

# Energizing Animals

Explore what animals can teach us about kindness and community, then lead kids in fun yoga poses that boost their energy.

## Instructions

**1** Tell students that a long time ago (in the 8th century!), yoga practitioners developed yoga poses called “asanas.” It’s said these ancient yogis found imitating animals to be an uplifting and enlightening experience. That is why so many of the poses we do today are modeled after animals. To name a few: Downward Dog, Butterfly, Lion, Fish, Cat, Cow, Pigeon, and Horse. We have much to learn from animals:

- **Lions** teach us about community.
- **Dogs** live in the moment and never hold grudges.
- **Cats** show us it’s OK to look out for ourselves.
- **Bees** teach us how to work together and cooperate.
- **Butterflies** are open to change.

**2** Ask students to give examples of something they’ve learned from an animal or pet. Maybe their pet dog taught them how to snuggle or their pet fish taught them about responsibility.

**3** Download and print the activity sheet Draw Your Spirit Animal! at [scholastic.com/yogaintheclassroom](http://scholastic.com/yogaintheclassroom). Ask students to think of an animal they feel reflects their personality, or has characteristics they’d like to have. Then have them pretend they are an ancient yogi and make up a yoga pose to represent their animal! Encourage them to be creative.

**4** Ask a few volunteers to demonstrate their poses for the class. Have everyone hold each pose for three breaths. Next, have students draw their animals on the activity sheet. They can write words around their drawing that show the attributes they have in common (or would like to have in common) with the animal they drew.

 Find an energizing video at [scholastic.com/yogaintheclassroom](http://scholastic.com/yogaintheclassroom).

## 3 EASY POSES TO TRY IN CLASS

### Butterfly

Sit on the floor and bring the soles of your feet together. Let your knees fall out to either side. Imagine your knees are the wings of a butterfly. Gently “flap” your wings as you breathe in through your nose and out your mouth.

### Cat

Come to the floor on your hands and knees. Breathe in through your nose, then exhale as you round your spine like a Halloween cat.

### Lion

Come to the floor on your knees, then sit onto your heels. Breathe in as you hug your arms into your body, squeeze your hands into fists, and scrunch your face. Now “roar” like a lion as you release your breath, stretch your arms out, and open your mouth wide.

## Objective

Students will apply key SEL skills such as self-awareness and social awareness and invent an animal-inspired yoga pose.

## Time

45 minutes

## Materials

- Draw Your Spirit Animal! activity sheet (available at [scholastic.com/yogaintheclassroom](http://scholastic.com/yogaintheclassroom))
- Crayons



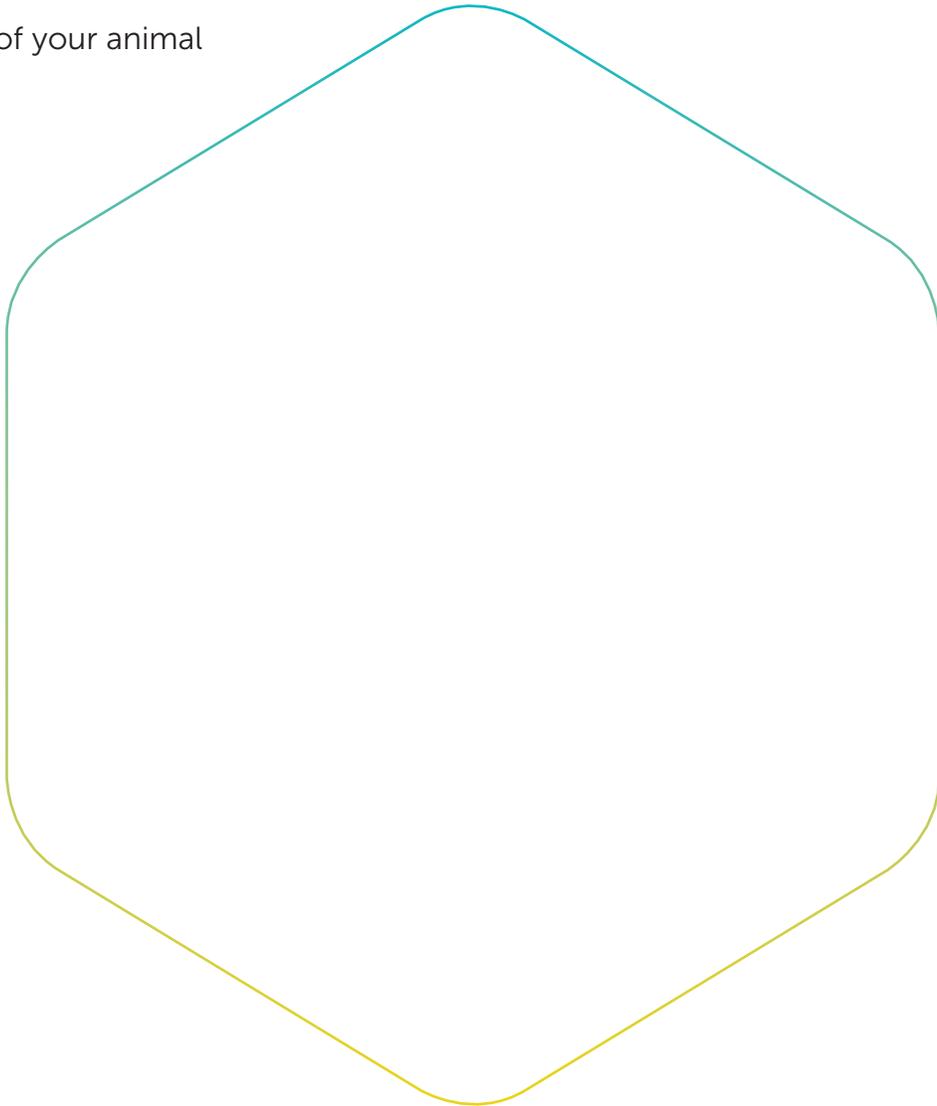
Name \_\_\_\_\_

# Draw Your Spirit Animal!

**Directions** What animal do you think is most like YOU?

Write the name of your animal \_\_\_\_\_

Draw a picture of your animal



What do you have in common with your animal? \_\_\_\_\_

\_\_\_\_\_