

Hello, Moon!

Story Time Kit

Take a yoga journey to
the moon and explore
the solar system



Hello, Moon Readers,

When my son was a child, I would always have a bubbly bath with songs, then read a book with a warm drink for him. He's 27 now, but had I known then how yoga and mindfulness help children calm their minds and bodies, we would have added an evening yoga practice too.

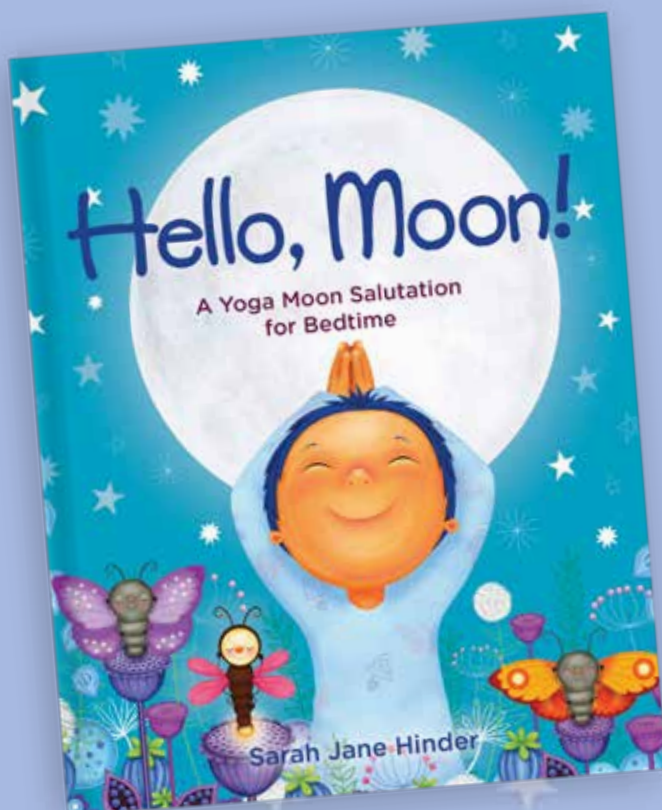
Moon salutations offer a wonderfully simple addition to a bedtime routine. They calm your body and soothe your mind—and a regular practice will develop a feeling of ritual and comfort. Not only is the moon salutation flow soothing for both child and parent, but the practice is a bonding experience. Stretching and breathing together feel really good.

Just taking 5 to 10 minutes to practice moon salutations promotes feelings of calm, grounding, and well-being, while sharing special moments will be remembered with loving kindness for a lifetime. It's my hope that Hello, Moon!—along with its main character (I call him Máni) and his cosmic friends—can become a nightly ritual for you and your family.

Please enjoy the activities that follow to help you practice the poses, engage with the night sky, and get to know the planets. You can also watch a special book reading video [here](#).

Wishing you evenings filled with the healing light of the moon.

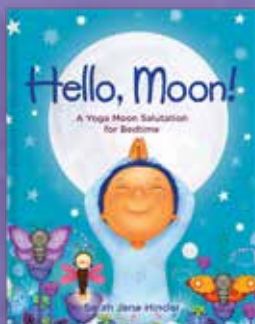
Love and light,
Sarah



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Hello, Moon!

Yoga Positions Card Deck



Cut out each card and use them to help you remember each position.



Mountain pose



Extended mountain pose



Crescent moon pose



Goddess pose



Star pose



Triangle pose



Pyramid pose



Low Lunge



Half Garland Pose



Garland Pose



My favorite pose is _____.



I feel most relaxed in _____ pose.



The most adventurous pose is _____.



The most challenging pose is _____.



Look up at
the moon and
shine your
own light!

Phases of the Moon



As the Moon orbits the Earth, the Sun lights up different parts of it, making it seem as if the Moon is changing shape. In actual fact, it's just our view of it that's altering.

When the Moon appears to be getting bigger, it's 'waxing' and when it looks like it's getting smaller, it's 'waning'. Once the face of the Moon is fully turned towards the Sun, it's a Full Moon, and we see it all. But, as the Moon moves around the Earth, the face pointing towards us gradually becomes hidden from the Sun until we can hardly see it at all – this is a New Moon.

Can you see the moon this evening? What phase is it in? What phase will come next? Which is your favorite phase?

From *National Geographic* for Kids

Fun Moon Trivia

Who first walked on the moon?

On July 20, 1969, millions of people gathered around their televisions to watch two U.S. astronauts do something no one had ever done before. Wearing bulky space suits and backpacks of oxygen to breathe, Neil Armstrong and Edwin “Buzz” Aldrin became the first human beings to walk on the moon. After the two stepped onto the lunar surface, Armstrong proclaimed these famous words: “That’s one small step for a man, one giant leap for mankind.”

Who is the man in the moon? Is the moon made of cheese?

From ancient times, human beings told stories about the moon. When we look up at the moon many have seen the image of a face, also known as “the man in the moon,” or even animals, and throughout the centuries tales have been made up to try to explain our lunar neighbor. As telescopes were designed, even the simplest of those were able to observe the craters on the moon and some invented stories of the moon being made of cheese as an explanation.

What are you “over the moon” about?

This is an expression that means you are extremely pleased or happy about something. For example, you could say I am over the moon that I learned how to do yoga. Or, my soccer team was over the moon when we won our game. Or, my family is over the moon about getting a new puppy. Your turn!

