

# THE PET STORE L'ANIMALERIE

A yoga adventure story in English & French with pose descriptions & guided relaxation



*Yoga*   
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## Welcome

... to *the Pet Store/L'animalerie*, a FREE yoga adventure story from [www.yogainmyschool.com](http://www.yogainmyschool.com). On the following pages you'll find a yoga story made specifically for preschool and elementary aged children. It is simple to use and can be adapted to meet various age groups, physical abilities, and interests.

Included in this book are:

1. What is a yoga adventure story?
2. Why use a yoga adventure story?
3. How to use a yoga adventure story
4. The Pet Store
5. L'animalerie
6. Pose Descriptions
7. Guided Relaxation
8. Resources

I hope you will enjoy using *the Pet Store/L'animalerie* with your students. It is one of my favourite stories to present and is treasured by kids, thanks to its familiar and well loved topic. I'd love to see you and your yogis using this story. Please send your feedback, comments, and photos of your class performing this story to [www.yogainmyschool.com](http://www.yogainmyschool.com) or



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Namaste,

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## What is a yoga adventure story?

Simply put, a yoga adventure story takes a number of thematically linked poses (or *asana*) and provides them in a contextual setting while linking them together with a narrative.

Here we have taken a number of animals poses (Downward Dog, Cat, Cobra, Turtle, etc), added the familiar setting of a Pet Store, and allowed the kids imaginations to fill in the rest. Adding this environmental context to a yoga practice helps their young minds to visualize the situation, the poses, the sights, sounds, and effects of the practice. The story format provides the setting for our personal journey and exploration of the world and ourselves.

Life will go on as long as  
there is someone to sing,  
to dance, to tell stories  
and to listen.

— *Oren Lyons*

Furthermore, stories allow for a fluid yoga experience. Poses lead naturally one to another, linked thematically, always with room for personal adaptation, addition, or deletion. This gives the teacher the latitude to adjust the story according to curriculum goals, time limitation, and the participants' ages, needs, interests, learning styles, energy levels, etc.

## Why use a yoga adventure story?

Kids and yoga go together naturally. There are numerous benefits to doing yoga with kids. Some of my favourites include: yoga ...

- Increases flexibility
- Develops strength & resiliency
- Improves balance – physical & as a life skill
- Requires concentration
- Develops focus
- Improves breathing – lung capacity & respiratory efficiency
- Raises body awareness & self-image
- Reduces stress
- Is non-competitive
- Is practical – anywhere, anytime, anyone, with few resources

Hopefully those reasons alone will convince you to bring yoga into your classroom.

However, the question as to **WHY use a yoga adventure story** remains unanswered. Here are a few of the reasons that bring me back to using yoga adventure stories to teach children yoga again and again.

- Kids LOVE stories! Give them what they love
- A natural attention grabber – stories help attract kids' attention & keep it for longer than simply doing a bunch of unrelated yoga poses
- It involves multiple intelligences & a variety of learning styles (for more on this topic visit <http://yogainmyschool.com/2009/09/01/yoga-teaches-kids-using-multiple-learning-styles/>)
- Retention is HUGE – I've taught kids once & then returned 2-3 years later & they still remember exactly which story I taught them before, as well as many of the poses. Nothing else I've ever done has made such an impact or been retained so well by this age group
- The stories can be fully integrated into the school curriculum. I've written many of stories over the years (Amazon Adventure, Farmyard Fun, Garden

Delights, Tour of India, etc), all of which can be used to fulfil, expand, & supplement curriculum requirements

- It's easy to use – Teachers simply print out two pages, place them at the top of their yoga mat & follow the story a frame at a time
- C'est en français – une ressource éducationnelle qui enseigne le yoga. Youppie!
- It takes 25-30 minutes to complete thereby fulfilling the DPA Requirement familiar to Canadian teachers (if you are wondering what this is visit <http://yogainmyschool.com/2009/09/07/yoga-and-the-dpa-requirement/> for more information)
- It works! – Plain & simple, this is the easiest, most effective, way to teach kids yoga.

## How to use a yoga adventure story

The format works like a comic strip, starting in the upper LH corner and working toward the bottom RH corner, first one page, then the second. Once familiar with the poses, they can be performed in any order except for corpse pose, which is always last.

You'll find music selections and story suggestions which can be used to enhance and expand the learning experience, truly making the yoga story a cross curricular exercise. You may also want to employ props such as pictures or stuffed animals to help maintain the students' attention throughout.

As well, I've included a French version for French as a Second Language and Immersion classes. The narrative is a suggestion, so please adapt it to your personality and your students' interests.

