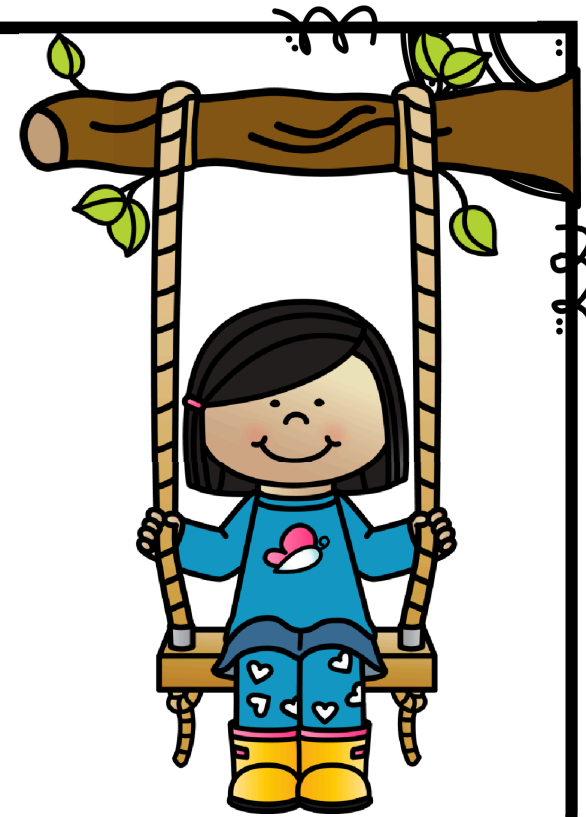
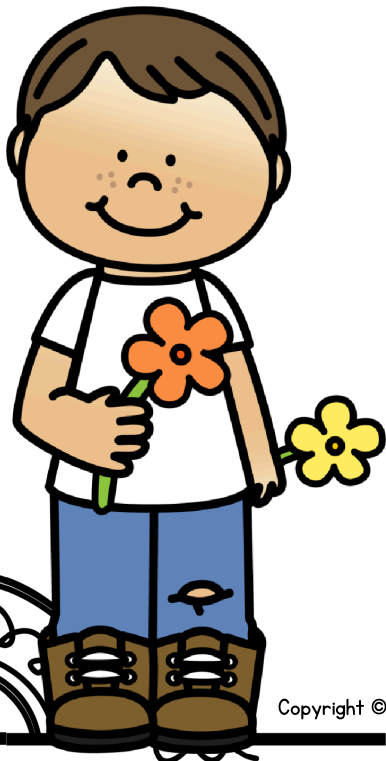


Spring yoga



On-The-Go!

Yoga & Literacy Packet



Spring *Yoga* On-The-Go!

ToolsToGrowOT.com



Suggested BOOK LIST

Book 1: Little White Rabbit:
Kevin Henkes

Book 2: How to Grow a Friend:
Sara Gillingham

Book 3: Grow Flower Grow:
Lisa Bruce

Book 4: Spring Joy:
Liesbet Slegers

Book 5: The EARTH Book:
Todd Parr

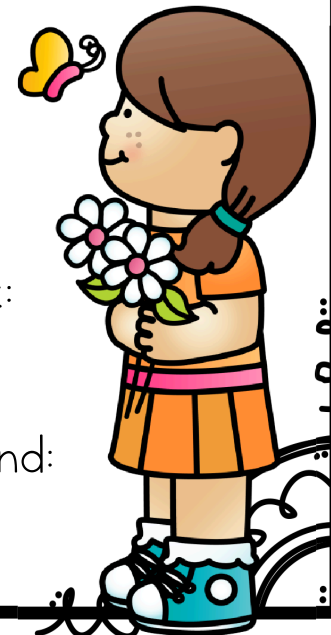
Book 6: The Very Hungry Caterpillar:
Eric Carle

Book 7: Rose's Garden and Sky Color:
Peter Reynolds

Book 8: Yoga Bunny:
Brian Russo

Book 9: The Listening Walk:
Paul Showers

Book 10: Up, Down, & Around:
Katherine Ayres



Spring *Yoga* On-The-Go!



Yoga & Literacy Packet

ACCOMPANYING ACTIVITIES:

ACTIVITY ① : Spring Yoga Cards

- Follow directions to assemble together Yoga Picture Cards/Directions with matching Vocabulary Picture cards.

ACTIVITY ② : Spring Vocabulary Cards

- Includes 20 Vocabulary cards (4 per page).

