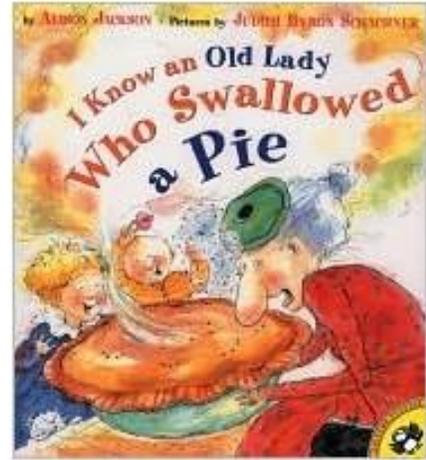


I Know an Old Lady Who Swallowed a Pie

Thanksgiving is a wonderful time of year. Celebrate with this classic book which easily transforms into a yoga story. Enjoy becoming the various things the old lady swallows along with engaging rhythm and rhyme. This is sure to be one of your favorite classes all year.



Yoga Suggestions

- Pie:** Seated Wide Angle Forward Bend (Upavistha Konasana): Roll out the pie crust, fill with your fave pie filling (chocolate, apple, pumpkin, pecan), top with crust, bake in the oven by grasping toes and counting down from 10, open the oven door by slowly lifting arms up overhead, smell your wonderful creation, eat with gusto.
- Cider:** Triangle Pose (Trikonasana): Fill the pitcher full of cider by taking arms and legs wide, pour into a glass (glug, glug, glug) as you tip yourself over to one side. Fill it up as you lift, pour into a glass on the other side. Kids love the sound effects. Fill 4-6 glasses with cider.
- Roll:** Rock & Roll Pose: From seated, roll forward and back, massaging the spine.
- Squash:** Reclined Two Knee Twist (Supta Matsyendrasana): Lie on your back, with knees bent, soles of the feet on the ground. Slowly and gently twist side to side.
- Salad:** Make a circle, everyone holding hands (making a salad bowl), teacher in the center. Teacher picks various students to be the ingredients in the salad (lettuce, carrots, cucumber, tomatoes, etc). Once half the students are in the salad, have the circle walk in one direction and then another as they “toss” the salad. Have students switch positions: ingredients becoming the bowl, bowl becoming ingredients. Repeat.
- Turkey:** Turkey Pose: Tuck thumbs into armpits to create wings, squat on the balls of the feet, do the turkey strut with gobble sounds.

- Pot:** Butterfly Pose (Baddha Konasana): Create a space for a pot by placing the soles of the feet together, knees falling to the sides. Pretend to chop potatoes and add them to the pot along with hot water and some salt. Stir it up. Put the lid on and let it come to a boil (legs rise and fall as the water gets hotter). Once the potatoes are cooked, mash them up adding butter, milk and seasonings.
- Cake:** Candle Breath: Begin by kneeling, sitting on your feet in low kneeling position or Thunderbolt pose (Vajrasana). Inhale lifting arms overhead and coming up onto your knees (high kneeling position). Create a candle with your fingers. Exhale lower arms and hips back to starting position. Repeat a few times.
- Bread:** Child's Pose (Balasana) to Table Pose: Begin in Child's Pose as a piece of bread dough. Teacher massages back as she kneads the dough. Slowly begin to rise, allowing the yeast/leavening to work its magic, coming into Table Pose, then begin baked in a toasty warm oven (if you have blankets available drape them over children).

Closing

Invite children to rest in savasana. Lead them through a Thankful For guided visualization. Have them imagine various things: hands, feet, body, school, teacher, friends, favourite food, Mom, Dad, brother, sister, home, warm blanket, hot chocolate, hug, sunshine, flowers, pets, etc. Give thanks for each of these. For example: Inhale, say to yourself "I'm thankful for..." Exhale "My Mom."

Supplemental Activities

[Printable Flannel Board set](#) to accompany the story

[Emergent Reader mini book](#) by Lil Country Librarian

[Granny Swallowed Thanksgiving Dinner Graphics Pack](#) by Scrapping Doodles