Each pose is listed in alphabetical order with a simple how-to description. You could assign each pair of students a pose which they learn and then teach to the rest of the class. Otherwise, personally demonstrate how to perform each pose as it comes up. If you need further information on pose benefits or how to perform a particular pose visit the alphabetical pose listing at [yogainmyschool.com/yoga-101/poses/alphabetical-list-of-poses/](http://yogainmyschool.com/yoga-101/poses/alphabetical-list-of-poses/).

You can use this story in a number of ways in your classroom. Here are some suggestions:

- As a introduction to a unit on animals or pets
- In a unit about 'Me' – the individual student's likes, dislikes
- In a unit about the community or map reading
- Prior to or after a field trip to a local Pet Store
- To fulfill the Daily Physical Activity Requirement – the story takes 25-30 minutes to complete
- As a reward for good behaviour or work
- As a creativity generator leading to story writing or telling
- As a transition between subjects involving lots of sitting
- On a day with indoor recess when everyone is climbing the walls

Yoga in your classroom can be performed easily as long as the desks are moved out of the way and everyone can move freely. Students should have bare feet, but socks may be allowed for hygiene reasons. Please ensure no one slips and pulls a groin if socks are worn. Mats are optional but definitely help with defining personal space and make corpse pose more comfortable.

Remember to breathe slowly, deeply, and with thought. Inhale as you expand, lift and open your body. Exhale as you contract or close your body. If you need tips on breathing technique watch the Diaphragmatic Breathing video on [www.yogainmyschool.com/breathing/breathing-exercises/](http://www.yogainmyschool.com/breathing/breathing-exercises/). Yoga is a combination of the body, breath, and mind. Never force a pose. Instead work with the body and allow it to open on its own. Much of yoga is about self-discovery and acceptance.

Enjoy the journey.

Maintain a sense of wonder, exploration, and fun throughout the yoga story.

Children will not perform the poses perfectly. Basic guidelines should be followed and the intent of the poses kept in mind, rather than its ideal execution. Maintain a sense of wonder, exploration, and fun throughout the yoga adventure story.

Finally you will find a guided relaxation to use during corpse pose, final relaxation. This activity can also be used alone with heads lowered to desks, eyes closed, in order to reduce stress, manage test anxiety, or as a transitional activity to refresh and awaken the class. I'm sure you will find five minutes of relaxation well worth the benefits it will provide to your students.



## The Pet Store

Cats... Kittens are so cute and playful. I especially like the striped ones. **Cat pose** is very easy and is a great stretch for your back.



Dogs... There are often puppies at the pet store. Let's do **downward dog pose**. What sound does a dog make? Our dog found a fence post and he needs to lift a leg. Now lift the other so he can pee on this fire hydrant. Be sure to make your dog wag his tail.



Rabbits... **Rabbit pose** is an inversion – that is when your heart goes below your head. Yoga is one of only a few physical disciplines that teach how to do inversions. Can you imagine a rabbit hiding in his hole?



**Fish...** This is one of my favourite poses because I get to see the world upside down. Be sure to make fishy lips once you have a lovely arch to your back and are rolled onto the top of your head.



Snakes... **Cobra pose** is a fun back bend. Do snakes fly? No, they do not, so please remember to keep your elbows in tight. Also as you go up, give yourself a long snake neck and "hiss" like a snake.



Parrots... Let's call **eagle pose** parrot pose today. I like this pose because I get to sit on a branch all snug and tight then fly away on the count of three. One ... two... three... fly away! Let's do the other side now.



Frogs... **frog pose** is a great inner thigh stretch. Be sure to catch some flies with your tongue.



**Turtles**... I think turtles are one of the most interesting creatures. This pose is a little difficult but we'll try to hide our turtles in their shells.



Lizard ... **crocodile pose** is like doing a push down, not a push up. We are going to do two types of lizards. One is the active lizard trying to catch something to eat. The other is the relaxing lizard who is basking in the hot, dry sun.



**Spiders** ... you'll need a partner for this pose. Spiders are fascinating creatures. Let's sing as we feel them crawl up and down our back.



It's been great fun visiting the pet store. Now we get to lay back and relax (**corpse pose**). Place your hand by your hips, turn the palms up, and close your eyes.



Literary Suggestions:

The Perfect Pet by Carol Chataway, Kids Can 2001

I Want a Pet by Lauren Child, Tricycle 1999

Bonny's Big Day by James Herriot, 1987

Music Suggestions:

*I Wanna be a Dog* by Charlotte Diamond

*How Much is that Doggie in the Window*



## L'animalerie

Les chats... Les chatons sont si mignons et espiègles. J'aime particulièrement les chats rayés. La **pose du chat** est très facile et c'est un grand étirement pour votre dos.



