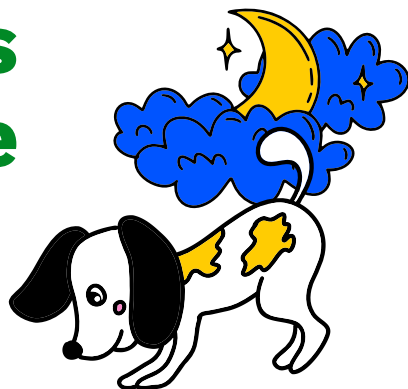


Yoga Dog's night-time adventure



The Yoga Zoo Challenge

This guided yoga and mindfulness activity is the second story from the Yoga Zoo series. It will introduce little ones to simple yoga poses by comparing them to the shapes zoo animals can make with their bodies, as Yoga Dog and friends get ready for bed.

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.

Story

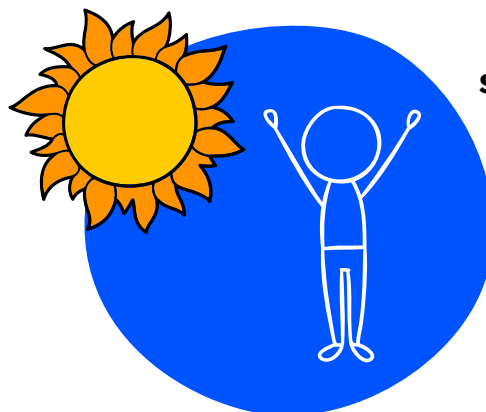
Yoga Dog had a great day playing at the Yoga Zoo with her friends, but look at all the stars in the sky! Now it's time for sleep. *[Play 'Twinkle twinkle little star' and do the actions as you go]*

Yoga Dog stretches her arms up high to say 'goodnight' to the sun and 'hello' to the moon. *[sun salute]*

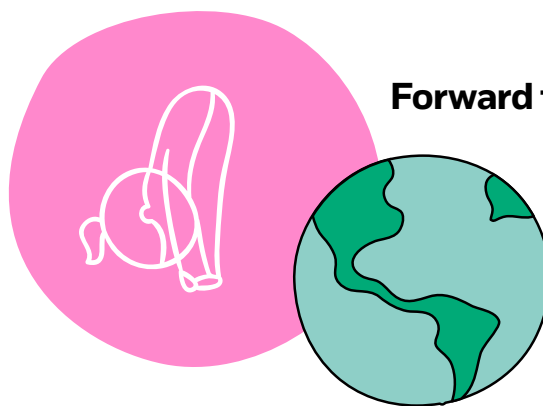
Then she bends forwards to her toes to say 'goodnight' to the grass and flowers. *[standing forward fold]*

Now it's time for Yoga Dog to go on her night-time zoo adventure. Can you copy Yoga Dog to help her get ready for bed with her friends at the Yoga Zoo?

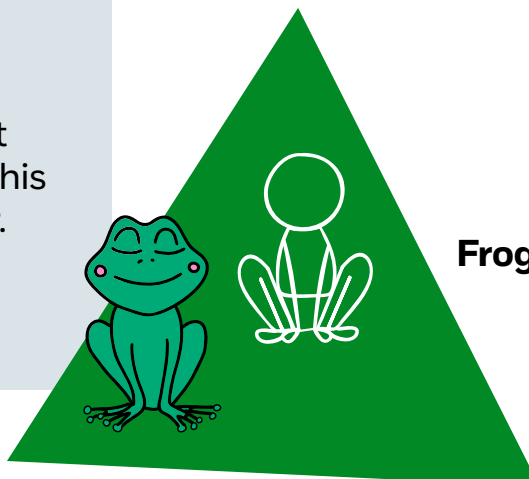
First, Faisal the Frog hops across the pond until he's found the most comfy lily pad. Then he pokes out his tongue to each a fly for his supper. Can you bend your knees and put your hands on the ground like Faisal on his lily pad? *[frog pose]*



Sun salute



Forward fold



Frog pose

Lex the Lion says, “remember to brush your teeth!” Yoga Dog joins Lex as he kneels with his hands on his knees and opens his mouth wide to have his teeth brushed. *[lion pose]*

After brushing his teeth, Lex arches his back to stretch before getting comfy on his favourite rock. Can you arch your back like Lex? *[cat pose]*

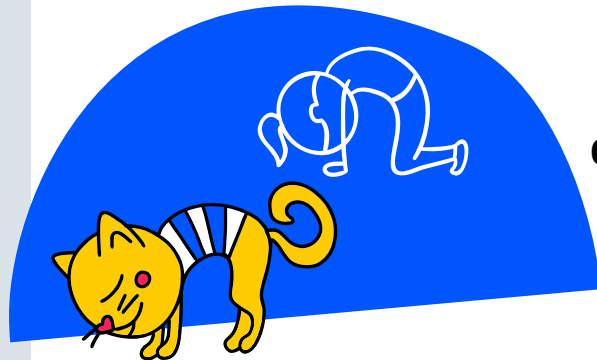
The moon is big and round tonight. Willem the Wolf howls at the moon from his rock. Can you get on your hands and feet to do a deep stretch like a wolf about to howl? *[dog pose]*

Billie the Butterfly finds her favourite flower to sleep in. Can you wriggle your legs like a fluttering butterfly finding a flower? *[butterfly pose]*

