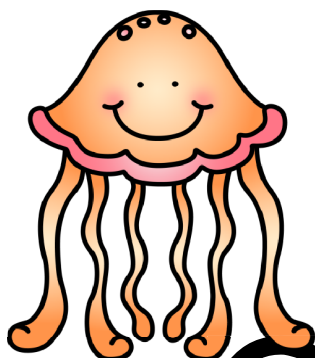
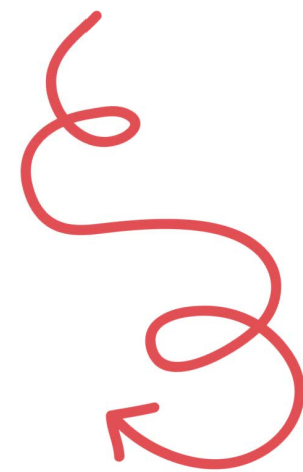


under the sea

themed



Yoga



On-The-Go!



YOGA & LITERACY
PACKET



Under the sea themed

Yoga On-The-Go!



SUGGESTED BOOK LIST

BOOK 1: Commotion In The Ocean
By Giles Andreae

BOOK 2: The Pout, Pout Fish
By Deborah Diesen

BOOK 3: The Rainbow Fish
By Marcus Pfister

BOOK 4: Under The Sea
By Anne Rooney

BOOK 5: Over In The Ocean: In A Coral
Reef. By Marianne Berkes

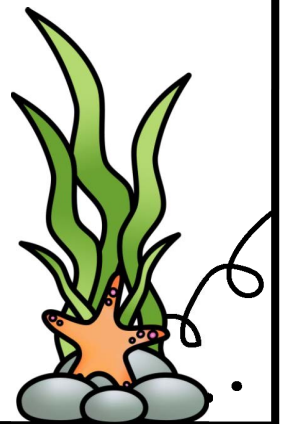
BOOK 6: Swimmy
By Leo Lionni

BOOK 7: Smiley Shark
By Ruth Galloway

BOOK 8: Way Down Deep in The Deep
Blue Sea. By Jan Peck

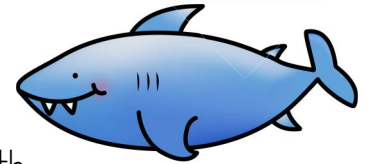
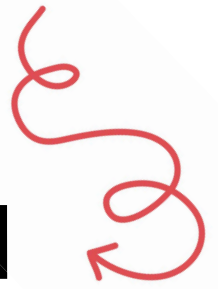
BOOK 9: Fidgety Fish
By Ruth Galloway

BOOK 10: Clumsy Crab
By Ruth Galloway





under the sea themed Yoga On-The-Go!



ACCOMPANYING ACTIVITIES:

ACTIVITY 1: Under the Sea Yoga Cards

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

ACTIVITY 2: Under the Sea Vocabulary Cards

- Includes 20 Vocabulary cards (4 per page).

ACTIVITY 3: Under the Sea Sorting Board

- To be used for sorting "Under the Sea/Summer" Words
- 2 Versions of Sorting Mats Included

ACTIVITY 4: Yoga Songs & Movement Activities

- Follow directions to move and have some fun!
- To be used with yoga pictures/cards

ACTIVITY 5: Prepositions: Follow Directions

- To be used for understanding spatial concepts and following directions.
- 2 Versions Included: (1) Under Sea, and (2) Beach Scene.

ACTIVITY 1

under the sea themed Yoga CARDS



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.

INSTRUCTIONS:

- ☑ 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.

KEY

Fish Pose: Fish

Forward Fold Pose: Sea Shell

Downward Dog Pose: Dolphin

Mountain Pose: Sea Weed

Star Pose: Starfish

Hero Pose: Seahorse

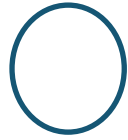
Bridge Pose: Crab

Cobra Pose: Mermaid

Cow Pose: Jelly Fish

Child's Pose: Whale

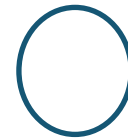
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FISH POSE



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**FORWARD FOLD
POSE**

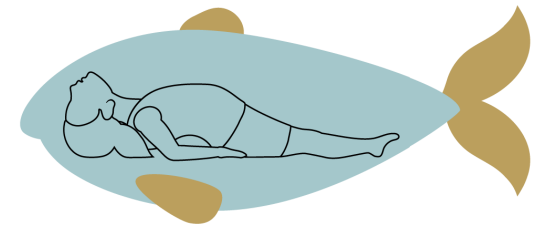
Seated Folded Pose

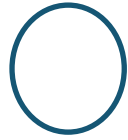
1. Sit on bottom, body upright and shoulders back.
2. Extend legs out straight in front.
3. Bend body forward, with arms extending toward toes.



