

Pet Show Yoga Story

Age	5-7
National Curriculum	Develop balance, agility and co-ordination.
Time	Approximately 20 minutes but can be flexible according to age and session time.
Preparation	Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with pet props to promote discussion with some pictures/stories e.g. a dog lead, a pet toy or some stuffed animals.
Opener	Today, we're going to have fun making pet poses at a pet show! Have a discussion about the pets. Who has a pet? What types of pets are there? Reveal the props from the bag and discuss their relevance to pets. How do we care for pets? Where do we take them if they are ill? Read a story based on pets such as 'What Pet should I Get?' by Dr Seuss.
Main Section	<p>Let's begin. Everyone, sit crossed legged, back straight, shoulders back and chin tucked in towards the chest.</p> <p>Place your palms together at your heart and bow forwards and say our special yoga password - Namaste (Nam-as-tay).</p> <p>OK, it's time to enter the pet show big top! I wonder who will win a prize for the best trick or shiny, glossy fur?! Let's see who's first.</p> <p>Oh it's a beautiful dog with floppy ears and a wagging tail! Let's make our dog pose (see card 1). Keep breathing. Can you bark like a dog? Oh, he's started to growl, I wonder why?</p> <p>Ah, I see, it's a fluffy cat. Cats and dogs don't always get on! The cat has got a very glittery, silver collar. Now it's our turn to stretch like a cat. Down we go (see card 2). She's cleaning her fur, can you do it too? Pretend to lick you paw and clean your face! Now meow!</p> <p>I wonder who'll be next into the ring. Wow! It's a long, stripy snake. See how it's coiled around its owner's arm? Let's make a snake pose (see card 3). Take a deep breath in and make a long hisssssssss like a snake! Repeat. Ooooh, the snake's tongue is flicking in and out! Can you do it too? Snakes smell with their tongues. I wonder what it can smell.</p> <p>Oh, I know now! It's the next pet, a little mouse! I think the snake's owner needs to go before it tries to eat the mouse! Can you make yourself as small as a mouse in this pose (see card 4)? Squeak like a tiny mouse! Keep breathing.</p> <p>Wow, the next pet is huge! It's a gracious, galloping horse! Let's make a horse pose (see card 5). Keep breathing. Can you shake your horse's tail? Swap sides. Keep breathing. Neigh like a horse! Off he gallops (gallop on the spot).</p>

Pet Show Yoga Story Continued

<p>Main Section</p>	<p>Look at this slow, slow pet plodding into the ring. It's a tortoise! She's trying to climb up the judge's chair! Oops, she's flipped onto her back. Down we go into a turtle pose (see card 6). Can you wriggle on your back like the tortoise? Keep breathing. She's back up right now, off she plods.</p> <p>The next pet is being carried into the ring in a tank. It's a goldfish! Into our fish shape everyone (see card 7). Can you glub glub like a fish?! Wiggle like you are swimming too! Keep breathing.</p> <p>Wow, the next pet is gliding in above our heads! It's the brightest parrot I've ever seen! Let's make a bird shape and then when we are balanced, flap our wings gracefully like the parrot (see card 8). Great! Squaaaaawk! Swap legs and flap those wings! Keep breathing.</p> <p>Another pet is entering the ring in a tank. It's a tiny green frog. It's hopped out of the tank onto the judge's lap! Can you jump like a frog? Let's make the pose (see card 9). Chest up, keep breathing. Croak! Croak! Croak!</p> <p>Next is a snuffling guinea pig with lovely long golden fur. It's time to make our guinea pig shape (see card 10). Can you breathe and snuffle into your tiny paws like you're eating a crunchy carrot?</p> <p>Who's next? It's another hopping creature next - it's a rabbit! Let's make a rabbit pose. Take a deep breath and show your bunny teeth when breathing out! Paws up beside your face! Show me your rabbit ears! Keep breathing.</p> <p>I can see a large branch with leaves on but no pet! It must be something camouflaged. The judge is asking what it is. It's a stick insect! Stick insect poses everyone (see card 12). Keep breathing and swap sides. Great.</p> <p>Our pet show is nearly at an end it's time for the judges to decide who is the winner.....it's the cheeky frog! Congratulations Felicity frog! It must have been that huge leap that impressed the judges! She needs her photo taking now with her trophy alongside her owner. Let's stand up tall and smile like we are having our photos taken (see card 13). Cheese!</p>
<p>Closing:</p>	<p>The pet show has come to an end now. The pets are all in their snuggly beds after all their hard work in the show. Let's relax here on our backs and think about our adventure today (see card 14). Close your eyes if you want to. Keep breathing. What was your favourite pet shape? Breathe here calmly and quietly for as long as needed. Finally, let's sit up cross legged with our hands to our hearts bow forwards and say our secret Yoga password. Namaste.</p>
<p>Extension Opportunities:</p>	<p>Children to think of other pets from around the world. Make a class book of pets with their own poses in.</p>
<p>NB - Hold each pose for at least two breaths and change sides when instructed to. Keep breathing, move slowly into the pose, never over stretch and if any pain is felt, stop immediately. Have fun!</p>	