Les chiens... Faisons la **pose du chien**. Quel bruit est-ce qu'un chien fait? Notre chien a trouvé un poteau de barrière et il doit soulever une jambe. Soulevez maintenant l'autre jambe pour qu'il puisse faire pipi sur cette bouche d'incendie. Soyez certain de faire remuer sa queue.



Les lapins... La **pose du lapin** est une inversion. C'est quand votre tête va au-dessous de votre cœur. Le yoga est parmi seulement quelques disciplines physiques qui enseignent comment faire les inversions. Pouvez-vous imaginer qu'un lapin se cache dans son trou?



**Les poissons**... C'est l'une de mes poses préférées parce que j'arrive à voir le monde à l'envers. Soyez sûr de faire les lèvres de poisson une fois que vous avez une belle voûte (arche) à votre dos et êtes roulé sur le sommet de votre tête.



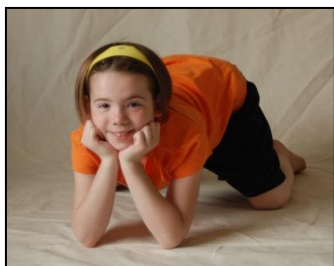
Les serpents... La **pose du cobra** est une posture amusante du courbement en arrière. Les serpents peuvent-ils voler? Non, vous vous rappelez donc de maintenir bien vos coudes à votre côté. Et aussi quand vous montez, faites vous-même un long cou de serpent et « sifflez » comme un serpent.



Les perroquets... Aujourd'hui, la **pose de l'aigle** sera la pose de perroquet. J'aime cette pose parce que j'obtiens de m'asseoir sur une branche tout confortable et serré, et je vais voler après avoir compté jusqu'à trois. Un... deux... trois... Volez! Faisons l'autre côté maintenant.



Les grenouilles... la **pose de la grenouille** est un grand étirement des cuisses. Soyez sûr d'attraper quelques mouches avec votre langue.



Les tortues... Je pense que les tortues sont parmi des créatures les plus intéressantes. Cette pose est un peu difficile mais nous essayerons quand même de faire cacher nos tortues dans leurs carapaces.



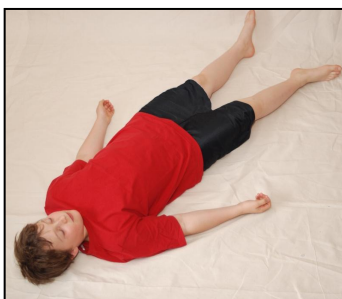
Les lézards... la **pose du crocodile** est une poussée vers le bas, pas une poussée vers le haut. Nous allons faire deux types de lézards. L'un est un lézard actif qui essaie d'attraper quelque chose pour manger. L'autre est un lézard détendu qui se fait dorer au soleil chaud et sec.



Les **araignées**... vous aurez besoin d'un partenaire pour cette pose. Les araignées sont les créatures fascinantes. Chanter comme si vous les sentez grimper en haut et en bas de vos dos.



C'est vraiment un grand plaisir de visiter le magasin d'animaux. Maintenant, vous vous détendrez (la **pose du cadavre**). Placez vos mains aux côtés de vos hanches, tournez les paumes vers le haut, et fermez vos yeux.



Suggestions littéraires:

Le Grand jour de Bonny par James Herriot, Albin Michel Jeunesse 1998

Suggestions musicales:

*Y'a un chat à la porte* par Charlotte Diamond

*Les animaux ont une personnalité* par Charlotte Diamond



## Cat – Le chat

(Marjarasana)

- Kneel on all fours in **Table** position
- Look up to the ceiling, allowing your back to sway, hips high, shoulders blades pulled down
- Round in the opposite direction, looking at your navel
- Repeat, inhaling as you look up, exhaling when looking down
- Stretch your back as much as possible in both directions



## Downward Dog – Le chien

(Adho mukha svanasana)

- Kneel on all fours in Table position
- Curl your toes under
- Lift your hips, high and back, extend your arms, keeping your palms flat on the floor
- Let your head hang down, look at your navel, breathe
- Wag your tail, lift one leg, then lift the other leg, bark like a dog
- Come down and relax



## Rabbit – Le lapin

- Kneel tall, intertwine your fingers, bend your elbows
- Place your forearms on the floor in front of you, elbows below your shoulders in a variation of **Table** position, arms making a triangle on the floor
- Place the crown of your head in the hole in the centre of the triangle made by your arms
- Curl your toes under
- Lift your hips high, pushing into the floor with your arms so your neck doesn't collapse
- If it's comfortable, walk your feet slightly toward your head
- Come down and relax



## Fish – Le poisson

(Matsyasana)



- Lie down on your back, hands by your hips
- Gently roll onto the top of your head, opening the chest, keeping the hips on the floor
- Make fish lips and enjoy looking at the world upside down

