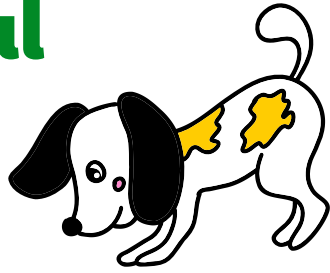


# Yoga Dog's delightful day out



This is a guided yoga and mindfulness activity. It will introduce little ones to simple yoga poses by comparing them to the shapes zoo animals can make with their bodies.

## Story

Yoga Dog was so excited when she woke up today. Why? Because today she's going to see her friends at the Yoga Zoo!

Like she does every morning, Yoga Dog gets out of bed and stretches her arms up high to say 'hello' to the sun. *[sun salute]*

Then she bends forwards to her toes and says 'hello' to the earth. *[standing forward fold]*

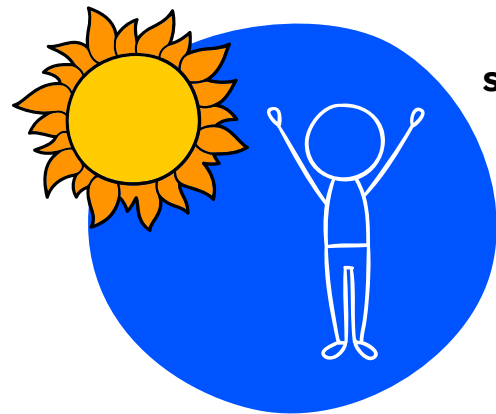
Now it's time for Yoga Dog to start her delightful day out. Can you copy Yoga Dog while she joins in with her friends at the Yoga Zoo?

First things first, we need to get on the bus to the zoo! *[Play 'The wheels on the bus' and make the movements as you go]*

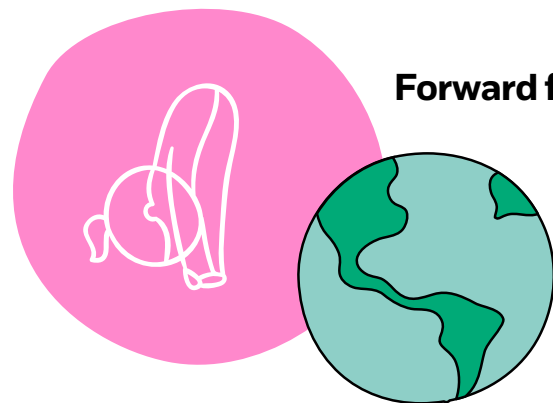
Once she arrives, Yoga Dog is so excited to see her friends. First, she goes to visit Sammy the Snake. Sammy's sunbathing in the sand. Can you lie on your tummy and look up at the sky like Sammy does? *[snake pose]*

# The Yoga Zoo Challenge

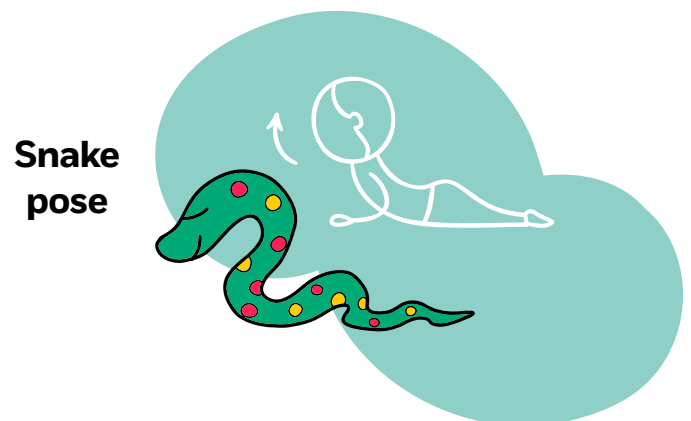
Read the story aloud and demonstrate the poses yourself. Don't worry if not every child can do all the poses – it should be a gentle way to get children to move their bodies and have fun as part of the Yoga Zoo Challenge.



Sun  
salute



Forward fold



Snake  
pose

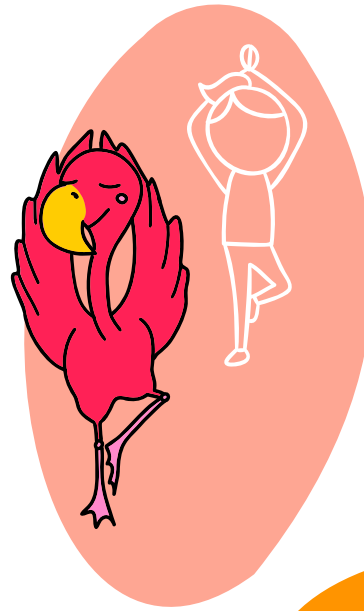
Then she goes to visit Fope the Flamingo. Fope's having a bath in the lake. Can you balance on one leg like Fope does? [*flamingo pose*]

Next, Yoga Dog runs over to see Miriam the Monkey. Miriam is sitting cross-legged up in a tree, eating an apple. Can you sit cross-legged and reach for apples like Miriam? [*monkey pose*]

