



Children's YTTC Module 5: Stories

Stories

With the power of imagination, we can transport ourselves into magical lands, turn ourselves into exotic animals, blow up a hot air balloon, take a ride above the clouds and even help save a unicorn's castle from crumbling down! It takes creativity, a sense of adventure and big dose of playfulness to bring these stories to life, but with the help of our open minded children, you'll be well on your way to Imagination Land!



A lot of the stories I have created are inspired by the children that I work with. Sometimes I'll write a story, start telling it to the class and then some of the students suggest other ideas, which completely changes the plot. When I first began teaching I felt annoyed when they interrupted and disrupted my story, but over time, I realised that these children need to be listened to, they have a whole world of unconditioned creativity bursting out of them, longing to be heard, new authors, magicians and artists in the making, a yearning to think bigger and wilder than ever. Their lives are filled with structure, routine and rules so let's see what happens if we, as adults start creating a safe space, allowing ourselves to let go a little, surrendering to the beauty of their limitless imaginations and magical inner worlds.

Using Story books

There are hundreds of incredible stories out there to help inspire your yoga classes. There are many books with beautiful morals and lessons that will support the learning of the Yamas and Niyamas and a whole range of characters and plots that can be brought to life through yoga postures.

With students +7, give them a range of story books for them to choose and make into their own stories, giving them the option to use the same synopsis as the story or create a new one with the same characters.

We're going on a bear hunt! (See Module 3 for poses)

We're going on a bear hunt (Goddess pose)
We're going to catch a big one (Standing star pose)
We're not scared (crouch)
Uh oh grass, long wavy grass (extended mountain pose, lean to right/left)
We can't go over it (extended mountain pose, stretch up)
We can't go under it (deep forward bend)
We'll have to go through it (Frog pose, jump forward)
We're going on a bear hunt(as above)
Uh oh, A river, a deep cold, river (corps pose)
We can't go over it (extended mountain pose, stretch up)
We can't go under it (deep forward bend)
We'll have to go through it (Frog pose, jump forward)





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We're going on a bear hunt

Uh oh, Mud, thick, oozy mud (Warrior 1)

We can't go over it (extended mountain pose, stretch up)

We can't go under it (deep forward bend)

We'll have to go through it (Frog pose, jump forward)

We're going on a bear hunt

Uh oh, a snowstorm, a swirly, whirly snowstorm (warrior 2, stretch to right side, rest right elbow on right knee, come back up to middle, then stretch right arm over head, keeping right knee bent, repeat)

We can't go over it (extended mountain pose, stretch up)

We can't go under it (deep forward bend)

We'll have to go through it (Frog pose, jump forward)

We're going on a bear hunt

Uh oh, Forest, deep, dark, forest (tree pose on either side)

We can't go over it (extended mountain pose, stretch up)

We can't go under it (deep forward bend)

We'll have to go through it (Frog pose, jump forward)

We're going on a bear hunt

Uh oh, a cave (Downward facing dog)

We can't go over it (extended mountain pose, stretch up)

We can't go under it (deep forward bend)

We'll have to go through it (Frog pose, jump forward)

Tip toe tip toe tip toe... (crouch down, on tip toes)

What's that? One big wet nose, two big furry ears, two big goggle eyes (point to parts of face)

IT'S A BEAR! (Goddess pose)

Quick!

This story is perfect for Nursery, preschool and primary students. Here are a few questions you could ask the children afterwards.

Why are bears scary?

Which part of nature did you enjoy going through the best?

Do you think the bear was mean/evil?

Would you like to be friends with the bear?

What do you think the bear is called?

Do you think the bear has a family?

Do you think the bear is lonely?

What is it like to feel lonely? Where can you feel it in your body?

What makes you feel better when you are feeling lonely?

What yoga poses or meditations can we do to make us feel better?

Have you ever been on a bear /animal hunt?



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Create your own stories

The Perfect Home

A children's yoga story

By Jane Cradick



Once upon a time there was a lost little caterpillar. He wandered north (**forward bend**), south (**extended mountain pose**) east and west (**extended side angel pose**) in search of the perfect home. He went from garden to garden, around trees, between hedges, over walls, through parks but could never find somewhere he wanted to stay forever. It was a very tiring life for this little caterpillar, but this was all about to change.

One colourful autumn day, the caterpillar (**crocodile pose**) was snoozing in the grass in a garden he had been living in for a few days. The sun was shining, and there was a cold northern wind. The caterpillar looked up to see a spider (**lizard pose**) clutching hold of his web as it blew in the wind.

"Hello there Mr Spider, how long have you lived here?"

"Well, all of my life. This is the perfect place for me, I can go inside the lovely cosy house (**downward facing dog**) when the weather gets too cold. I can build my web wherever I want and there's always lots of food around the garden. It's the perfect place for me!" replied the Spider.

The caterpillar felt happy for the spider, but was a little envious that he did have the perfect home.

The next day the caterpillar wandered around the garden trying to find a new spot to live. He came across a snail (**extended child's pose**) who was contentedly eating some leaves.

"Hello there, Mr Snail. Do you live here?"

"Hello Mr Caterpillar. Yes, this is my home here in the grass (**extended mountain pose**) there's always lots of soil to live in and plenty of leaves and grass to eat. It's the perfect home for me!" replied the snail. The caterpillar liked the garden, but still didn't feel completely at home.

The next day, the caterpillar left the garden in search of a new exciting place. He came across a huge tree (**tree pose**) blowing in the autumn wind. The leaves shone in the most magnificent colours. The caterpillar liked it here, it was the most beautiful place he'd ever seen. In this tree, he met a bird (**Eagle**) building his nest with sticks and leaves.