ACTIVITY ③ : Spring Sorting Board

- To be used for sorting Spring Words
- 2 Versions of Sorting Mats Included

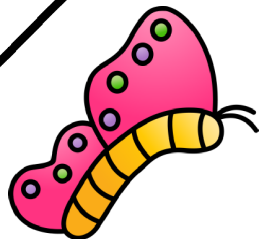
ACTIVITY ④ : "Wh" Question Fortune Teller

- Follow directions to assemble Cootie Catcher/Origami Fortune Teller
- Use as conversation/topic discussion or writing prompts

ACTIVITY ⑤ : Yoga Sequencing Stories and Meditation

- Includes verbal story and visual posters : 4 Versions!





Spring Yoga Cards

©ToolsToGrowOT.com

ACTIVITY 1

- These yoga cards are designed as interchangeable materials, to be used with thematic vocabulary.
- Each season/theme you can re-use the Yoga Picture Cards by attaching the corresponding Vocabulary Picture Card.

DIRECTIONS TO ASSEMBLE:

YOGA PICTURE CARDS & INSTRUCTIONS:

1. Print out the yoga card, front to back (short edge binding printer setting), on card stock.
 - Front of Card: The front will have the yoga pose on the bottom.
 - Back of Card: The back will have basic directions for the pose.
2. Cut the card out, and laminate for durability.

VOCABULARY PICTURE CARDS:

1. Print out the theme-based vocabulary pictures (3 pages, 10 cards).
2. Cut out each square on the dotted lines.
3. Laminate for durability.

TO ASSEMBLE COMPLETED YOGA CARDS:

1. Place a soft Velcro dot in the box at the top of the Yoga Picture Card as indicated by the blue circle.
2. Put a hard Velcro dot on the back of the printed Vocabulary Picture Cards.
3. Affix the corresponding vocabulary picture (as per key) to the top of the yoga card to complete assembly of the Yoga and Vocabulary Card.
4. As the themes change, alternate out the Vocabulary Picture Cards to correspond with the yoga poses.

KEY

Tree Pose: Tree

Child's Pose: Seed

Flower Pose: Flower

Mountain Pose: Rain

Star Pose: Wind

Turtle Pose: Turtle

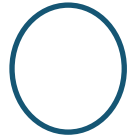
Cobra Pose: Caterpillar

Warrior Pose: Bunny

Airplane Pose: Bird

Butterfly Pose: Butterfly

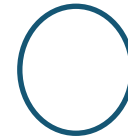




©ToolsToGrowOT



TREE POSE



©ToolsToGrowOT



FLOWER POSE

Flower Pose

1. Sit on bottom, body upright.
2. Bring bottoms of feet together and knees out to the sides.
3. Thread hands under lifted knees.

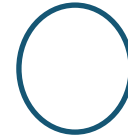
Tree Pose

1. Stand tall, hands to heart.
2. Place one foot on side of ankle or calf.
3. Stretch arms up like branches.



©ToolsToGrowOT

TURTLE POSE



©ToolsToGrowOT

COBRA POSE

Cobra Pose

1. Lay face down on the mat.
2. Place hands flat on the ground. Inhale, push body up and extend arms.
3. Keep shoulders down, and hips on the ground. Exhale.

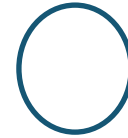
turtle Pose

1. Sit on bottom, legs hip-width apart.
2. Bend knees, and thread arms under.
3. Bend forward, touching head to the ground.



©ToolsToGrowOT

MOUNTAIN POSE



©ToolsToGrowOT

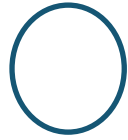
STAR POSE

Star Pose

1. Stand tall, with feet shoulder width apart.
2. Extend arms straight out to the sides.
3. Stand still or sway back and forth.

Mountain Pose

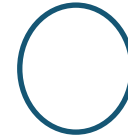
1. Stand with feet together.
2. Extend hands toward ground, hands to heart, or extend hands to sky.
3. Focus on breathing in and out.



©ToolsToGrowOT



AIRPLANE POSE



©ToolsToGrowOT



WARRIOR POSE

Warrior Pose

1. Bend front leg, keeping knee over the ankle.
2. Back leg stays straight, with foot planted out to the side.
3. Arms stretch up to the sky, eyes looking forward.

Airplane Pose

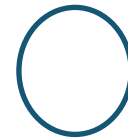
1. Bend forward on one foot.
2. Arms back or out to sides for wings.
3. Lift back leg up and balance.