From National Geographic Kids and Planets for Kids

Planet Word Search

As you journey through the solar system on your Hello, Moon adventure, can you find the eight planets? There used to be a ninth planet. However, it is no longer considered a planet because it's so small, but instead known as a dwarf planet. Do you know which one it is in the list below?

WORD BANK:

Mercury

Pluto

Jupiter

Neptune

Venus

Saturn

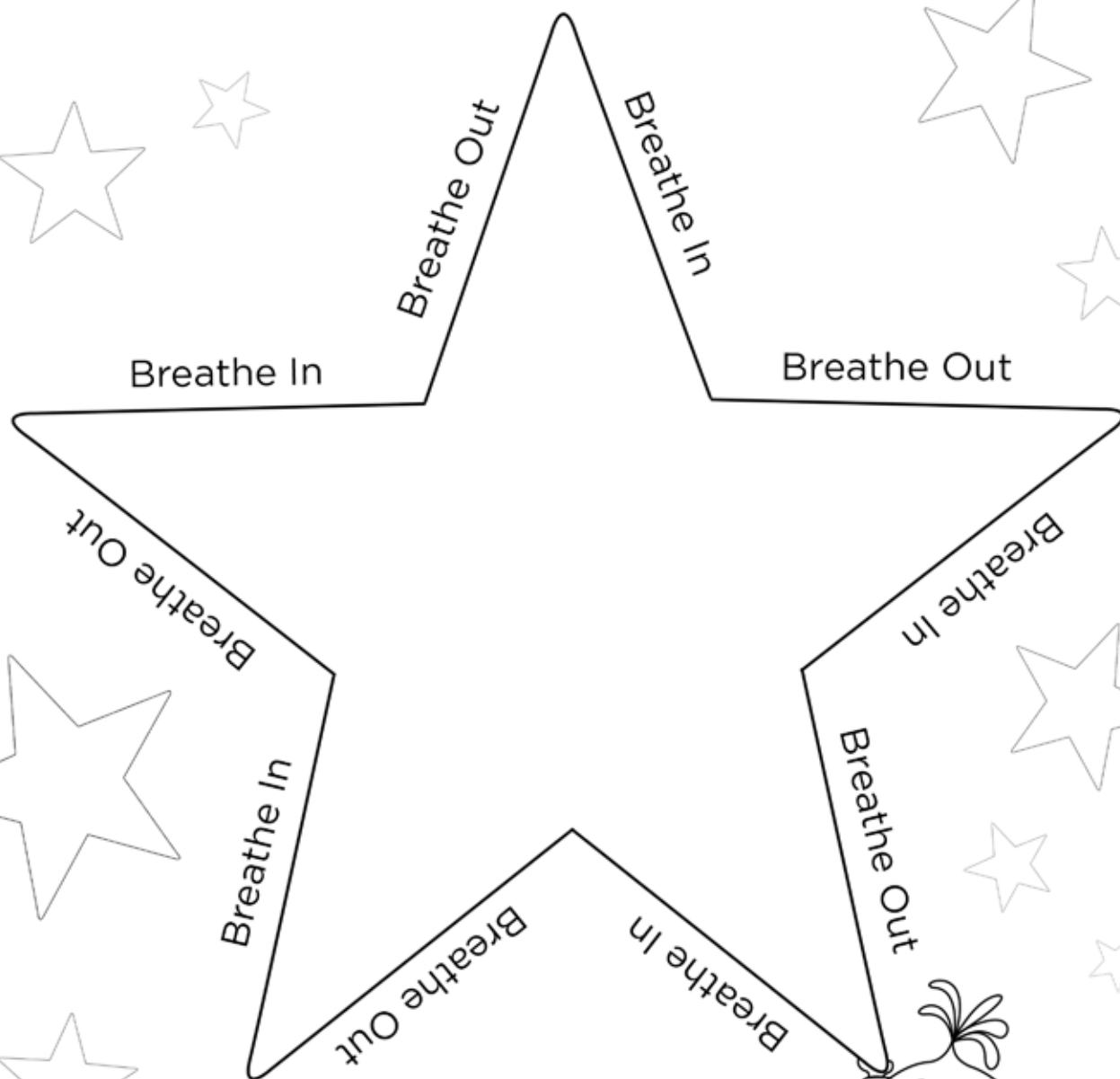
Earth

Uranus

Mars

B B H U R A N U S N L H G R B
E S Z O A T W A U N M R N G E
H L V A V A N R I W E A S S D
J W A T E A R T H B N G R A Y
B U Z X L J B N T V U O J S R
W D P W Z U J I M E R C U R Y
N R Z I M T Y R H A E T W T H
E Z I T T C K T E A B G H K V
P L H E U E X S E P I F V Z G
T O R A L R R S T Y V I E B K
U X D F G H T S Y C Y P N I J
N F B M A W F L H B S L U N T
E V C F A X S B E C W U S Y T
C I T L X R Y T J E I T Z P E
S A T U R N F Z F G M O P B M

Star Breathing



Place your finger on the top point of the star.

Trace your finger around the five points.

Breathe in through your nose and fill your tummy like a planet.

You can hold your breath for two counts at each inside point.

Breathe out through your nose.

On the last breath out, breathe a long breath out from your mouth.



Coloring Pages