Fish Pose

1. Lay face up on the mat, with legs stretched out straight.
2. Place hands, palms down, under your bottom.
3. Lift chest up towards the sky, keeping the top of your head on the ground.

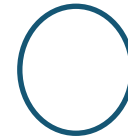




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**DOWNWARD
DOG POSE**



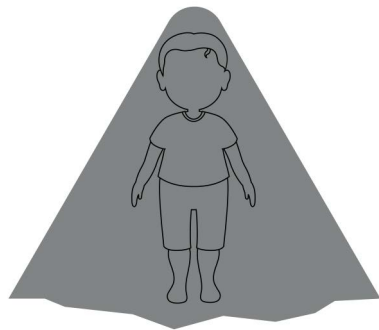
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MOUNTAIN POSE

Mountain Pose

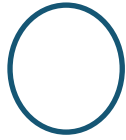
1. Stand with feet together.
2. Extend hands toward ground, hands to heart, or extend hands to sky.
3. Focus on breathing in and out.



Downward Dog Pose

1. Place hands and feet firmly on the ground.
2. Lift bottom up toward the sky.
3. Keep arms and legs straight, pushing your chest towards your legs.

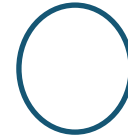




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STAR POSE



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HERO POSE

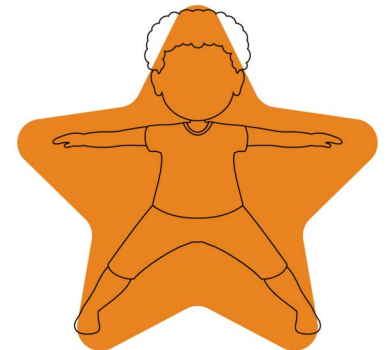
Hero Pose

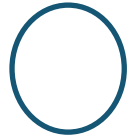
1. Kneel on floor, sitting back on heels, with body upright.
2. Place hands on knees.
3. Inhale, arms up.
4. Exhale, arms down.



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.

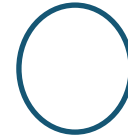




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BRIDGE POSE



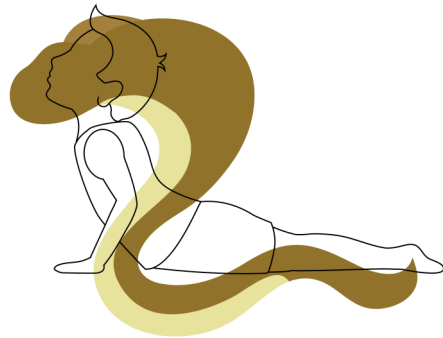
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COBRA POSE

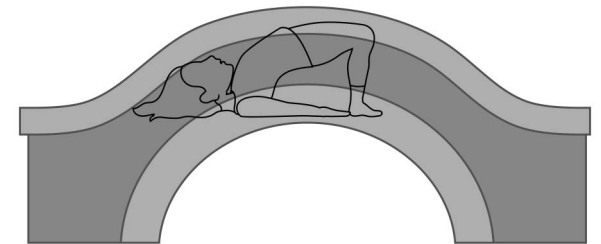
Cobra Pose

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



Bridge Pose

1. Lay face up on mat with knees bent and feet flat on the ground.
2. Lift your bottom, belly, and chest off the mat, keeping shoulders and arms, head and neck, flat on the ground.
3. Hold hands together underneath your bridge.





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COW POSE



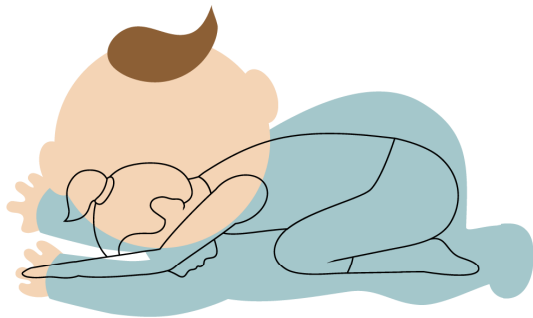
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CHILD'S POSE