©ToolsToGrowOT



BUTTERFLY POSE



©ToolsToGrowOT



CHILD'S POSE

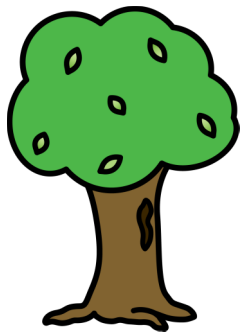
Child's Pose

1. Sit back on your heels.
2. Fold forward over your knees.
3. Stretch arms forward or back by feet.

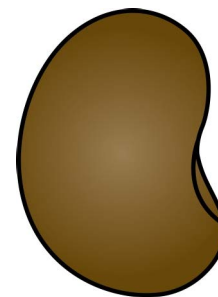
Butterfly Pose

1. Sit up straight and tall.
2. Hold bottoms of feet together with hands.
3. Move your knees up and down, like butterfly wings, and focus on your breath.

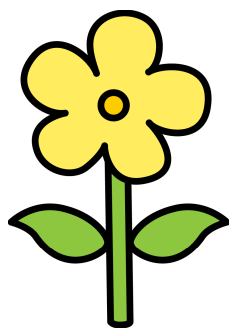
VOCABULARY PICTURE CARDS 1:



Tree



Seed



Flower

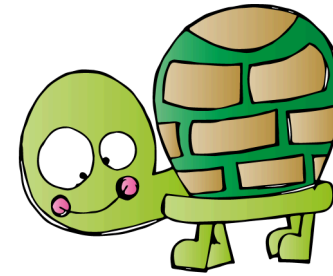


Rain

VOCABULARY PICTURE CARDS 2:



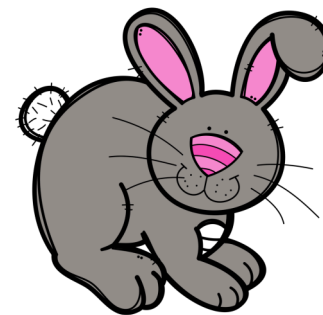
Wind



Turtle

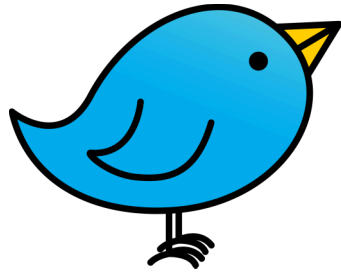


Caterpillar

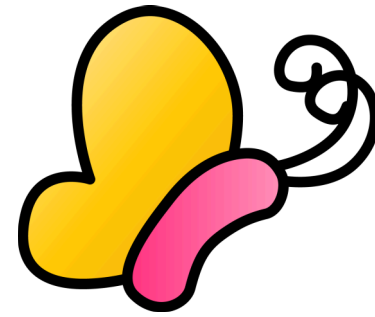


Bunny

VOCABULARY PICTURE CARDS 3:

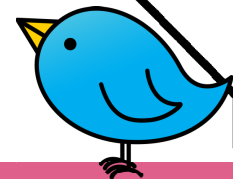


Bird



Butterfly

Spring Vocabulary Cards



ACTIVITY 2

PURPOSE:

- These vocabulary cards are rectangular learning aids that have a printed word with an accompanying illustration.
- These cards will help children develop the oral vocabulary related to a given theme.

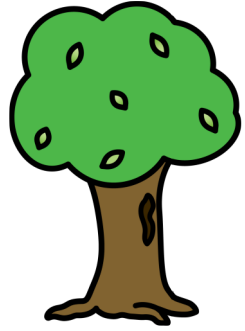
INSTRUCTIONS:

1. Print out the vocabulary cards (4 per page).
2. Cut out each card.
3. Laminate for durability.

THESE CARDS CAN BE USED:

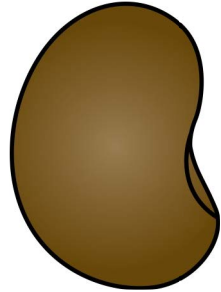
- During explicit instruction
- While reading theme based literature
- During the practice of theme based yoga lessons
- As visuals to reinforce previous lessons
- Other activities, including: Sorting, BINGO, Memory Match, Picture to word Match, etc.





