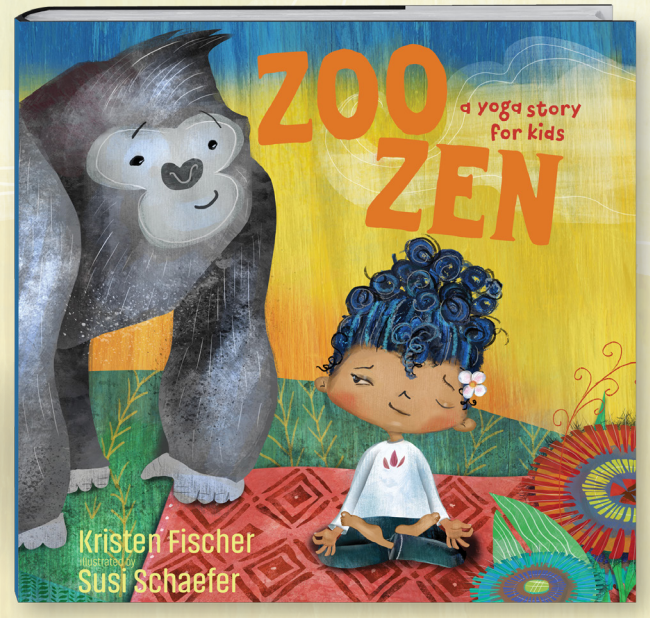
YOGA STORY HOUR KIT

Host a yoga story hour in your bookstore, library, classroom, studio—or right at home!

Yoga for kids is a popular activity these days—with more and more parents and educators participating in its educational play to teach children this empowering lifestyle skill.

Zoo Zen readers will join Lyla as she learns 11 yoga poses from her friends at the zoo, receiving helpful tips along the way from each animal she encounters. And each pose has an animal name (e.g., bear pose, cobra pose, lion pose). *Zoo Zen* also uses counting and rhyming to make for a fun, lighthearted story and support memorization.



ISBN: 978-1-62203-891-6

Use the activities in this kit to host a yoga story hour with kids!

SOUNDS TRUE
many voices, one journey

YOGA STORY HOUR TIPS

1. **Promote your story time event:** Use the Yoga Story Hour sign on the next page. Post it in prominent locations and use it as a bag stuffer or check-out flyer.

2. **Prepare a story hour space:** An open space with carpeted floor or carpet squares for kids to stand on is ideal. While children's yoga mats are fun, they are not necessary.

3. **Watch the book video reading:** This is available at Sounds True: soundstrue.com/store/zoozen.html, or you can search "Zoo Zen" on YouTube.

4. **Simply read the story first:** Read the book to the children to help them get acquainted with Lyla as the main character, the plot, and its rhythm. Allow the children to study the book's illustrations as you read.

5. **Try the poses together:** Read the book again and this time do the yoga poses together.
   - It's helpful to have one person holding and reading the book and a second person doing the poses with the children.
   - Start by taking slow, deep yoga breaths and exhaling long and slow.
   - Ask the children if they'd like to read it one more time to try the poses again.

6. **Teach the meaning of "Namaste":** At the end of the story, Lyla puts her hands together, palms touching, in the center of her chest. Together, bow and say, "Namaste," which means, "The light within me honors the light within you." This is how yoga classes come to a close.

7. **Discuss the yoga story experience:** Invite the children to sit in a circle to talk about it. For example:
   - What was your favorite pose from the book?
   - What was the most difficult pose?
   - How did the poses make you feel?

8. **Engage in complementary activities:** If time allows, you can lead the children through the activities in this kit. You can also share copies with parents and caregivers or provide the link for the kit so that they can download it: soundstrue.com/store/zoozen.html

 Illustrations copyright @2017 by Susi Schaefer. This page may be photocopied for free distribution.

COME TO OUR YOGA STORY HOUR!

We'll hop like a frog, slither like a snake, and roar like a lion.

You can count on the animals to make yoga fun!