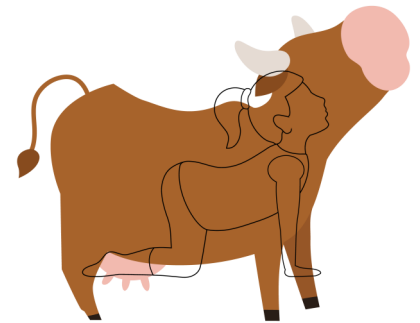
Child's Pose

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

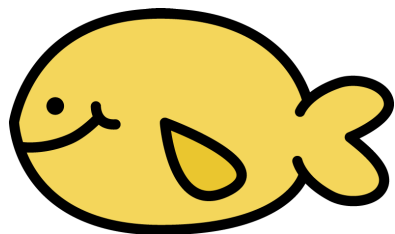


Cow Pose

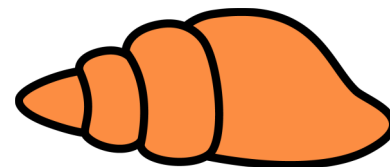
1. Place hands and knees on ground.
2. Inhale. Deep breath out, and arch your back toward the ground.
3. Stretch chin up to the sky and push your belly down.



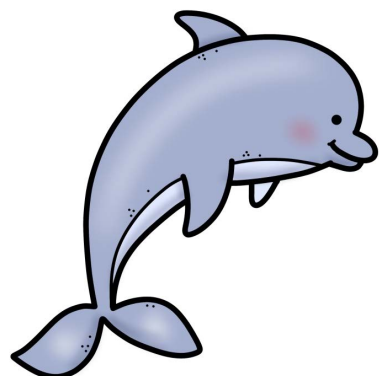
VOCABULARY PICTURE CARDS 1:



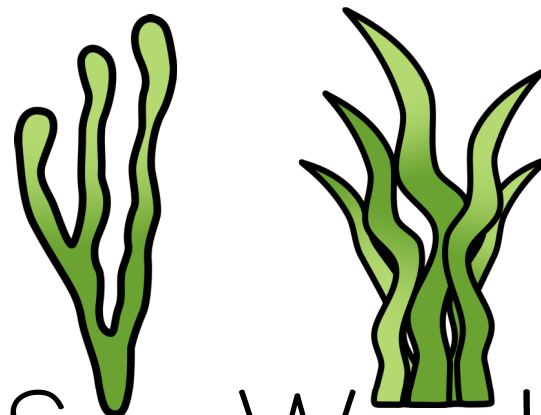
Fish



Sea Shell



Dolphin



Sea Weed

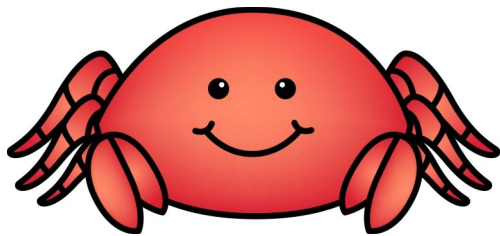
VOCABULARY PICTURE CARDS 2:



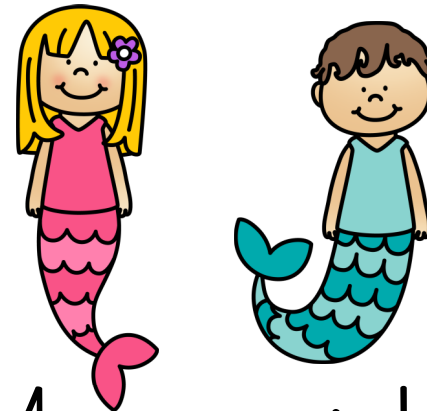
Starfish



Seahorse

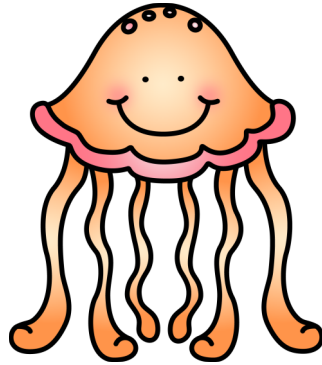


Crab

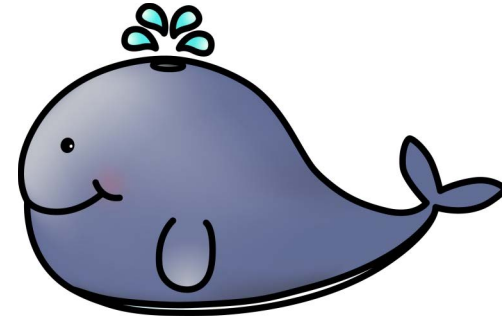


Mermaid

VOCABULARY PICTURE CARDS 3:



Jelly Fish



Whale

under the sea themed YOGA & LITERACY PACKET

Vocabulary CARDS

PURPOSE:

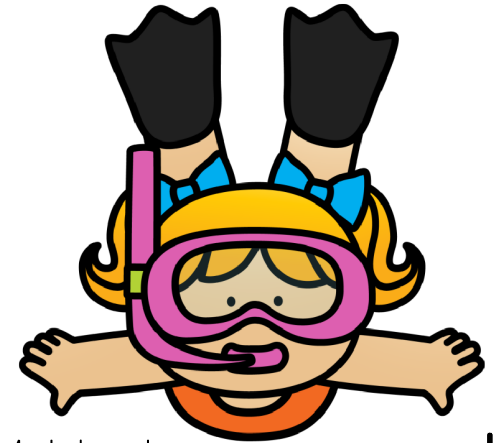
- These vocabulary cards are rectangular learning aids that have a printed word with an accompanying illustration.
- These cards will help children develop the oral vocabulary related to a given theme.

