

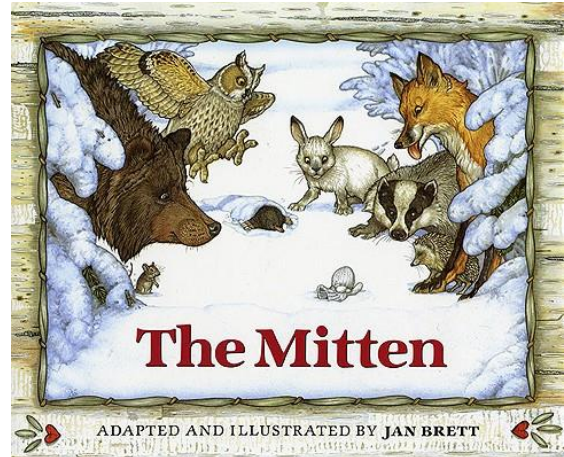
## The Mitten Kids Yoga Class

Enjoy retelling *The Mitten* by Jan Brett by incorporating kids yoga poses. This class is ideal during winter months and is especially popular with Toddler, Preschool and early Elementary aged children. It is a wonderful way to develop early literacy and math skills.

**Age:** 2-8 years old

**Time:** 30-40 minutes

**Supplies:** You'll need a large white mitten (mine was knitted by my mother-in-law) and 8-12 small animal figures. Be sure you have a mouse and a bear.



### Introduction

Hold up your mitten and explain that today in class you have a special story to tell. Begin to retell the story of *The Mitten* with Nikki asking his Babba (Grandma) to knit him a pair of white mittens. Once you get to the part of the mitten being dropped in the snow, drop your mitten on the ground.

Ask the kids what happens to the mitten. It doesn't matter if they know or not but you want to get them predicting, anticipating and actively engaged.

Explain that numerous animals crawled into the mitten. So, today the magic yoga mitten is filled with animals. One at a time we'll pick an animal and then do the yoga pose for that animal. There is one very special animal: the mouse. If a child picks the mouse reserve it for the end of class. It is always the last animal.

If you want to review sorting/categorizing ensure half the animals in the yoga mitten are in the story and that the children are familiar with Jan Brett's book. As each animal is picked have the children tell you if it's in the story or not creating two groups of animals.

### Animals in my mitten

Bear Bear Walk

Frog Kundalini Frog Pose w jumping

Turtle Turtle Pose



Horse	Horse Stance: "giddy up" to ride the horse; "whoa" to stop
Cow	Cow-faced Pose
Bobcat/Lynx	Cat/Cow Pose then Hunting Cat Pose
Eagle	Eagle according to ability or Bird Breath for Toddlers
Rabbit	Bunny Breathing
Fox	Upward Facing Dog with "What does the Fox Say?"
Mouse	Child's Pose while eating a piece of cheese & squeaking

Continue retelling the story explaining that the last animal to climb into the mitten was mouse who climbed over and around all the animals to find a special place to rest. Rest in mouse pose for a few breaths. Then slowly, quietly come up. Mouse rested on top of bear's nose. Put the mouse on your nose. This made bear "aaaa, aaaa, aaacchhooooo!" All the animals tumbled out of the mitten. The mitten flew up into the air. As it floated down Nikki caught it on his way home and put it back into his hand.

That night Babba was putting away Nikki's things and held up one regular, kid-sized mitten and one stretched out, oversized mitten. She couldn't figure out why they were different sizes.

*The End*

## Relaxation

### Snow Blanket

Lie down on the ground. Imagine looking up into a winter night sky. It's quiet and still as silently snow begins to fall. A snowflake softly lands on your nose, your cheek, your eye lid. More snow falls gently onto your feet, hands, stomach. It covers you in a soft, white blanket. It's cozy and soothing to lie under a snow blanket. You feel relaxed and loved, embraced in comforting snow (if blankets are available tuck children in).

If wanted, gently sing, as if a lullaby:

*Snow is falling all around, on the rooftops, on the ground.  
Snow is falling on my nose, on my head, and hands and toes.*

Begin to wiggle your fingers, wiggle your toes. Give a big stretch to wake up.