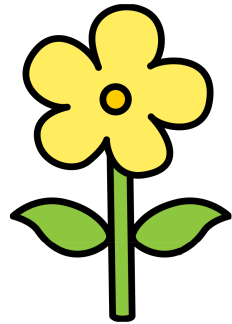
Tree

©ToolsToGrowOT.com



Seed

©ToolsToGrowOT.com



Flower

©ToolsToGrowOT.com



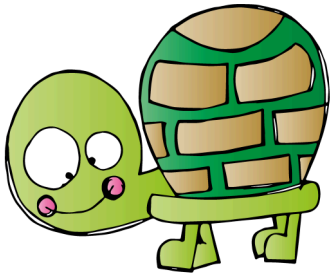
Rain

©ToolsToGrowOT.com



©ToolsToGrowOT.com

Wind



©ToolsToGrowOT.com

Turtle



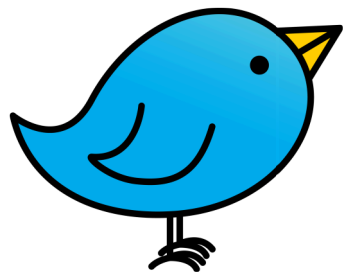
©ToolsToGrowOT.com

Caterpillar



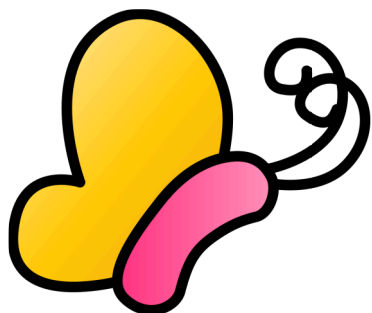
©ToolsToGrowOT.com

Bunny



Bird

©ToolsToGrowOT.com



Butterfly

©ToolsToGrowOT.com



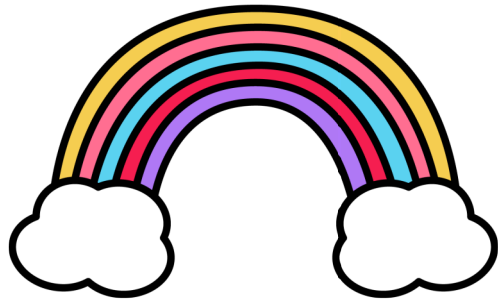
Sunny

©ToolsToGrowOT.com



Cloudy

©ToolsToGrowOT.com



Rainbow

©ToolsToGrowOT.com



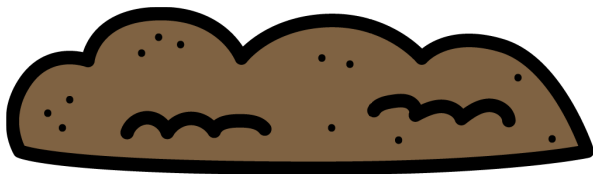
Umbrella

©ToolsToGrowOT.com



Raincoat

©ToolsToGrowOT.com



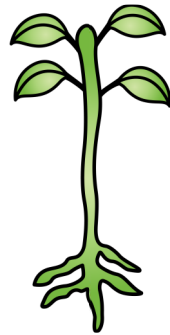
Mud

©ToolsToGrowOT.com



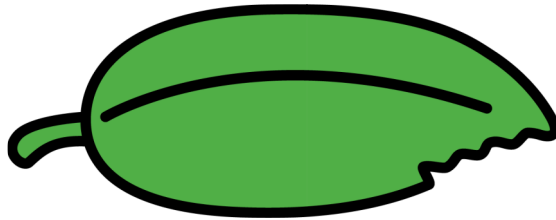
Bud

©ToolsToGrowOT.com



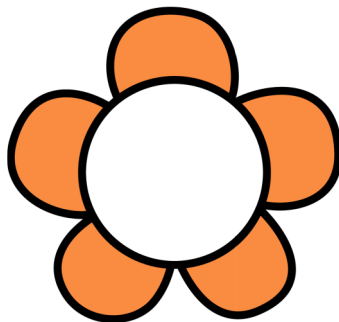
Stem

©ToolsToGrowOT.com



Leaf

©ToolsToGrowOT.com



Petals

©ToolsToGrowOT.com



Spring Sorting Board

ACTIVITY 3

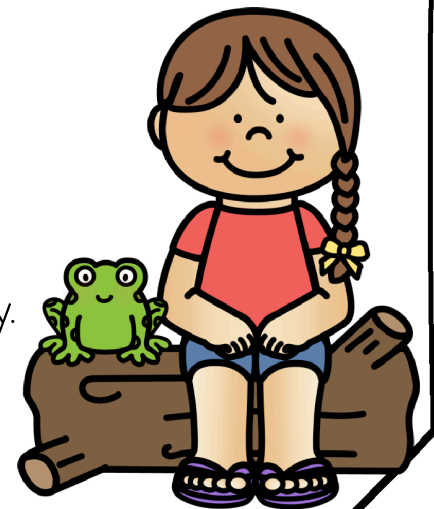
DIRECTIONS:

Option ①:

- Print each sorting mat (3 in total = One mat per page)
- Using the following vocabulary cards, sort each card into the appropriate sorting mat:
 - Seed
 - Caterpillar
 - Flower
 - Tree
 - Wind
 - Rain
 - Bird
 - Bud
 - Bunny
 - Butterfly
 - Sunny
 - Cool
- Optional: Glue cards onto sorting mats

Option ②:

- Print sorting mat (one page)
- Print and cut out each sorting card (Color and Black/White Versions Included)
- Using the vocabulary cards, sort each card into the appropriate category.
- Optional: Glue and color cards onto sorting mat