Miriam the Monkey likes to read the other animals a bedtime story. Can you cross your legs and stretch your arms up, like Miriam reaching to grab a storybook from a bookshelf? *[monkey pose]*



Lion pose



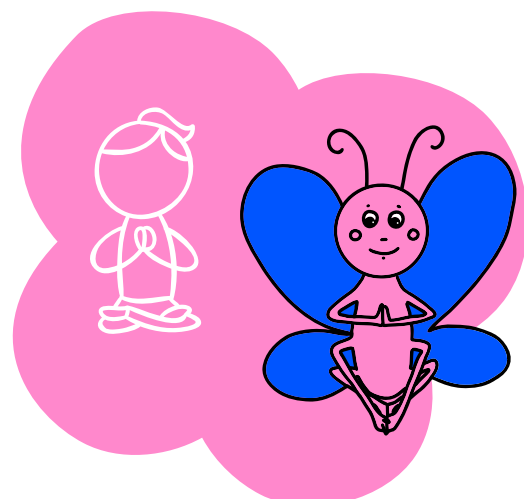
Cat pose



Dog pose



Monkey pose



Butterfly pose

After twisting and slithering around all day, Sammy the Snake likes to have a big, big stretch. Can you lie on your tummy and stretch like a snake? *[snake pose]*

Caleb the Cow is going to sing a lullaby for all the other animals. Can you get on all fours and 'moo' like a singing cow? *[cow pose]*

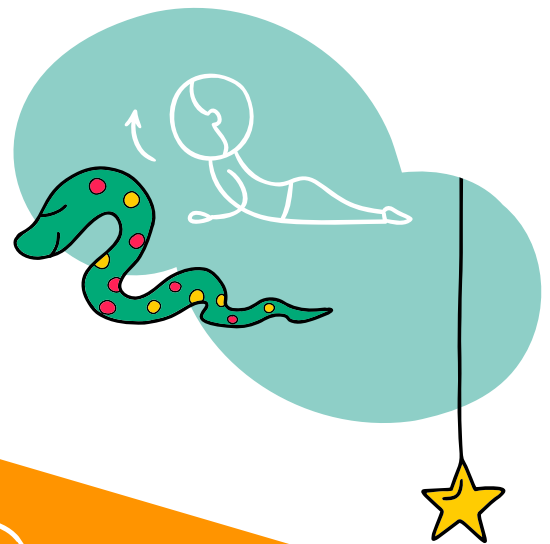
Flamingos like to sleep standing on one leg. Can you balance on one leg like Fope does? *[flamingo pose]*

Jackie the Giraffe turns off the big light. Can you reach up tall to turn off the lights like Jackie does? *[giraffe pose]*

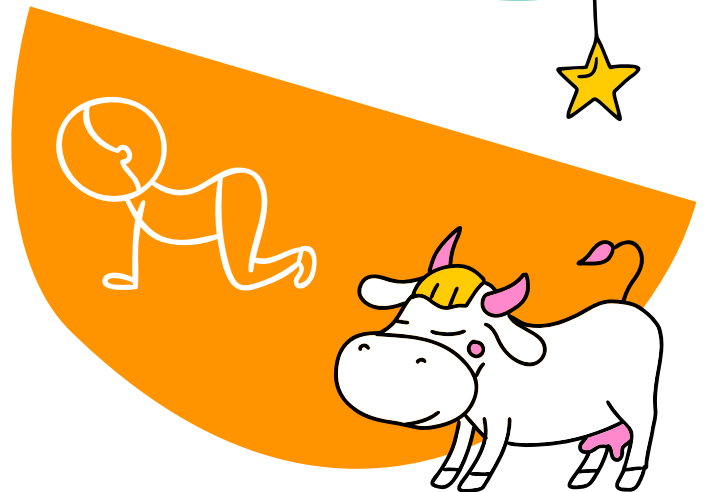
Now that all the animals are ready for bed, Yoga Dog lies on her back and takes three deep, long, calming breaths *[breathing in through the nose and out the mouth]* before falling asleep.

Goodnight, Yoga Dog and friends. Sweet dreams.

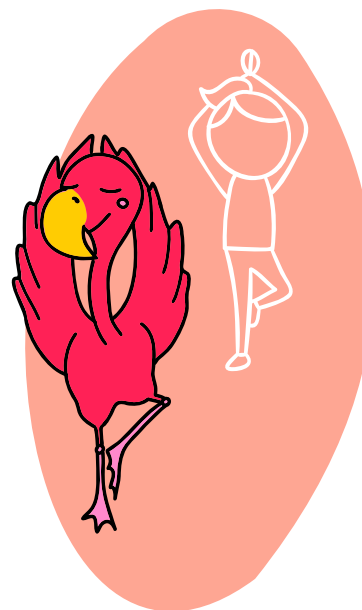
Snake pose



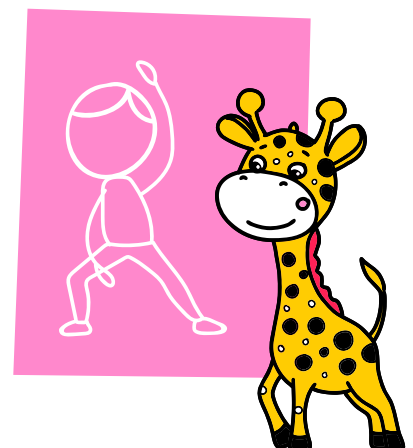
Cow pose



Flamingo pose



Giraffe pose



Breathing exercises