## Cobra – Le cobra

(Bhujangasana)

- Lie on your stomach with your hands below your shoulders
- Inhale and slowly come up, lifting the head and torso, keeping the elbows touching the ribs and shoulder blades pulled down
- Exhale and return to the floor
- Repeat 3 times



## Eagle – L'aigle

(Garudasana)

- Stand, feet together
- Find a spot on the floor to focus on
- Bending the left leg, cross the right leg overtop
- Lift the left arm in front of you, elbow bent, fingers reaching up
- Circle the right arm under the left arm, trying to bring your hand to meet
- Hold and breathe, sinking the hips, lifting the arms
- Count down (3, 2, 1) and fly away, releasing the pose, spreading the arms wide
- Repeat on the other side



## Frog – La grenouille

- Kneel on all fours in **Table** position
- Slide your knees open wide, lowering your torso to place your elbows on the floor
- Rest your head in your hands and try to catch flies with your tongue



## Turtle – La tortue

(Kurmasana)

- Sit, legs bent but wide apart
- Work your torso between your knees, wrapping your arms under your legs and grasping your ankles
- Try to straighten your legs and lower your torso to the ground, hiding within your turtle shell





## Crocodile – Le crocodile

(Chataranga)

- Kneel on all fours in **Table** position
- Straighten your legs behind you in **Plank** position
- Slowly lower your body, keeping your elbows in touching your ribs
- Hold off the ground slightly for an active, hunting crocodile
- Relax on the floor for a crocodile basking in the sun



## Spider – L'araignée

- In partners, one person be the 'child' the other be the 'spider'
- Sit with the spider behind the child
- Sing 'Teensy, Weensy Spider' as the spider crawls their fingers up and down the child's back and the child does the actions to the song
- Switch roles and repeat



## Corpse – Le cadavre

(Savasana)

- Lie down on your back
- Place your hands by your hips, palms facing upward
- Spread your feet a bit wider than hip distance apart
- Close your eyes, relax and breathe deeply and evenly



## Guided Relaxation

While in corpse pose (savasana) guide students through this visualization exercise. Speak slowly, in a relaxed voice; allowing students to calm their bodies and minds. This will take about 5 minutes. When finished have them slowly come back to sitting before returning to your daily activities.

### Favourite Colour

What is your favourite colour? Bring it to mind. Think of various things that are your favourite colour – a flower, the sky, the mountains, your favourite food, a gemstone, or the eyes of a loved one. As you inhale imagine a wave of beautiful, vibrant colour streaming into your body, filling every space. As you exhale, imagine all the dull, dirty gray inside you is flowing out. Inhale, fill your chest, back, and stomach. Exhale, and let go of any nasty feelings or thoughts. Breathe in and fill down your arms, elbows, wrists, and fingers with gorgeous colour. Breathe out and get rid of all the dingy yuck that can make you sick. Breathe in all the way to your toes, filling every spot with your favourite colour, feeling full of energy and life. Exhale the fatigue, the sadness, and the aches and pains. Continue to fill your body, deeply and profoundly as you breathe in, Release all the negativity as you breathe out. After a few rounds, enjoy the sensation of energy, vitality, and peace that fills you, and keep this with you throughout your day.

## Resources

I hope that after reading through the **What**, **Why** and **How** sections, along with the story *The Pet Store/L'animalerie*, the **Pose Descriptions**, and the **Guided Relaxation**, *you can't wait* to use this yoga adventure story with your class. I know your students will love sharing this yoga adventure story with you and will ask for it again and again.

I'd love to hear your feedback, comments, and most importantly (after parental approval), see some photos of your kids performing this story.

Visit [www.yogainmyschool.com](http://www.yogainmyschool.com) for lots of more information on teaching yoga to kids and teens, as well as tips, techniques, lesson plans, yoga games, and more.



Become a Fan of the [Yogainmyschool.com Facebook page](#) and message me.



You can also find me on Twitter [@DonnaKFreeman](#)

If you are looking for more information on yoga, or on teaching yoga to kids, please visit your local library, yoga studio, or any of these websites:

<http://childlightyoga.blogspot.com/>

<http://karmaspot.wordpress.com/>

<http://thepranamama.com/>

<http://www.youngyogamasters.com/>

<http://www.yogajournal.com/>

Tell a colleague, teacher, friend, parent ... **everybody** about this e-book. Forward it along. There is great **FREE** information here which can really help kids, parents and teachers, as they strive to live their best lives, learning and growing along the way.

Watch for the release of my book *Once Upon a Pose: a Guide to Yoga Adventure Stories for Children* which includes 10 original stories, 60 poses, and 108 curriculum applications. Available January 2010 on [Amazon.com](#).