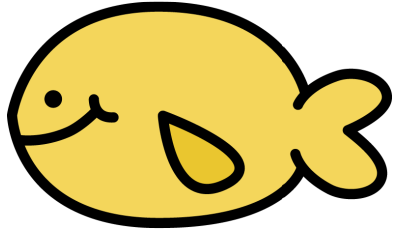
INSTRUCTIONS:

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

THESE CARDS CAN BE USED:

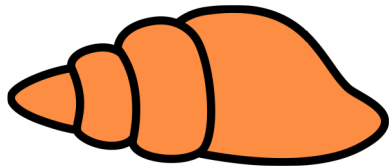
- During explicit instruction
- While reading theme based literature
- During the practice of theme based yoga lessons
- As visuals to reinforce previous lessons
- Other activities, including: Sorting, BINGO, Memory Match, Picture to word Match, etc.





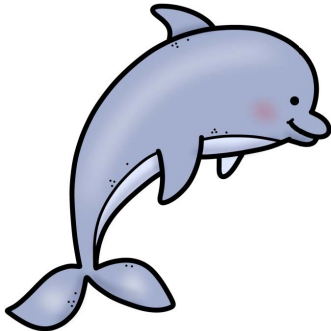
Fish

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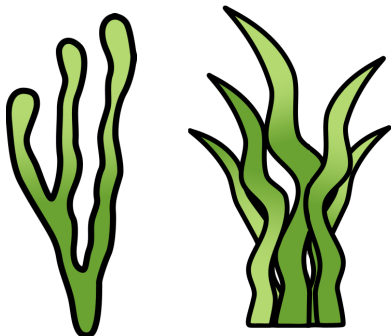
Sea Shell

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Dolphin

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Sea Weed

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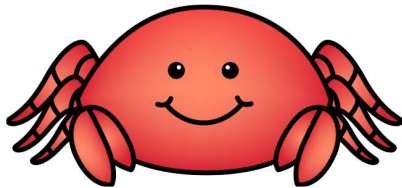
Starfish

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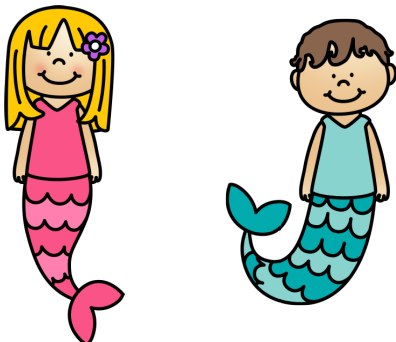
Seahorse

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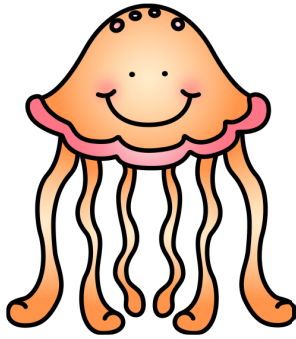
Crab

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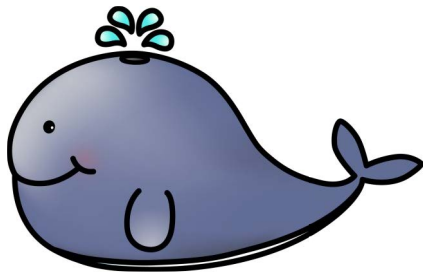
Mermaid

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Jelly Fish



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Whale



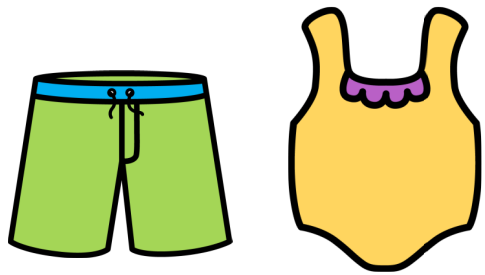
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Sun Glasses



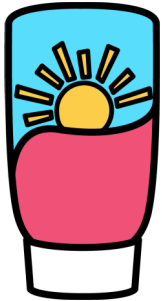
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Flip Flops