THINGS THAT GROW

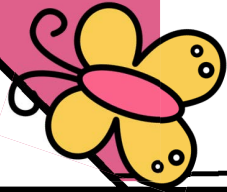


SPRING Sorting Mat

ToolsToGrowOT.com

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

ANIMALS/INSECTS

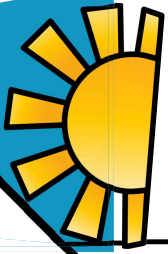


SPRING Sorting Mat

ToolsToGrowOT.com

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

WEATHER WORDS



SPRING Sorting Mat

ToolsToGrowOT.com

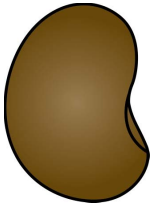

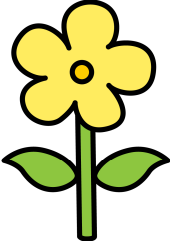
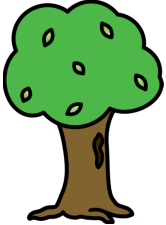


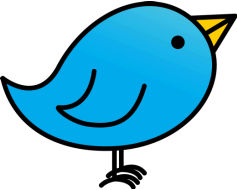


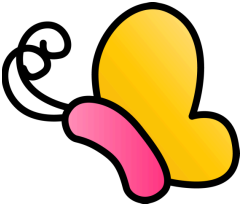
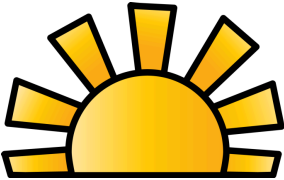

| | | | |
|--|--|--|--|
| | | | |
|--|--|--|--|

SPRING Sorting Cards

Option
②

Cut out each cards below.

Using the sorting mat, place each card in the category it belongs.



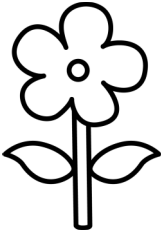
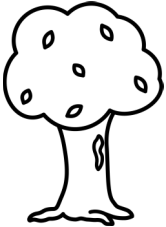


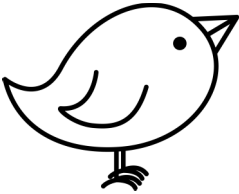
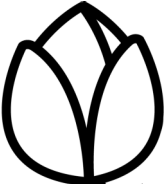

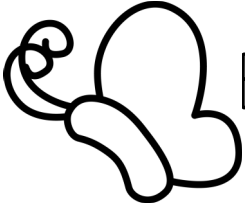
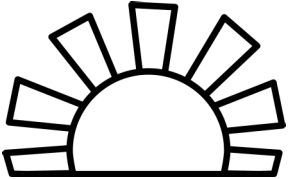
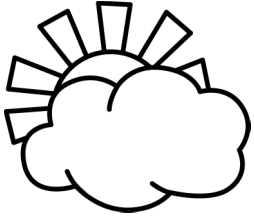
| | | |
|---|--|--|
|  Seed |  Caterpillar |  Flower |
|  Tree |  Wind |  Rain |
|  Bird |  Bud |  Bunny |
|  Butterfly |  Sunny |  Cloudy |

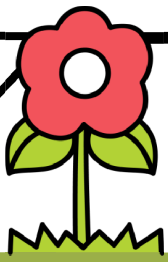
SPRING Sorting Cards

Option
②

Cut out each cards below.

Using the sorting mat, place each card in the category it belongs.

| | | |
|---|--|--|
|  Seed |  Caterpillar |  Flower |
|  Tree |  Wind |  Rain |
|  Bird |  Bud |  Bunny |
|  Butterfly |  Sunny |  Cool |



SPRING

Sorting Mat

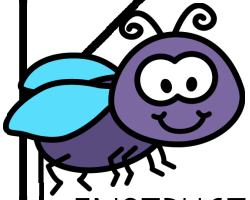


THINGS THAT
GROW

ANIMALS/
INSECTS

WEATHER
WORDS

| THINGS THAT GROW | ANIMALS/ INSECTS | WEATHER WORDS |
|------------------|---------------------|------------------|
| | | |
| | | |
| | | |
| | | |



