- Next, ask kids to sit cross legged in **EASY POSE**, again taking deep breaths in and out through their noses. Ask them to imagine they are going on a trip to France to learn about this country and practice some yoga poses inspired by the animals who live there. Ask them what letter easy pose starts with. (the letter E)

- Instruct kids to do **AIRPLANE POSE** next as they imagine flying to France. Lying on their tummies, ask them to lift their chests, arms and legs like a majestic airplane taking off for flight. Airplane starts with the letter A, the first letter of the alphabet, while France starts with the letter F.



Illustration by Kathleen Rietz



- Show kids on a map where France is located. Teach them how to say 'hello' in French. Have them practice saying "bonjour" to one another.

ABCs of Yoga for Kids Around the World: Lesson Plan 4

- Explain that in France a person can walk across the world's tallest bridge, climbing higher than the Eiffel Tower. Then practice **BRIDGE POSE** (starts with **B**). Instruct children to lie on their backs with their knees bent. Next have them lift their hips, keeping their arms straight on the floor underneath them.



Illustration by Kathleen Rietz



Illustration by Kathleen Rietz

- European brown hares are found in most of France. Hare starts with the letter H. For **HARE POSE**, instruct children to crouch on their knees, with their elbows bent in front of them. Hares are like rabbits, but are larger in size, and have longer ears and hind legs.

- Have children get back into **AIRPLANE POSE** as they fly to their next destination, **Greece** (starts with **G**).



Illustration by Kathleen Rietz



- Look with children at a map or globe and find Greece. Teach them to say "yassas," which is how Greek people greet one another.

- Next, have children practice **DOLPHIN POSE** (starts with **D**). Dolphins have been part of Greek civilization for over 3,000 years. Their playful images appear on ancient wall paintings, pottery, coins, and jewelry. Instruct children to sit on their heels with their arms stretched in front of them. Next, have them straighten their legs while keeping their forearms on the floor. Have them look at their feet as they slowly count to eight before releasing the pose.



Illustration by Kathleen Rietz

ABCs of Yoga for Kids Around the World: Lesson Plan 4

- Greece is also home to brown bears (starts with B). There are about 450 brown bears in the mountains of Greece. Ask children to pretend they are bears as they stand with their knees slightly bent and their elbows bent to their sides with their hands curled. Have them take several deep breaths in and out through their noses in this playful pose.



Illustration by Kathleen Rietz

- Instruct children that the last destination on their global travels is to rest, imagining that they are on top of a cloud in the DO NOTHING POSE (starts with D). This important pose teaches kids how to just sit still and do nothing, except to breathe quietly in and out of their noses. You can play a soothing lullaby while the kids lie on their yoga mats or towels, with their arms alongside their bodies, and their eyes closed. Tell them to rest quietly until the song is over. If you have a bell, ring it to let them know that it is time to get up.



Illustration by Kathleen Rietz



Illustration by Kathleen Rietz

- End the yoga session in EASY POSE. Ask children which country and which pose was their favorite. This is a fun way to encourage them to talk about and articulate what they learned during the session.

End Lesson 4

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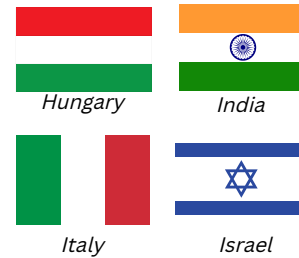
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ABCs of Yoga for Kids Around the World: Lesson Plan 5

Hungary, India, Italy, and Israel
Featuring the letters "H" and "I"

A 20-minute yoga lesson plan for ages 3-8

Poses: Candle, Easy, Airplane, Dog, Peacock, Wolf, Frog, Do Nothing



- Have kids start in **CANDLE POSE** to help them begin to focus on their breath. Instruct them to kneel on the floor and bring their hands in prayer position in front of their hearts, taking several deep breaths in and out through their noses to calm their minds and bodies and prepare for the rest of the class. Ask what letter of the alphabet candle starts with. (the letter C)



Illustration by Kathleen Rietz



- Next, ask kids to sit cross legged in **EASY POSE**, again taking deep breaths in and out through their noses. Ask them to imagine they are going on a trip to Hungary to learn about this country and practice some yoga poses inspired by the animals who live there. Ask them what letter easy pose starts with. (the letter E)

- Instruct kids to do **AIRPLANE POSE** next as they imagine flying to Hungary. Lying on their tummies, ask them to lift their chests, arms and legs like a majestic airplane taking off for flight. Airplane starts with A, the first letter of the alphabet, while Hungary starts with H.



Illustration by Kathleen Rietz



- Find where Hungary is located on a map. People greet one another in this country by saying "szia." Encourage children to practice saying "szia" to one another.

ABCs of Yoga for Kids Around the World: Lesson Plan 5

- Have children practice **DOG POSE**, which starts with **D**, as they pretend to be a Vizsla, which is a type of Hungarian hunting dog. Instruct them to start on their hands and knees. Then have them slowly straighten their arms and legs as they lift their hips. Tell children to look down at their toes as they take eight deep breaths in and out through their noses.



Illustration by Kathleen Rietz



Illustration by Kathleen Rietz

- Have children get back into **AIRPLANE POSE** as they fly to their next destination, **India**, which starts with **I**.

- Have them look at a map and identify where India is. Yoga began in India over 5,000 years ago and people greet one another there by saying “namaste.” Encourage children to greet one another by saying “namaste.”
- Next have children practice **PEACOCK POSE**, which starts with **P**. The peacock is the national bird of India and is a symbol of grace, joy, beauty, and love. Instruct them to start by sitting up tall. Then have them spread their legs apart as far as they can comfortably go, taking deep breaths in and out through their noses.



Illustration by Kathleen Rietz

ABCs of Yoga for Kids Around the World: Lesson Plan 5

- Instruct children to next get back into AIRPLANE POSE to travel to their next destination, Italy, which also starts with I. Help children locate Italy on a map or globe, and then teach them to say “buon giorno” to one another, which means “hello” in Italian.



Illustration by Kathleen Rietz



- The Apennine wolf is the national animal of Italy. Have children use their imaginations to make up their own WOLF POSE, which starts with the letter W.

- Have children once again practice AIRPLANE POSE as they fly to their next destination, Israel, which starts with the letter I. Help them to locate Israel on a map or globe and then greet one another by saying “shalom.”



Illustration by Kathleen Rietz



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