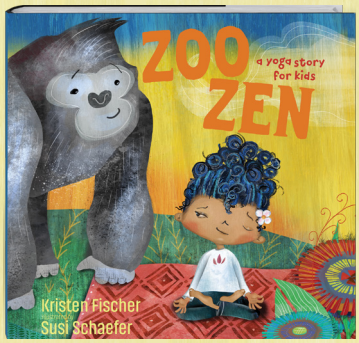
Date and Time:

Location:

Yoga Story Hour Kit SoundsTrue.com Illustrations copyright @2017 by Susi Schaefer. This page may be photocopied for free distribution.

ZOO ZEN

Yoga Positions Card Deck



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

BEAR

Hang on to your toes.

COBRA

Keep your hands under your shoulders.

EAGLE

Hook one foot behind your calf if you can.

LION

Stick out your tongue.

CAMEL

Relax your neck.

CROCODILE

Turn your heels out.

DOLPHIN

Press your palms to the ground.

GORILLA

It's okay to bend your knees.

Yoga Story Hour Kit SoundsTrue.com Illustrations copyright @2017 by Susi Schaefer. This page may be photocopied for free distribution.

LIZARD

Step one foot to the outside of your hand!

FROG

Remember to flex your feet.

TREE

Remember to breathe. Use only your nose.

NAMASTE

Conclude with a bow.

I use yoga when I want to feel

_____.

I use yoga when I want to feel

_____.

I use yoga when I want to feel

_____.

I use yoga when I want to feel

_____.

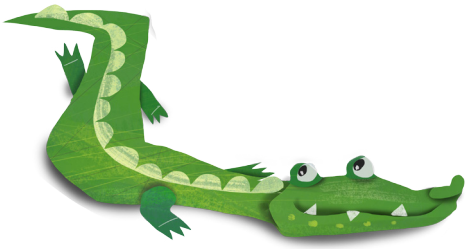
Thanks for doing yoga with Lyla and her animal friends!

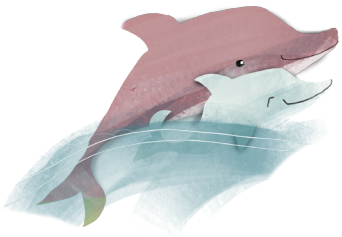
Yoga Story Hour Kit SoundsTrue.com Illustrations copyright @2017 by Susi Schaefer. This page may be photocopied for free distribution.

ZOO ZEN MATCHING GAME

Draw a line to match the animal to the yoga pose that Lyla is doing.
For example, the bear will connect to Lyla doing Bear Pose.

Yoga Story Hour Kit SoundsTrue.com Illustrations copyright @2017 by Susi Schaefer. This page may be photocopied for free distribution.





Yoga Story Hour Kit SoundsTrue.com Illustrations copyright @2017 by Susi Schaefer. This page may be photocopied for free distribution.

WHERE DOES YOGA COME FROM?

People have been practicing yoga for a long time. It began in India more than 5,000 years ago. Yoga helps your body to be strong and flexible, and it also helps to calm and focus your mind.

This is called the Pashupati Seal. It was discovered by archeologists in 1925 in India, but it is thousands of years old. The seal is widely regarded as an early representation of yoga. It is a carving of a meditating yogi (someone who practices yoga) surrounded by wild animals.