Spring "Wh" fortune teller

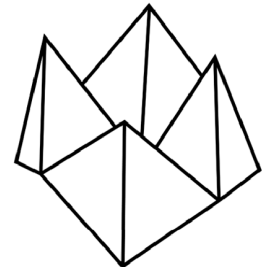
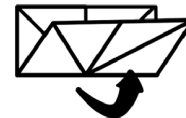
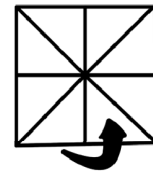
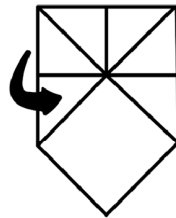
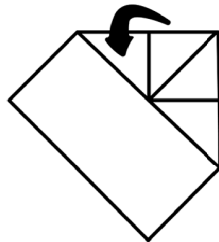
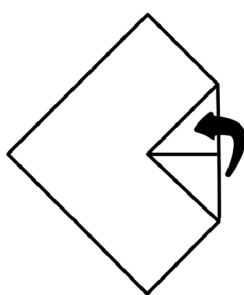
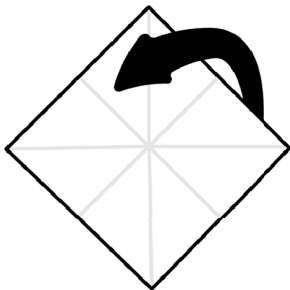
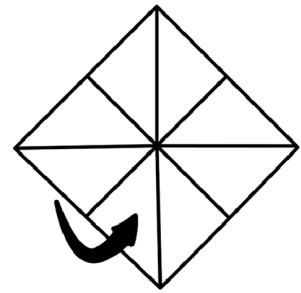
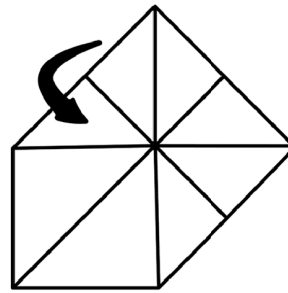
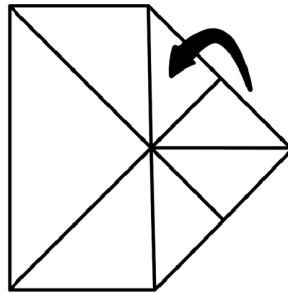
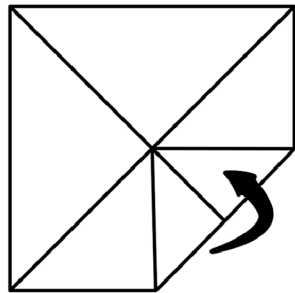
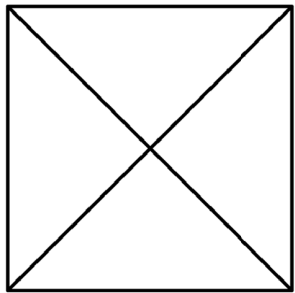


INSTRUCTIONS:

Assemble Cootie Catcher/Origami fortune teller:

1. Print out Fortune Teller: 3 Versions Included!
2. Cut out large square shape on the dotted lines.
3. Fold the solid lines as instructed:

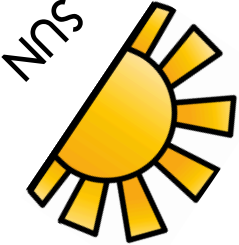



ACTIVITY 4



HOW TO USE:

- Use as conversation/topic discussion or writing prompts

FORTUNE TELLER #1:

| | | | | |
|--|-------------------------------------|---|----------|---|
|  SUN | 4 | Where do birds build nests? | 5 |  RAIN |
| 3 | What do you wear when it's raining? | Who can you play with outside in the spring? | 6 | Why would you wear boots in the spring? |
| 2 | Why do you use an umbrella? | How do you plant a seed? | 7 | Why do people do spring cleaning? |
|  CLOUD | 1 | How does a caterpillar turn into a butterfly? | 8 |  WIND |

FORTUNE TELLER #2:

1 Where would you find your garden tools?

2 Who plants seeds to grow fruits and vegetables?

3 What starts to grow in the spring?

4 Where does a flower grow?

5 Who do you like to visit in the spring?

6 How does a rainbow form?

7 What do you like to do outside in the spring?

8 How does a caterpillar turn into a butterfly?

GREEN

PINK

BLUE

YELLOW

©ToolsToGrowOT.com

FORTUNE TELLER #3:

