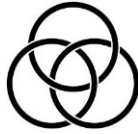


Toolkit

Peace and Quiet

Creative Curriculum ideas * Concepts to Consider * Conversation Starters





Peace and Quiet

A Creative Curriculum

Through the magic of story and the wisdom of yoga we will explore language arts, physical and health education, art and science, social studies, and character education.

A Yoga Storytelling Adventure provides experiences for teachers and students to meet the standards set for education. These standards are not only for English language arts but also for literacy in history/social studies, and science.

- Reading - standards that include topics of theme, settings, story structure, sequencing, character development, retelling, story comparison from different cultures, phonological awareness, and many more
- Writing - standards that include narrative, descriptive details, the use of dialogue, sensory detailed language, clear event sequencing
- Speaking and listening - standards that include group discussions and collaborative work, the ability to speak audibly expressing thoughts, feeling and ideas, retelling in many forms, recounting details, creating oral presentations
- Language - standards that include identifying new words and phrases, clarifying meaning, acquiring appropriate language and figurative language.

This curriculum can be used in numerous ways. The activities can and should be adapted to fit your specific needs. Let them serve as a springboard for your own creativity. Our approach to story and yoga has always been experiential, learning as we teach. We encourage you to do the same.

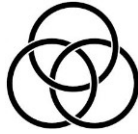
The following are a few suggestions of how to take **A Yoga Storytelling Adventure** across the curriculum. The stories offer a variety of opportunities to explore the subjects. These examples are a tiny drop in the vast ocean of possibilities.

Stretching bodies and minds through timeless tales told with a yogic twist!

Kids Yoga Stories

www.ayogastorytellingadventure.com

Social emotional learning * Mindful Movement * Imaginative Play

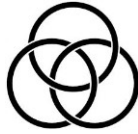


Each listing can be directly applied to the curriculum requirements for kindergarten through fourth grade. We are confident the addition of story and yoga will enliven your classes while supporting the core subjects of study.

- Language Arts; vocabulary, spelling, and creative writing
Ex; rambunctious, befuddled, boisterous
- Social Studies; cultures, history, and geography
Ex; locate Eastern Europe on a globe
- Science; biology, anatomy, animals, plants, and nature
Ex; life cycle of trees
- Math; pattern, lines and angles, measurement, mapping, probability, graphs
Ex; Venn diagram the relationship of each of Sweet Pea's visit to the wise woman and what they had in common
- Art; visual arts, dramatic arts
Ex; draw or paint a scene from the story, retell in your own words
- Health and Physical Fitness; Yoga
Ex; practice the sequence of poses as well as the breathing exercises
- Foreign Language; Polish
Ex; practice using one or two words a day from the *Word Guide*

Creative Curriculum suggestions:

Europe, Poland
Homes, families
Neighbors, advisors
Pets



Yoga Fun

After presenting the story, retell the story with a yoga session. You may then want to introduce the children to other retellings of the same story in picture books and folklore. Open a conversation by inviting children to compare and contrast the settings, characters, and plots of different versions as well as offering concepts to consider.

1. Read the story
2. Ask a question as you follow the storyline before moving into a pose
Ex. Who is the main character of the story? Sweet Pea; Mountain Pose
Who did she ask for help? Wise woman; Easy Pose
What was the first pet she brought home? Bird; Eagle Pose

Concepts to Consider

Here we delve deeper into the 5 parts of a story; what, where, when, why, and instead of who we use how. We put ourselves into the story. The theme of the story is now open for consideration.

What could I do if...?

Where might ...?

When something like this happens...

Why would someone think, do or say...?

How am I like...? How would I feel if...?

Concepts to Consider: what, where, when, why, and how

Contentment

Peace

Quiet

Advice

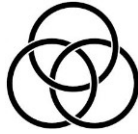
Wisdom

Stretching bodies and minds through timeless tales told with a yogic twist!

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Social emotional learning * Mindful Movement * Imaginative Play



Conversation starter

These conversations promote higher level thinking. They require more than a mere recounting of what happened in the story. Instead, they require some thought, and they invite differences of opinions.

What does it mean to be content?

What connection does gratitude have to contentment?

Stretching bodies and minds through timeless tales told with a yogic twist!

Kids Yoga Stories

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Social emotional learning * Mindful Movement * Imaginative Play