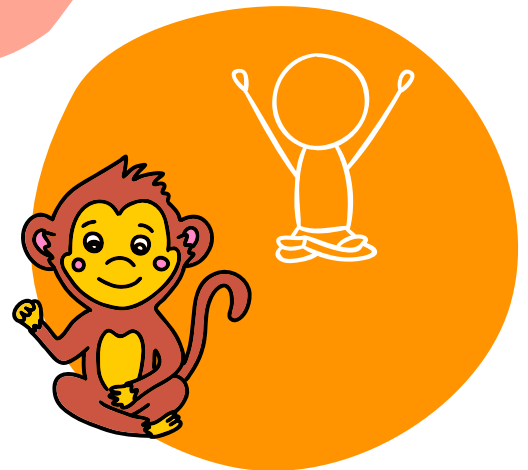
Now Yoga Dog can see her friend Caleb the Cow. Caleb's standing in the grass. He says 'Moo!' when he sees Yoga Dog by the field. Can you get on all fours and say 'Moo!' like Caleb does? [*cow pose*]

Yoga Dog strolls across the zoo to visit the pond. She spots Faisal the Frog leaping from one lily pad to the next, then sitting down once he's found the perfect pad. Can you bend your knees and put your hands on the ground like Faisal does? [*frog pose*]

Yoga Dog skips her way over to Willem the Wolf. But Willem is still asleep! Yoga Dog wants to play, so she shouts, "Wake up, Willem!" Willem opens one eye and then does a big, deep stretch. Can you do a big deep stretch like a wolf that's just woken up? [*dog pose*]



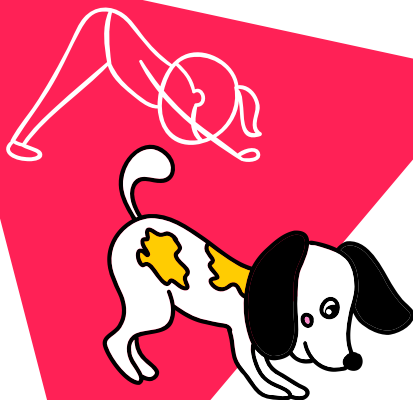
**Flamingo pose**



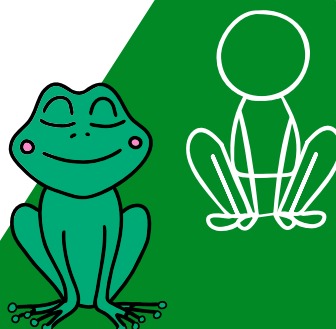
**Monkey pose**



**Cow pose**



**Dog pose**



**Frog pose**

Next it's time to see Jackie the Giraffe. Jackie is standing up tall while she chomps on leaves from the tops of the trees. Can you stand up tall to reach the leaves like Jackie does? *[giraffe pose]*

Yoga Dog hops across to Billie the Butterfly. Billie looks so pretty and colourful as she spins around the butterfly house. Can you wiggle your legs like a fluttering butterfly? *[butterfly pose]*

Now Yoga Dog's starting to feel verrrry sleepy. The last friend she needs to visit is Lex the Lion. When Yoga Dog arrives, Lex is getting ready for a nap. What perfect timing! Yoga Dog joins Lex as he kneels with his hands on his knees, taking a few long deep breaths . *[lion pose]*

Then Lex arches his back in a big stretch before curling up for a rest on his rock. Can you arch your back like a sleepy lion? *[cat pose]*

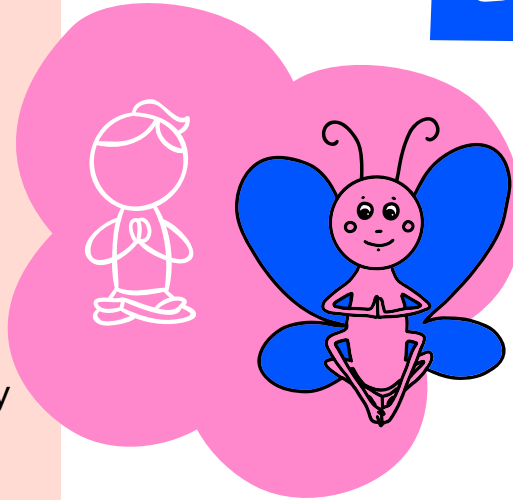
Yoga Dog then takes three deep, long, calming breaths *[breathing in through the nose and out the mouth]* and settles down to sleep. What a lovely end to the day.

After her nap, Yoga Dog is ready to say goodbye to her friends.

Goodbye Sammy!  
Goodbye Fope!  
Goodbye Miriam!  
Goodbye Caleb!  
Goodbye Faisal!  
Goodbye Willem!  
Goodbye Jackie!  
Goodbye Billie!  
Goodbye Lex!

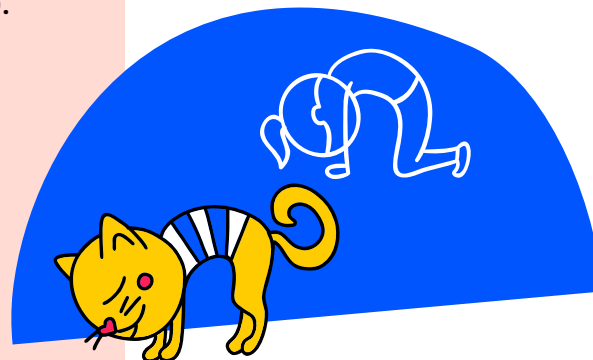
**I've had the best day ever.  
See you next time!**

**Giraffe  
pose**



**Butterfly  
pose**

**Lion pose**



**Cat pose**



**Breathing  
exercises**