"Hello there Mrs Bird. What a beautiful tree you live in"

"It is isn't it, Mr Caterpillar, but it's not a safe place for you, the other birds might think you're a worm, you better be quick and get on your way before you get eaten!" exclaimed the bird.

Hearing this, the caterpillar scurried down the tree trunk and into the safety on the grass. He felt sad that he wouldn't be able to live in such a wonderful place. As he hid in the grass he saw a worm reading a news paper.

"Hello there, Mr Worm (**cobra**). Is this where you live?"

"Why, yes. The mud (**stuck in the mud pose**) is a brilliant place to live, you have to be a little careful of the birds, but you can use the grass to hide. It's the perfect place for me to live!" replied the worm.

The caterpillar was pleased for the worm, but the grass just didn't feel like the right place to live, so the next day, the caterpillar set off on his way again in search of the perfect home.

The caterpillar found himself in a beautiful park covered in flowers of all colours. There were tall flowers (**triangle pose**), small flowers (**wide leg forward bend**), and even flowers that closed when the sunlight disappeared (**crossed leg forward bend**). The caterpillar was overwhelmed by the beauty of all of these flowers and thought to himself, 'What a beautiful place to live!' As the day went on the caterpillar bumped into a ladybird (**rabbit pose**) who was happily sitting in the afternoon sun.

"Hello there Mrs. Ladybird, Is this where you live?"



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"Yes, isn't it beautiful! Although, you do have to be careful of the humans who come here often, I know of many caterpillars who have been squashed in these parks. Luckily for me I have wings, so I can fly away if there are any signs of danger. It's not the perfect place for you to live Mr Caterpillar. I suggest you look somewhere else."

Replied the ladybird.

The caterpillar felt sad. He thanked the ladybird for her honesty and went on his way, still, in search of the perfect place to live.

The caterpillar felt tired and sad. He found a quiet corner of the park, feeling cold and lonely he wrapped himself up in lots of layers and fell asleep for two whole weeks (**child's pose**). As the caterpillar slept, he dreamt of the animals that he had met along his journey. The spider (**lizard**), the snail (**extended child pose**), the bird (**eagle**), the worm (**cobra**) and the ladybird (**rabbit**). He dreamt about the long grass (**extended mountain pose**), the tall trees (**tree**), the colourful flowers (**triangle pose**) and the glowing leaves (bow). He was so happy to have seen all these wonderful places and meet all these nice animals.

After 2 weeks of dreamful sleep, (**Savasana**) the caterpillar slowly woke up. He felt strange, he felt different. He **stretched out** of the cocoon that he had made as a bed. As he slowly opened his eyes he was blinded by colour from either side. As his eyes began to adjust the caterpillar noticed he had grown two huge, magnificent wings decorated in the colours of the flowers he had seen in the park and the vibrancy of the leaves he had touched on the tree. The caterpillar was now a butterfly! (**warrior 3**) After a few minutes, the butterfly was able to fly up into the open sky, feeling free and so happy! Now the butterfly could fly anywhere he wanted to go; the trees, the gardens, the parks and the forests. The butterfly no longer felt the need to find the perfect home. He had been searching so hard that he hadn't seen that the whole world was already his perfect home. Just because the animals he had met always stayed in the same place, didn't mean that the butterfly had to as well. The butterfly flew around and around celebrating in his freedom.

Aeroplane story

Take the class on a journey on the aeroplane around the world.

Start in **Cobbler pose**

'Let's open our book and let the adventure begin'

Open feet out so bottom of the feet face the sky.

'We begin our adventure by getting on an aeroplane!'

Warrior 3. If unable to balance, keep both feet on the ground, bend forward, keeping back straight and arms out to the side.

'First we are going to stop in Paris! Look, I can see the Eiffel Tower'

Extended mountain pose.

'Wow' it's so tall!'

Stretch up

'Now let's go to Egypt, what can we see here? The Pyramids.'

Downward facing dog.

'Let's carry on flying'

Warrior 3

'Look down there, I can see the Himalayas! The biggest mountain range in the world! Aren't they beautiful!'

Wide leg forward bend.

'Let's fly down to Borneo, We've landed in the jungle, Look at all the trees!'

Tree pose

'Oh look! A boat'

Boat pose





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'Lets jump on and go down to Bali! Look at all the surfers!'

Warrior 2

'Lets get back on the aeroplane and fly to America, I can see the Empire State Building!'

Shoulder stand

Ask the children if they would like to go anywhere else and what can they see there?

'I'm tired now, lets go back home'

Warrior 3

'Look we're nearly there now; there's the Clifton Suspension Bridge'

Bridge

'And my tiny house! Look how small it looks from the sky!'

Child pose

'Let's go home to bed! What an amazing adventure!'

Lie in **savasana**, bring attention to our bodies and breath.

Improvised Stories

Improvised stories are a great way to let your students participate and add their own ideas, especially for +7 age group.

- Start off by making a sandwich for the journey-

Sit up tall in staff pose, your legs are the bottom part of the sandwich, let's twist around and get some butter, let's spread the butter on our sandwich, let's twist to the other side and get some cucumber, let's cut up the cucumber and put it on, let's twist around and get some cheese, place the cheese slices on your sandwich etc. ask the student what they would like to put in their sandwich, encourage healthy/balanced eating!

- Get on a mode of transport (bike, car, bus, hot air balloon)
- Travel somewhere (the moon, Africa, under the sea, Legoland)
- When you arrive, get out your binoculars and see what you can see- Trees, rainbows, a castle, a pirate ship, a bed, a cave, clouds....etc!
- Ask each child what they can see? Try to decide quickly and come up with a pose. This will become easier over time. If you're struggling, ask the students to come up with a pose instead!
- Perhaps you meet a scary animal along your journey and you need to stay in Yogi statue pose! Be creative and spontaneous!