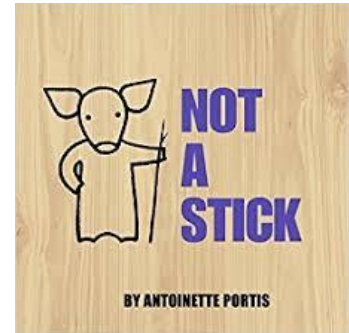
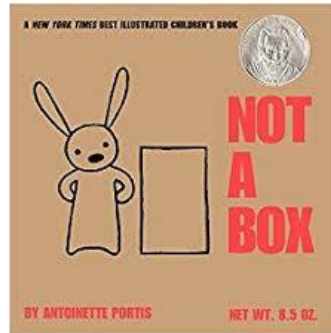


# Not A Box, Not A Stick Kids Yoga Lesson Plan

These two books by Antoinette Portis are fantastic. They celebrate and foster imagination. Both have a similar layout of a question, then a reveal of what is going on in the character's mind. Bunny and Pig show us how even the simplest of things can be used creatively.



I especially like to teach these classes between Thanksgiving and Christmas when we seem gripped in commercialism as I feel it is a gentle reminder to enjoy the simple things in life.

This lesson plan is ideal for preschool and early elementary classes. Doing both books will take about 40 minutes. I've added a coloring page to encourage fine motor skill development and as a take home, so the kids can share their yoga experience with their family.

## Props

Bring a box large enough for a child to sit in. Use it as a prop while reading the book. Put a child in it, on top of it, have them wear it, etc. They LOVE this. Do the yoga poses as you go along. At the end invite each child to sit in the box and ask them "What are you doing in that box?" Encourage them to reply, "It's not a box!"

## Not A Box

Car: pretend to drive a car, sitting, feet in front, buckle up, start your engine (make car sounds), and take off on a drive along a winding road, up & down hills, find a parking spot and get out

Mountain: Mountain Pose (Tadasana)

- Firefighter: pretend to put out a fire, holding a hose, spray it side to side, in large circles, over here, over there, ask if the fire is out, respond accordingly
- Robot: mimic a robot, use a robot voice and movements
- Thinking: tap finger on chin, give a big sighing breath, repeat a few times
- Parrot: flying bird breath or Eagle Pose (Garudasana)
- Hot Air Balloon: use your arms to mimic a hot air balloon being filling up, slowly raise them overhead, then gently stand up and float around on tip toes like a hot air balloon going for a ride, then come in for a landing back at your place and softly sit down, lowering your arms as you come in for a landing.
- Elephant: hold both hands below like a trunk in a forward fold, walk slowly like an elephant, find peanuts to eat, drink water with your trunk, give yourself an elephant bath/shower, and trumpet like an elephant
- Boat: Boat Pose (Navasana) singing *Row, Row, Row Your Boat* (or if you want to be picky *Tug, Tug, Tug the Boat* – some kids will call you out that the illustration is of a tug boat not a row boat)
- Rocket: Rocket Pose – sing *Zoom, Zoom, Zoom, We're Going to the Moon* with actions – when it's time to blastoff go from a squat and jump up

## Props

Bring a stick: something from the back yard is ideal. For each page ask a child to come forward and give them the stick in a position like that shown in the illustration. Provide lots of space and be careful as a stick is much easier to inadvertently poke someone/something. Do the yoga poses as you go along. Have fun!

## Not A Stick

- Shark:** Version 1: Sing [Shark Attack](#) with actions  
Version 2: Using your arms open and close your shark jaws
- Marching Band:** Play a Sousa March (my favourite is *Stars and Stripes Forever*) and march around the room
- Painting:** Imagine you are a famous painter and paint a beautiful picture on an imaginary canvas. Add color and detail using broad strokes and daps of paint.
- Weight Lifting:** Pretend to be an Olympic weight lifter practicing [the snatch](#) and [the clean and jerk](#)
- Horse:** Come into Horse Stance – legs apart, sitting in the saddle. Play *William Tell Overture* and ride your horse either in place or around the room.
- Warrior:** Warrior 1 (Virabradrasana 1) with a spear
- Dragon:** Dragon Pose (low lunge) with Dragon Breath – breathe fire to one side, to the other, straight ahead
- Knight:** Warrior 2 (Virabradrasana 2) with a sword – fight the dragon and tame it



Songs used in this class can be found on [SoundCloud – Yoga In My School, Kids Yoga playlist](#).

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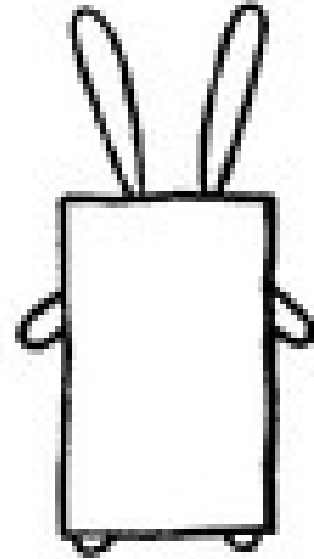
For more tips and tools for teaching kids yoga



#yogainmyschool

@DonnaKFreeman

What is bunny doing?



What is pig doing?