Bathing Suit

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Sun Screen

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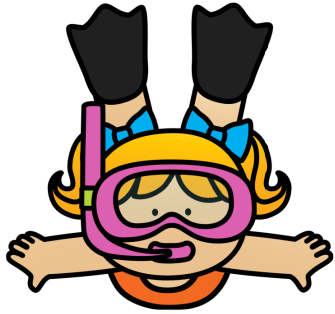
Hat

©ToolsToGrowOT.com



Swim

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Snorkel



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Surf



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Sail



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Fishing

under the sea themed YOGA & LITERACY PACKET

Sorting BOARD



DIRECTIONS:

Option 1:

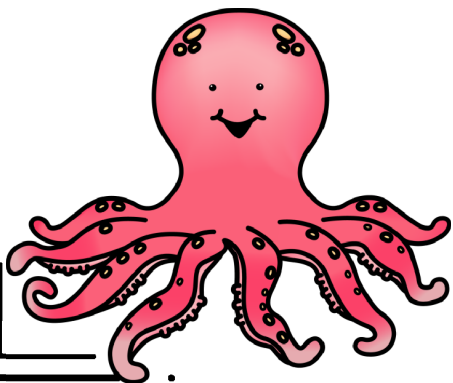
- Print each sorting mat (3 in total = One mat per page)
- Using the following vocabulary cards, sort each card into the appropriate sorting mat:

THINGS WE DO	THINGS WE WEAR	CREATURES WE SEE
Swim	Sun Glasses	Dolphin
Snorkel	Flip Flops	Fish
Surf	Bathing Suit	Starfish
Fishing	Sunscreen	Crab

- Optional: Glue cards onto sorting mats

Option 2:

- Print sorting mat
- Print and cut out each sorting card
- Using the vocabulary cards, sort each card into the appropriate category
- Optional: Glue and color cards onto sorting mat



THINGS WE WEAR

under the sea Sorting Mat

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THINGS WE DO

under the sea sorting mat

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CREATURES WE SEE

under the sea **Sorting Mat**

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under the sea

Sorting CARDS


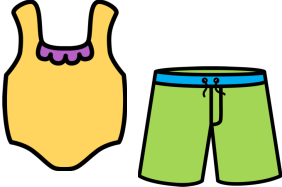

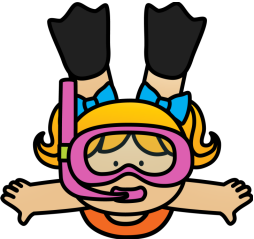
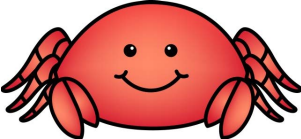





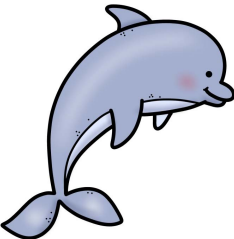

.....

OPTION

②

DIRECTIONS:

- ☑ Cut out each card below.
- ☑ Using the sorting mat, place each card in the category it belongs.

 <p>Swim</p>	 <p>Bathing Suit</p>	 <p>Sun Glasses</p>
 <p>Snorkel</p>	 <p>Crab</p>	 <p>Flip Flops</p>
 <p>Surf</p>	 <p>Sunscreen</p>	 <p>Fish</p>
 <p>Fishing</p>	 <p>Dolphin</p>	 <p>Starfish</p>

under the sea  Sorting MAT

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THINGS WE WEAR

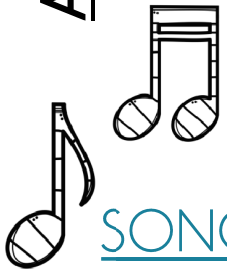
THINGS WE DO

CREATURES WE SEE

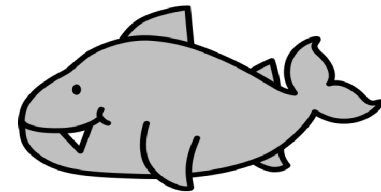
under the sea themed YOGA & LITERACY PACKET

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Yoga Songs & movement ACTIVITIES



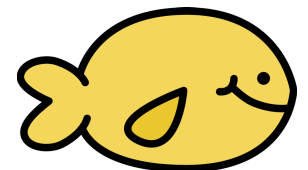
SONG ①: BABY SHARK – SUPER SIMPLE SONGS



- Use a sea creature prop (i.e., stuffed animal, shell, or laminated picture).
- Play the song.
- Pass the prop.
- Randomly stop the song. When the music stops, whoever is holding the prop gets to model a yoga pose for everyone to do.

