

Yoga with 'The grateful giraffe' and Ania plus ideas for activities around.



A grateful giraffe returns to the wild.



Extended Mountain Pose.

Activities:

- Talk with you child about opposites, such as long giraffe's neck – short hippo's neck, big – small – you can use your hand to compare to your child's hand; encourage your child to find objects/toys/ pictures which are small and big,

Opposites

Draw a line connecting the words which are opposites.



Opposites

Draw a line connecting the pictures which are opposites.



- Talk about giraffe, where is it live, what is it eating, what colour is it,
- Make a yellow and brown play dough and roll with your child long giraffe's neck,

Play dough:

- 2 cups plain flour
 - 2 tablespoons vegetable oil
 - ½ cup salt
 - 1 to 1.5 cups warm water (adding in increments until it feels just right)
 - Food colouring or paint mixed with water.
 - Spices or herbs: mint, basil, cinnamon (extra).
- Painting giraffe – provide the yellow and brown paint and brushes, sponges, cotton sticks and let child be creative, let them discover different textures and ways to make marks,
 - Talk about feelings, what means grateful to you and your child.
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A finicky flamingo pick at a snack.



Tree Pose.

Tree Pose – encourage your child to stand on one leg, observe how they will solve the problem if its too difficult to hold balance – they may ask you to hold their hand or they will just hold to the chair or stand next to the wall, let them find their way by themselves.

Activities:

- Talk about different birds, where do they live, what colours they are, what they are eat, what do they need wings for – remember to keep open- ended questions, do not judge – they answers will be way better than you expect.
- Go for walk to find different birds, talk about their colours and sizes and maybe encourage your child to paint what you observed during the walk.
- Mixing colours – how to make colour pink? Encourage child to mix different colours of pint to find out which colours are making the pink one.
- Make a puff paint with your child.

Puffy paint:

- Shaving foam
 - Glue
 - Food colouring or colour paint
- Talk about meaning of finicky – ask your child what he/she likes to eat for snack and what doesn't, prepare snack together,
 - Sing the songs about colours:

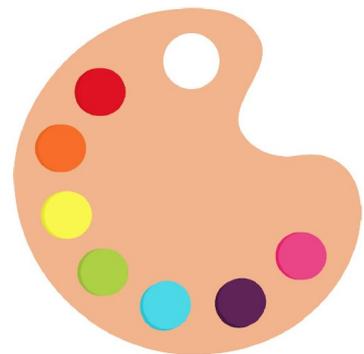
The Color Song

Tune: If You're Happy and You Know It

If your clothes have any red, any red,
If your clothes have any red, any red,
If your clothes have any red, put your finger on your head,
If your clothes have any red, any red.

Additional Verses:

Blue- finger on your shoe
Yellow- smile like a happy fellow
Brown- turn your smile into a frown
Black- tap your neighbor on the back
White- give a hug with all your might



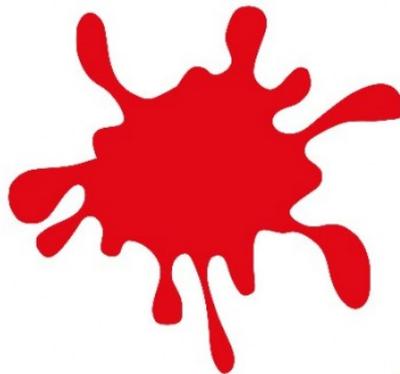
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What Color Are You Wearing?

Tune: Mary Had a Little Lamb

If you're wearing red today, red today, red today,
If you're wearing red today, stand up and shout "Hooray!"

(vary the colors and have children transition out after their color is called)

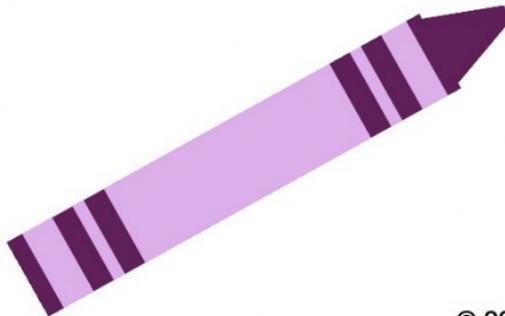


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A Color Chorus

Tune: If You're Happy and You Know It

If you see a (purple) crayon, pick it out! (find the crayon)
If you see a (purple) crayon, pick it out!
Stand and wiggle, give a shout! (Stand up with the crayon, then wiggle hips and shout)
(Purple) is great without a doubt! (hold up crayon)
If you see a (purple) crayon, pick it out!



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A caring koala cuddles her baby tightly.



Eagle Pose.

Activities:

- Role play:
 - Home corner with baby doll – you can set a small bowl with water and soup where your child can wash and take care of baby, spoons and bowls with dry rice and pasta so your child can feed the baby, scooping the food, and pouring the water from cup to cup – it is not only helping to develop the empathy but also your child's motor skills,
 - Doctor set – use a doctor set and old bandages, and plaster, maybe the child will invite you to play together, Robins just loves to take care of adults in the green room,
 - Take the opportunity and cuddle your child tightly just like the koala does.



An excited elephant runs to the waterhole.



Wide – Legged Standing Bend.

Activities:

- Find different ways of moving and show your child, I am sure children will have way more ideas than you: running, walking, crawling, rolling, walking forwards and backwards and side ways,
- Play sounds of different animals and try to repeat together with your child, guess what animal it is <https://www.youtube.com/watch/h8Q-jlHBcXM>
<https://www.youtube.com/watch?v=14LDUtA7G84>
- Infront of the mirror talk about different emotion – ask your child to show you exited, happy, scared, sad, angry face – be part of the game, show your different faces.



