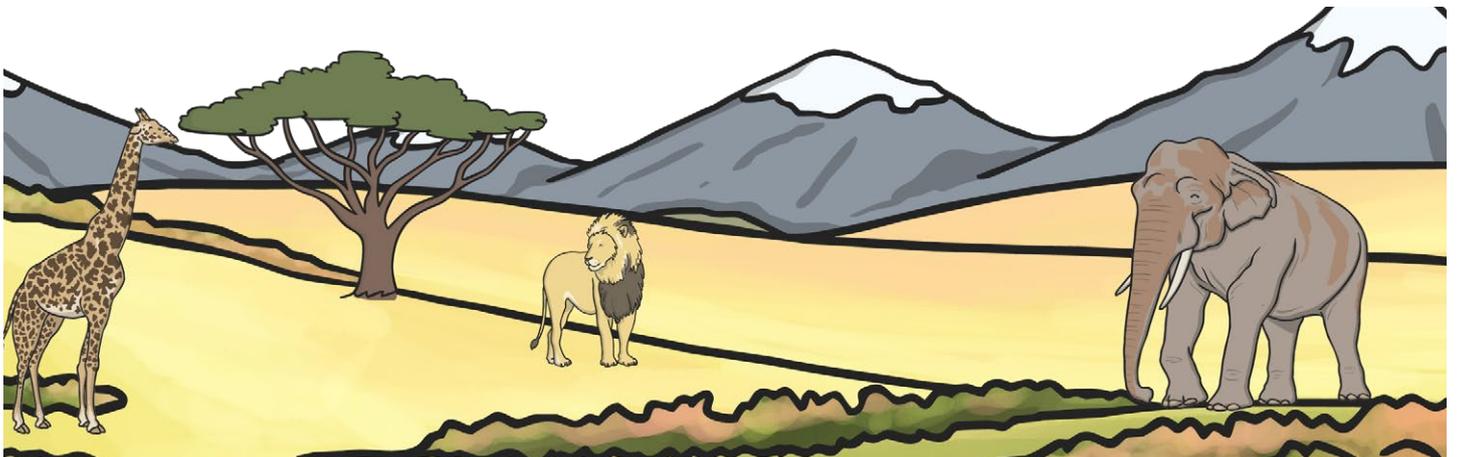


# African Animal Yoga

<b>Age</b>	5-7
<b>CfE Experience and Outcome</b>	I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space (HWB 0-21a).
<b>Time:</b>	Approximately 20 minutes but can be flexible according to age and session time.
<b>Introduction:</b>	Today, we're going on a special trip to Africa. Have a discussion about Africa. Has anyone been there? What stories do we know that are set in Africa? Together, think of some animals that live there. Use animal props as a stimulus by slowly revealing them from the bag and giving clues as to what it might be. How do the animals move? What noises do they make? Read a story set in Africa if choosing to do so e.g. 'Handa's Surprise' by Eileen Browne or 'We All Went on Safari' by Laurie Krebs. Depending on the book, you could refer to a specific country in Africa e.g. Tanzania.
<b>Main Activity:</b>	<p>Let's begin. Everyone, sit cross-legged with back straight, shoulders back and chin tucked in.</p> <p>Place your palms together at your heart and bow forwards and say our special Yoga password, 'Namaste'.</p> <p>First, we are going to travel on a train to get to Africa. Still sitting, punch your arms left then right. Breathe in through your nose with one punch then breathe out through your nose with the other punch. Listen to your breath, does it sound like the train? Keep going. Get faster. Let's slow down now like we are arriving at the station with one last big breath out.</p> <p>Let's stand up and walk (on the spot) from the train towards our adventure. Knees high, work those arms. Backs straight, keep breathing. Here we are, let's look through our binoculars, make a circle with your thumb and first finger and look around.</p> <p>Wow! I can see the beautiful mountains. Everyone stand in mountain pose. (See card 1). Keep breathing whilst you gaze at the enormous mountains. OK, let's keep walking.</p>



<b>Main Activity Continued:</b>	<p>I can see a giraffe with its long, tall neck. Let's make ourselves as tall as a giraffe (see card 2). Can you curl your tongue around as though you are eating leaves from a tree?</p> <p>Let's do tree pose! (See card 3). Keep breathing, try and balance! Let's swap legs.</p> <p>OK, in the distance I can see a watering hole with pretty pink flamingos! (See card 4). What long hooked beaks they have. Let's make that shape. Swap arms.</p> <p>What's that? It's a huge, grey elephant! Let's make an elephant shape. Reach those trunks up tall and make an elephant noise...and again bending back down from the hips. (See card 5). Let's move our legs too, walking on the spot.</p> <p>Can you see something moving in the grass? It's a long slithering snake. Let's do a snake pose. Can you hiss like a snake? (See card 6)</p> <p>What's that noise? I can hear hooves. It's a herd of zebra. Let's stretch like a zebra on all fours. Up and down. (See card 7)</p> <p>Here comes the king of the African plains. It's a lion! Let's do lion pose with a silent roar...we don't want him to know we're here! (See card 8)</p> <p>Phew! He didn't see us. Let's keep walking. Our trip is almost over. Wow, I can see a beautiful butterfly overhead. Let's flap our wings slowly like a graceful butterfly. (See card 9)</p>
<b>Closing:</b>	<p>What an amazing adventure! We deserve a rest. Let's settle in the shade beneath this tree. Lying on our backs. Eyes closed if you wish (see card 10.) Let us think about our trip today and the wonderful creatures we saw. Which one was your favourite? Breathe here calmly and quietly for as long as needed.</p> <p>Finally, let's sit up cross-legged with our hands to our hearts and say our secret Yoga password, 'Namaste'.</p>
<b>Extension Opportunities:</b>	<p>Children to choose their own animal poses and demonstrate. Take photos of the children and make your own class Yoga book.</p>
<b>NB</b>	<p>Hold each pose for at least two breaths and always change sides when instructed to. Keep breathing, move slowly into the pose, never overstretch and if any pain is felt stop immediately. Have Fun!</p>