SONG ②: THE GOLDFISH – LAURIE BERKNER

- Have the children lay down with their eyes closed.
- Encourage them to visualize what they are hearing in the song.
- Work together to come up with movements that match the song.
- Play the song again, and have them practice their movements.



under the sea

themed

YOGA & LITERACY PACKET

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Prepositions

ACTIVITY



PURPOSE: To be used for understanding spatial concepts and following directions.

INSTRUCTIONS:

1. Print out Under the Sea and Beach Scene. Laminate for durability
2. Print and cut out each item to be used with the following scenes:

UNDER THE SEA SCENE

- Fish
- Sea Shell
- Dolphin
- Sea Weed
- Starfish
- Seahorse
- Crab
- Mermaid
- Jelly Fish
- Whale

BEACH SCENE

- Sun Glasses
- Flip Flops
- Bathing Suit
- Sun Screen
- Hat
- Swim
- Snorkel
- Surf
- Sail
- Fishing

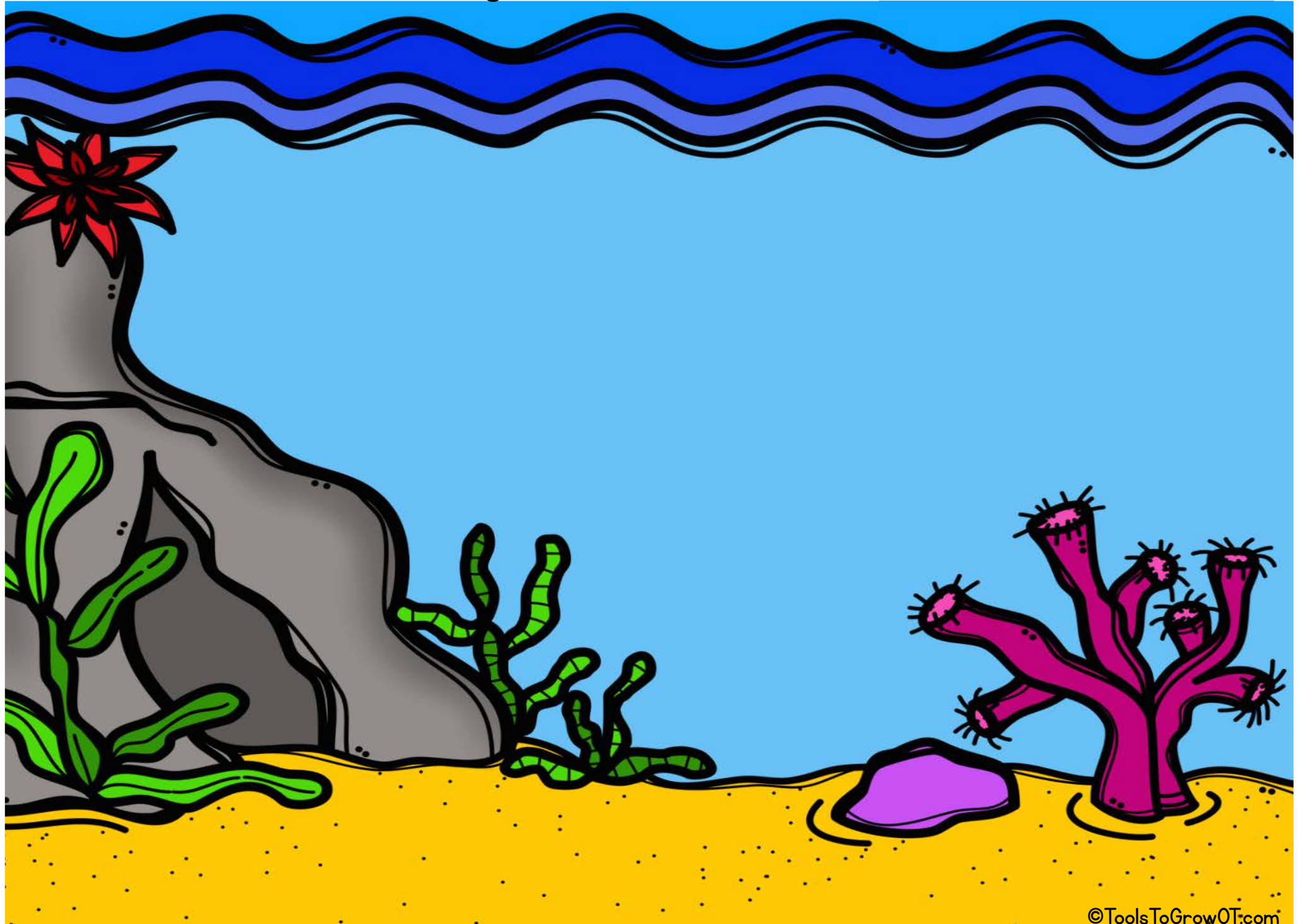
3. Print out direction page for each scene.
4. Read the directions for the child to place each item on the scene.