1 Where do butterflies live?

2 How does your family get ready for the spring holidays?

3 What kind of weather do we have in the spring?

4 Who helps you get dressed for spring weather?

5 Why could you open your windows in the spring?

6 How do you get ready to go outside in the spring?

7 Why do people grow a garden?

8 How does a caterpillar turn into a butterfly?

YELLOW

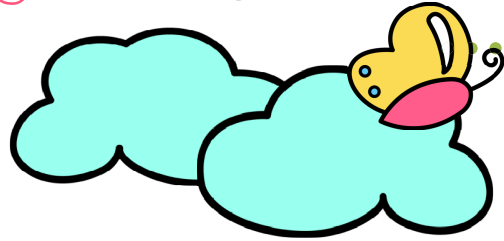
PINK

PURPLE

ORANGE

©ToolsToGrowOT.com

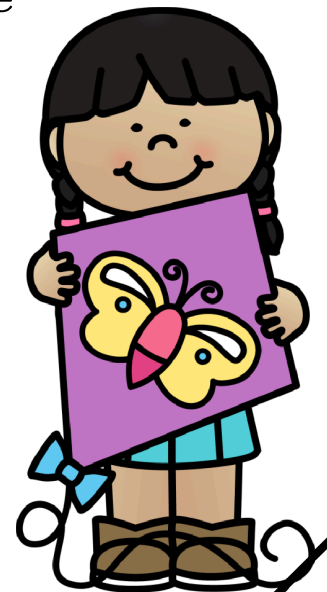
Spring Yoga Sequencing & Meditation



ACTIVITY 5

INSTRUCTIONS:

1. Print out each Yoga Sequencing Story and Meditation Posters (4 Included)
2. Each story is meant to be performed as a yoga sequence.
3. Find your Yoga cards to accompany the posters
4. Complete the poses as you tell the story.
5. At the end of each sequence, play the accompanying song or meditation.
6. Have the children take turns leading the group through their favorite yoga sequence.
7. Optional: use these stories/topics as writing or discussion points (For Example: Describe what it's like when it is stormy outside. Use all your senses, How does it make you feel?)



RAINSTORM

Yoga Sequencing

STORY & MEDITATION

©ToolsToGrowOT.com

SONG:

Rainstorm Meditation by Kira Willey

YOGA SEQUENCES:

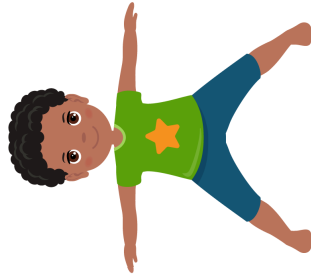
- ① Starts to get very windy :
Star Pose, swaying
- ② Leaves on the trees are
blowing : Tree Pose
- ③ The Rain Falls from the Clouds:
Mountain Pose with rain
fingers
- ④ Run Through the Mud, back into
your house : Hero Pose

RAINSTORM

SPRING

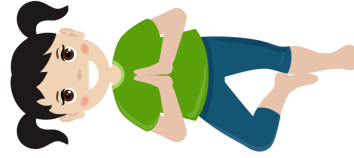
Yoga Sequencing

©ToolsToGrowOT.com



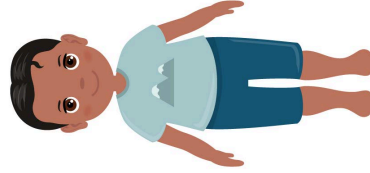
STAR POSE

- ① Starts to get *Windy*



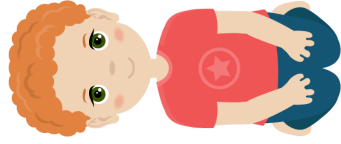
TREE POSE

- ② Leaves on trees *are Blowing*



MOUNTAIN POSE

- ③ Rain Falls from *the Clouds*



HERO POSE

- ④ Run through *the Mud*



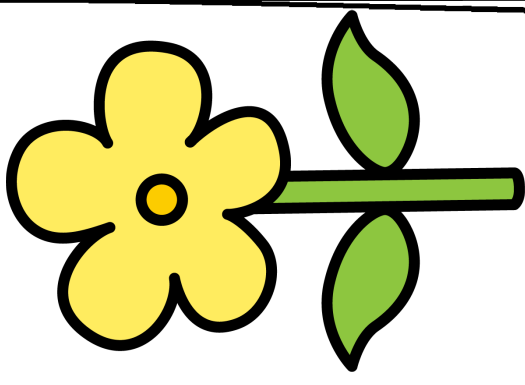
HOW TO GROW A FLOWER

Yoga Sequencing

STORY & MEDITATION

©ToolsToGrowOT.com

SONG:
Flower Breath by Kira Willey



YOGA SEQUENCES:

- ① Plant the seed : Child's Pose
- ② Grow into a bud : Hero Pose
- ③ Water and Sunshine :
Mountain Pose with rain
fingers and sun overhead
- ④ A flower blooms : Flower Pose

