

Classroom Yoga YogaByte 10 minutes	Jumping Frog
Preparation	Aromatherapy: Bergamot Visual: a book like <u>The Icky Sticky Frog</u> by Dawn Bentley or a poster. Game: 4“lily pad” spots, a yoga mat or blanket for the pond, a hula hoop Music: harp or nature theme Props: A frog plush toy.
Getting Centered	While everyone arrives, invite the children to look at the book or poster. Sit in a circle with legs crossed and wrists resting on knees. Close eyes and take deep breaths in and out. Think about becoming a frog who is sitting on a log at the edge of the pond. You have green moist skin and strong muscular legs. Feel the cool wet mud under you. Feel the warm sun on your face. Spread your fingers wide like a frogs hands.
Pose	Teacher’s verbal cues
Windmill Pose	Ask the children to stand in a line with approx. 2 feet between them. Stand with legs spread apart so a triangle shape is made with the legs. Extend your arms straight out to your sides so that your body is like the shape of a star. Bend at the hips and bring your hand to your opposite foot; stretch here. Come up and switch sides. <Repeat 3 times>
	Note: The frog “obstacle course” begins here.
Tree Pose	Jump your feet together and bring your arms to your sides. When you are next in line to leap like a frog, jump into the hula hoop. Place your weight in one leg. Bend your opposite leg and try to place the sole of your foot on your thigh. Raise your arms up like tree limbs. After you’ve held tree pose, stand quietly and wait your turn to be the frog.
Frog Pose	Jump your feet apart and then squat down. Bring your arms inside your knees and place hands on the floor if possible. Jump from one lily pad to the next. Feel the strength in your legs and the stretch in your inner thighs.
Swimming	Jump into the pond and swim, using your arms and legs like a frog swims. This pose strengthens your lower back muscles.
Breathing	After your swim, go to the breathing pillow and take two deep breaths.
Pollywog Relaxation	Everyone will lie on their back. Start with one child lying down and then place the head of the next child on their abdomen. Continue in a criss-cross manner. This does not need to be one continuous line; the pollywogs may sleep and relax as they wish. Some children may prefer to lie down alone.
Closing	Ring the chime to signal that children should rise up slowly. Sit in cross legged position. Review the poses practiced. End by saying “Namaste”.

Note: If space does not permit an obstacle course, these poses can be down in the traditional classroom circle format without the props. The frog would hop in place and swimming would be done with everyone prone and facing the center of the circle.