VARIATIONS:

- Have the child make up their own directions.
- Have the child make a scene and then print a story about it.

under the sea

PREPOSITIONS SCENE



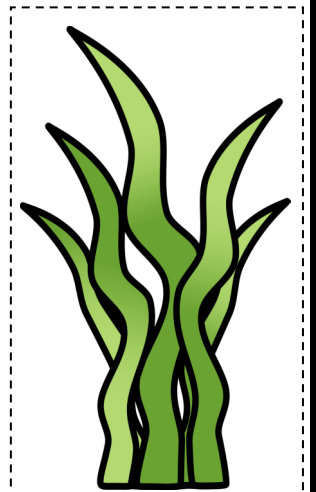
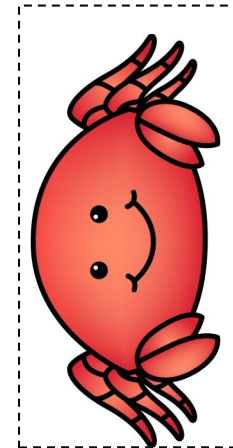
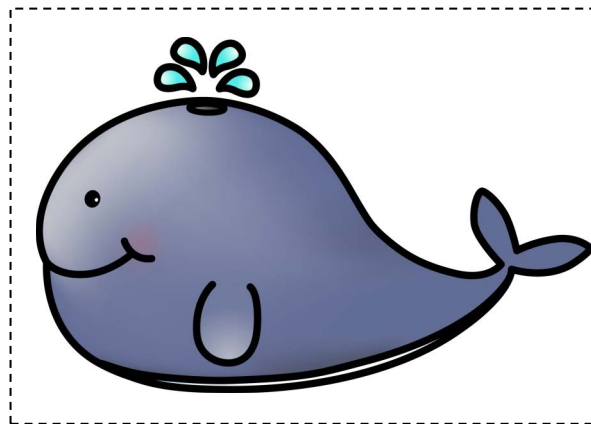
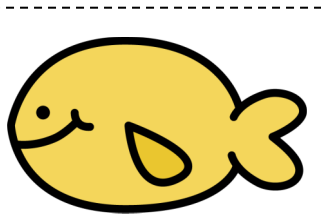
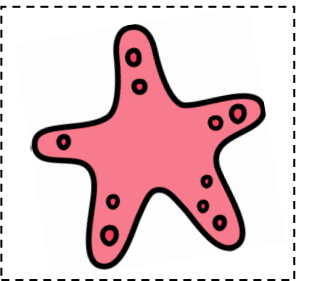
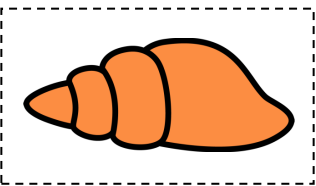
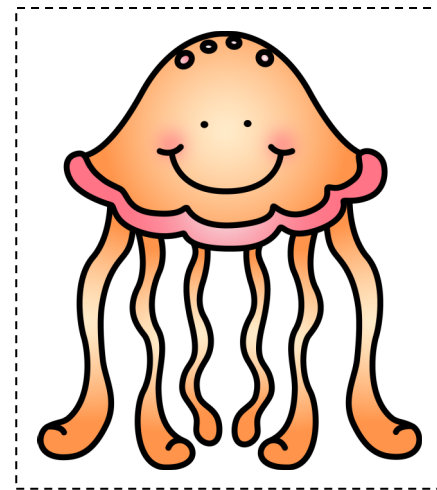
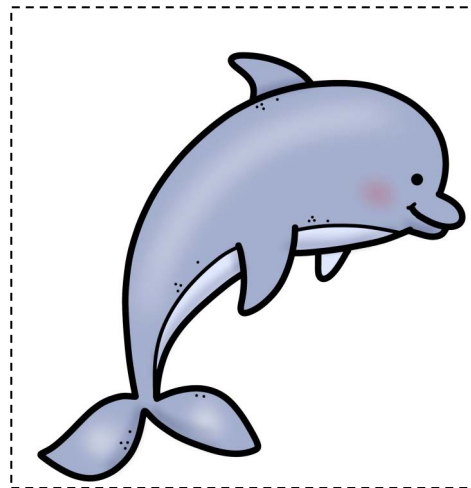
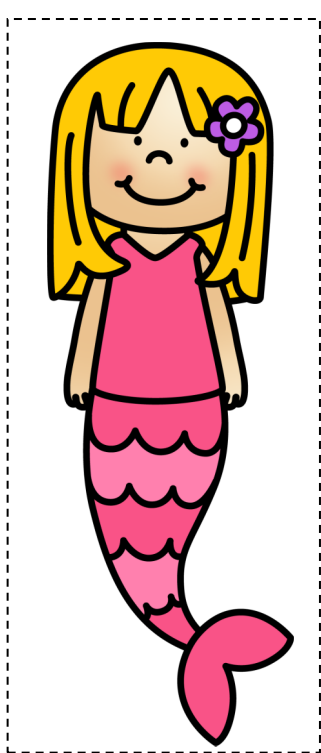
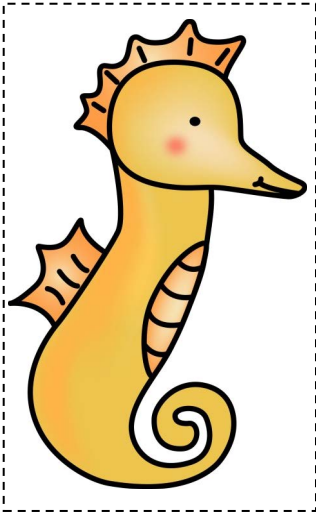
PREPOSITION ITEMS:



Cut out each item below to be used with the accompanying scene.

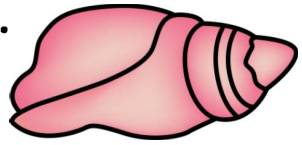
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UNDER THE SEA SCENE



under the sea scene

DIRECTIONS:



1. Put the fish beside the red flower.
2. Put the whale at the top of the ocean in the middle of the waves.
3. Put the jellyfish above the coral.
4. Put the seahorse coming out of the cave.
5. Put the dolphin under the whale.
6. Put the crab under the rock.
7. Put the seaweed at the bottom of the ocean.
8. Put the starfish on the bottom of the ocean.
9. Put the seashell beside the starfish.
10. Put the mermaid on top of the purple rock.



beach time

PREPOSITIONS SCENE

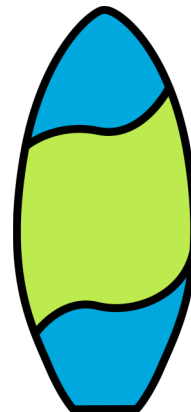
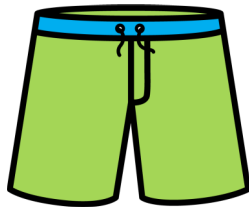
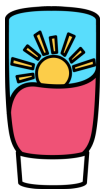
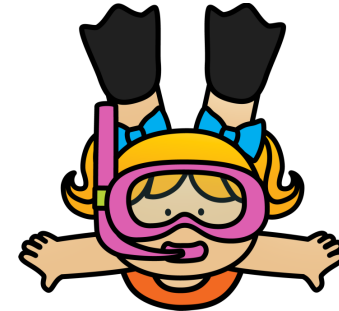
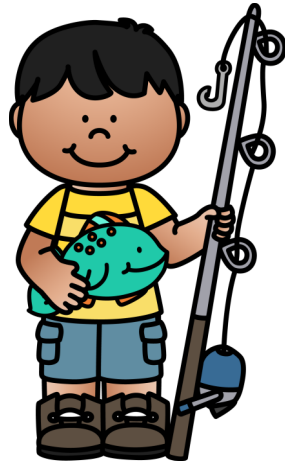


PREPOSITION ITEMS:



Cut out each item below to be used with the accompanying scene.

BEACH SCENE

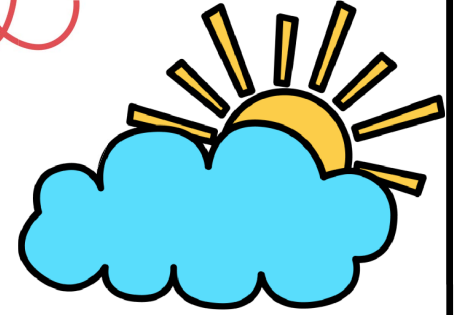




beach time scene

DIRECTIONS: 

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1. Put the sunscreen in the hammock.
2. Put the sunglasses under the hammock.
3. Put the girl snorkeling in the big waves.
4. Put the sailboat between the cloud and the water.
5. Put the flip flops and hat next to the palm trees.
6. Put the bathing shorts under the palm tree.
7. Put the boy with the fishing pole at the bottom of the scene.
8. Put the girl swimming under the girl snorkeling.
9. Put the surf board beside the palm tree.