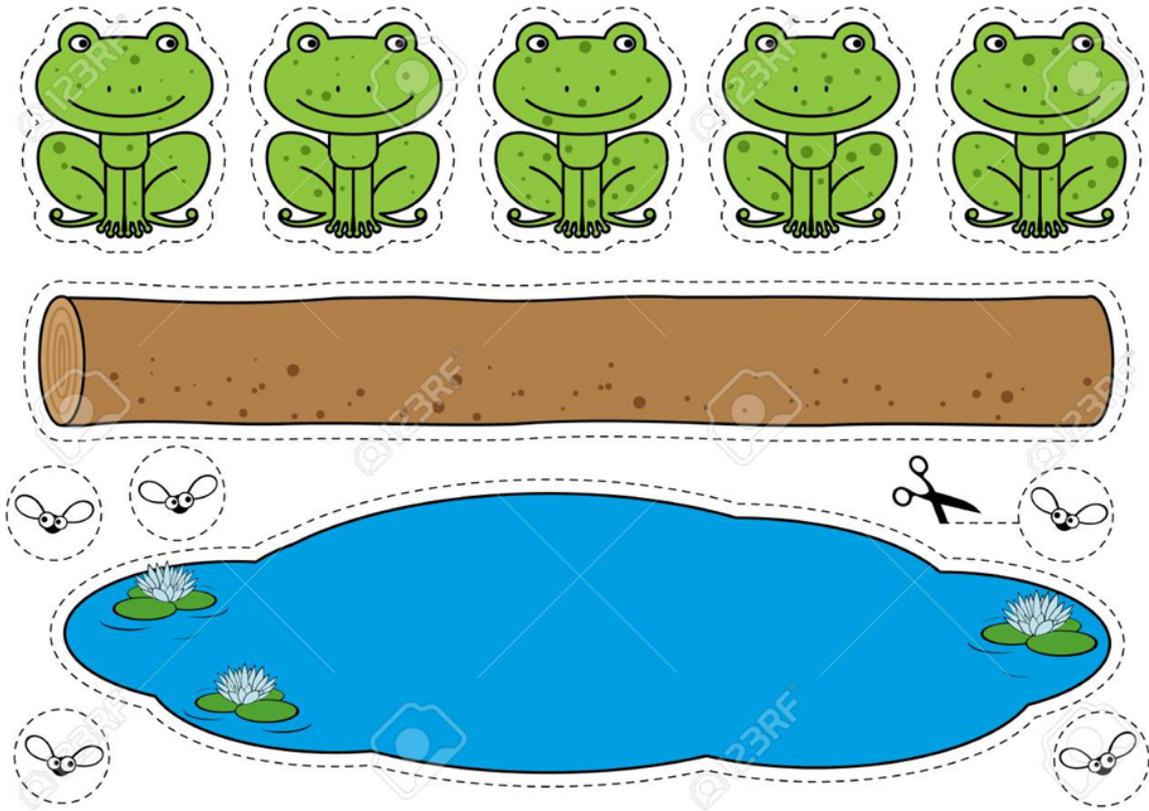
A frustrated frog can't catch a fly.



Squat Pose.

Activities:

- Sing the nursery rhymes and songs,
- Encourage your child to show you on his/her fingers number of frogs,
- Sing different number songs such as '5 little ducks,'
- Maybe you can sing the numbers in Spanish?



Five Little Speckled Frogs

Five little speckled frogs,
 Sat on a speckled log,
 Eating the most delicious bugs.
 One jumped into the pool,
 Where it was nice and cool,
 Now there are four speckled frogs.

Four little speckled frogs,
 Sat on a speckled log,
 Eating the most delicious bugs.
 One jumped into the pool,
 Where it was nice and cool,
 Now there are three speckled frogs.



Three little speckled frogs,
 Sat on a speckled log,
 Eating the most delicious bugs.
 One jumped into the pool,
 Where it was nice and cool,
 Now there are two speckled frogs.



Two little speckled frogs,
 Sat on a speckled log,
 Eating the most delicious bugs.
 One jumped into the pool,
 Where it was nice and cool,
 Now there are one speckled frog.



One little speckled frog,
 Sat on a speckled log,
 Eating the most delicious bugs.
 It jumped into the pool,
 Where it was nice and cool,
 Now there are no speckled frogs.



A playful poppy chases a ball.

Downward – facing Dog Pose.

Activities:

- Playing with different sizes balls – throwing and catching, throwing into the box, focus on numbers, sizes, and positional language, such as: inside, outside, behind, in front, under.
- Making different sizes balls from play dough,
- Throwing stones at the beach,
- Collect stones of different sizes and paint them at home; draw animals on them (5 little ducks, 5 speckled frogs, numbers, letters, shapes).



A happy horse kicks its hind legs.

Three-Legged Dog Poses.

Activities:

- Go for walk, change speed of walking to running and back to walking – galloping like a horse.

HAVE FUN 😊

Few extra poses:



A cranky crocodile lurks in the river.



A sly snake hides in the sand.



A curious cat peeks around a tree.

Plank Pose.



Cobra Pose.



Cat Pose.



A proud peacock shows off its feathers.



Hero Pose.



A sad sloth observes the tree cutters.



Resting Pose.

Yoga online:

<https://www.youtube.com/user/CosmicKidsYoga>

Few tips to develop your child language while you are at home:

1. Talk about things in the 'here and now', e.g. things that you can see and hear.
2. Use simple language and pronounce words clearly.
3. Repeat words and phrases often.
4. Give child time to respond.
5. Introduce your child to stories, songs, rhymes, and poems in your home language and talk to them about things that you see and do.
6. Try to keep asking open-ended questions – that will extend the child's thinking and learning.

HAVE FUN AND HOPE SEE YOU SOON – ANIA 😊