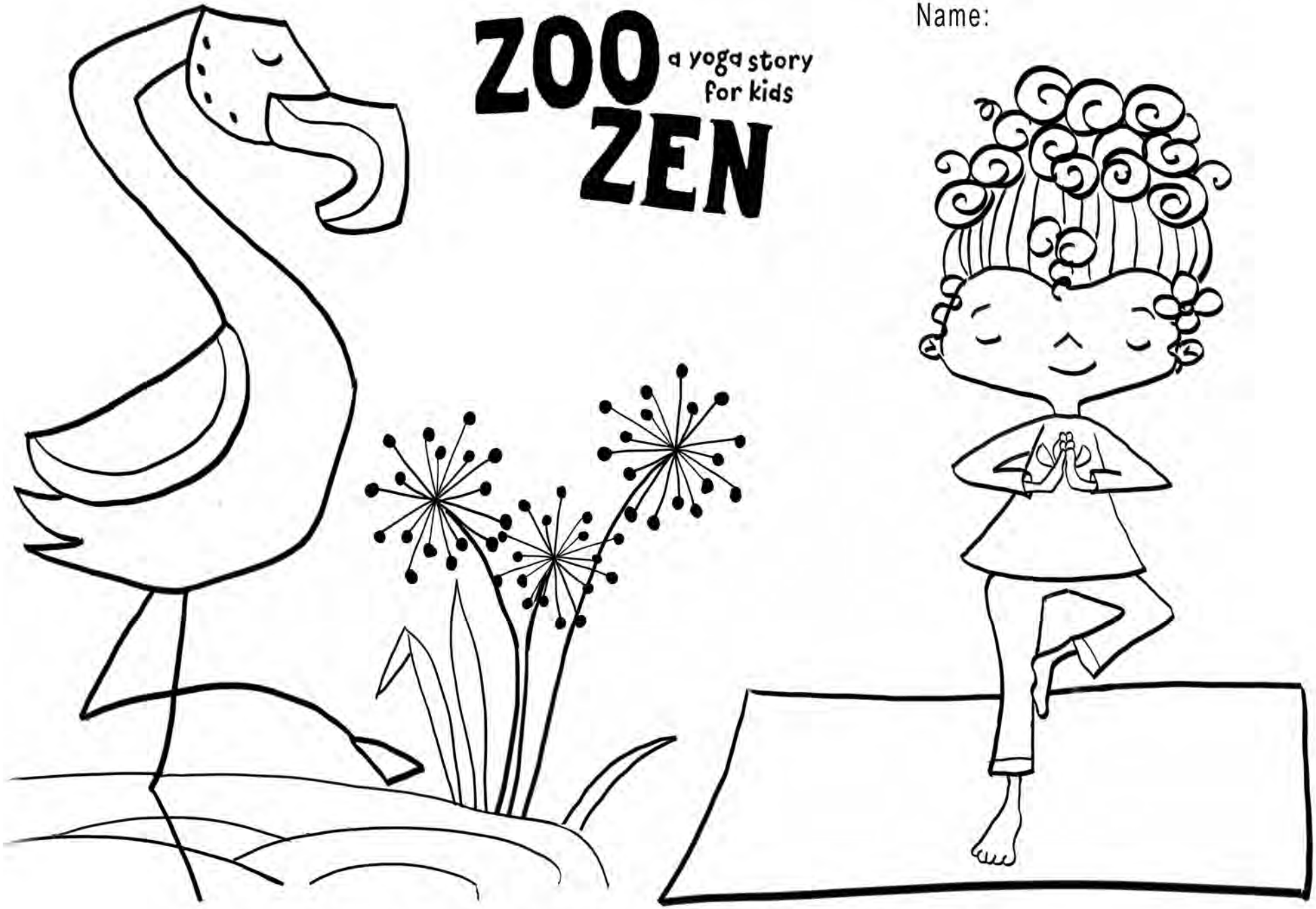
Draw a picture to create your own seal. It can be of you doing yoga and your favorite animals from the *Zoo Zen* story.

Yoga Story Hour Kit SoundsTrue.com Illustrations copyright @2017 by Susi Schaefer. This page may be photocopied for free distribution.

Name:

ZOO ZEN

a yoga story for kids



@2017 Coloring sheet ZOO ZEN: A YOGA STORY FOR KIDS
by Kristen Fischer, illustrated by Susi Schaefer (Sounds True, 2017)

Yoga Story Hour Kit SoundsTrue.com Illustrations copyright @2017 by Susi Schaefer. This page may be photocopied for free distribution.