HOW TO GROW A FLOWER

SPRING

© ToolsToGrowOT.com

Yoga Sequencing

CHILD'S POSE

①

Plant the

seed

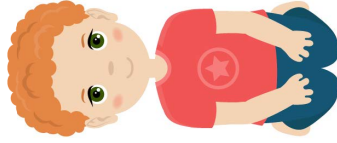


HERO POSE

②

Grow into

a Bud

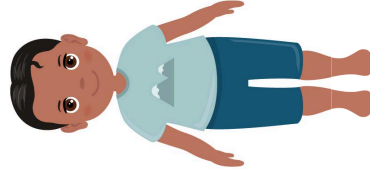


MOUNTAIN POSE

③

Water and

Sunshine

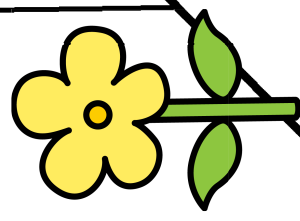
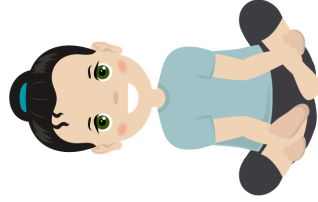


FLOWER
POSE

④

A flower

Blooms

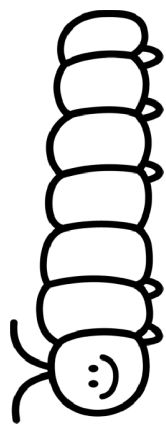


LIFECYCLE OF A BUTTERFLY

Yoga Sequencing

STORY & MEDITATION

©ToolsToGrowOT.com

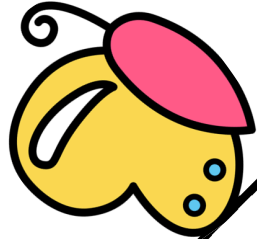


SONG:

Caterpillar, Caterpillar – Kira Willey

YOGA SEQUENCES:

- ① Egg : Child's Pose
- ② Caterpillar hatches : Cobra Pose
- ③ Cocoon : Rock in Reverse
Child's Pose
- ④ Butterfly Appears : Butterfly Pose



LIFECYCLE OF A BUTTERFLY



SPRING

© ToolsToGrowOT.com



Yoga Sequencing

CHILD'S POSE



① Egg



COBRA POSE



② Caterpillar
hatches



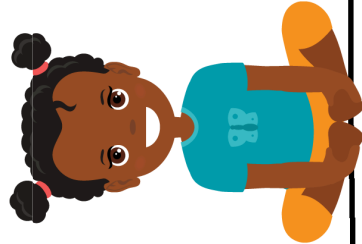
REVERSE
CHILD'S POSE



③ Cocoon



BUTTERFLY
POSE



④ Butterfly
appears

BIRD MEDITATION

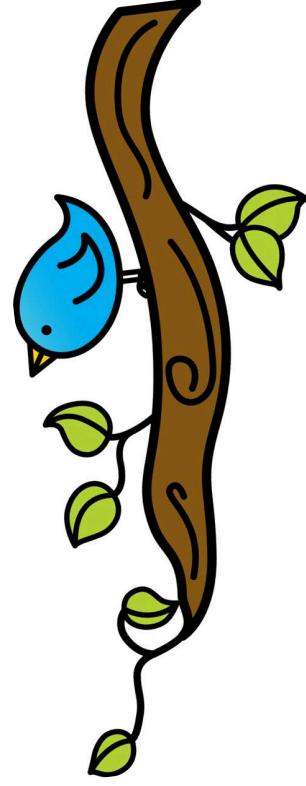
Yoga Sequencing

STORY & MEDITATION

©ToolsToGrowOT.com

SONG:

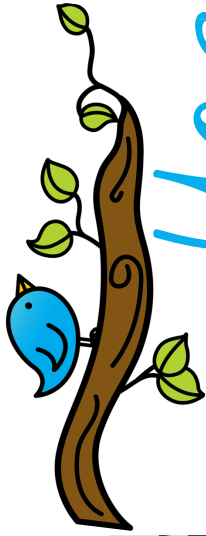
Little Bird – Hullahaloo



YOGA SEQUENCES:

- ① Egg in the nest, up high in a tree :
Child's Pose
- ② Baby Bird Hatches : Hero Pose
- ③ Mama Bird Looks for Food :
Airplane Pose
- ④ Finds a Worm for Babies :
Cobra Pose

BIRD MEDITATION



SPRING

Yoga Sequencing

© ToolsToGrowOT.com

CHILD'S POSE

①

Egg in the nest

high in tree

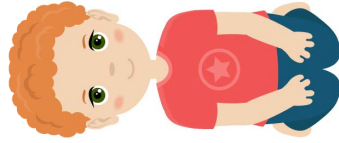


HERO POSE

②

Baby Bird

hatches



AIRPLANE
POSE



③

Mama bird looks

for food

COBRA POSE



④

Finds a worm

for Babies