



Yoga Storytime

Developing a Family Yoga Story Hour for ages 3-10

Why Library Yoga?

- ◆ Develop concentration and comprehension
- ◆ Engage the active child
- ◆ Reach a diverse audience
- ◆ Create community connection
- ◆ Promote the art of storytelling



The mind is the
king of the
senses, but the
breath is the
king of the
mind.

- Hatha Yoga Pradipika

www.kellyhanlinmccormick.com

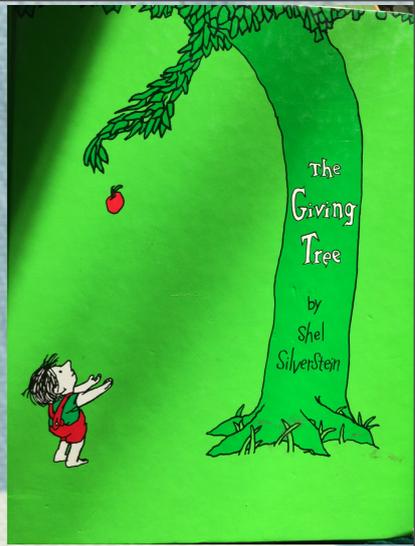


**"If every 8 year
old in the world
is taught
meditation,
we will eliminate
violence from
the world
within one
generation."**

- Dalai Lama



Foundations of Yoga



- ◆ Inner work - I am perfect, I am my own teacher, I am aware, I am connected to others and to nature. Contentment, discipline.
- ◆ World work - promotes peace, generosity, kindness, positivity, empowerment and awareness of suffering.
- ◆ Breath work helps maintain balance and control.
- ◆ Body work creates space, openness & energy.
- ◆ Mind work achieves focus, concentration, possibility and awareness of higher purpose.

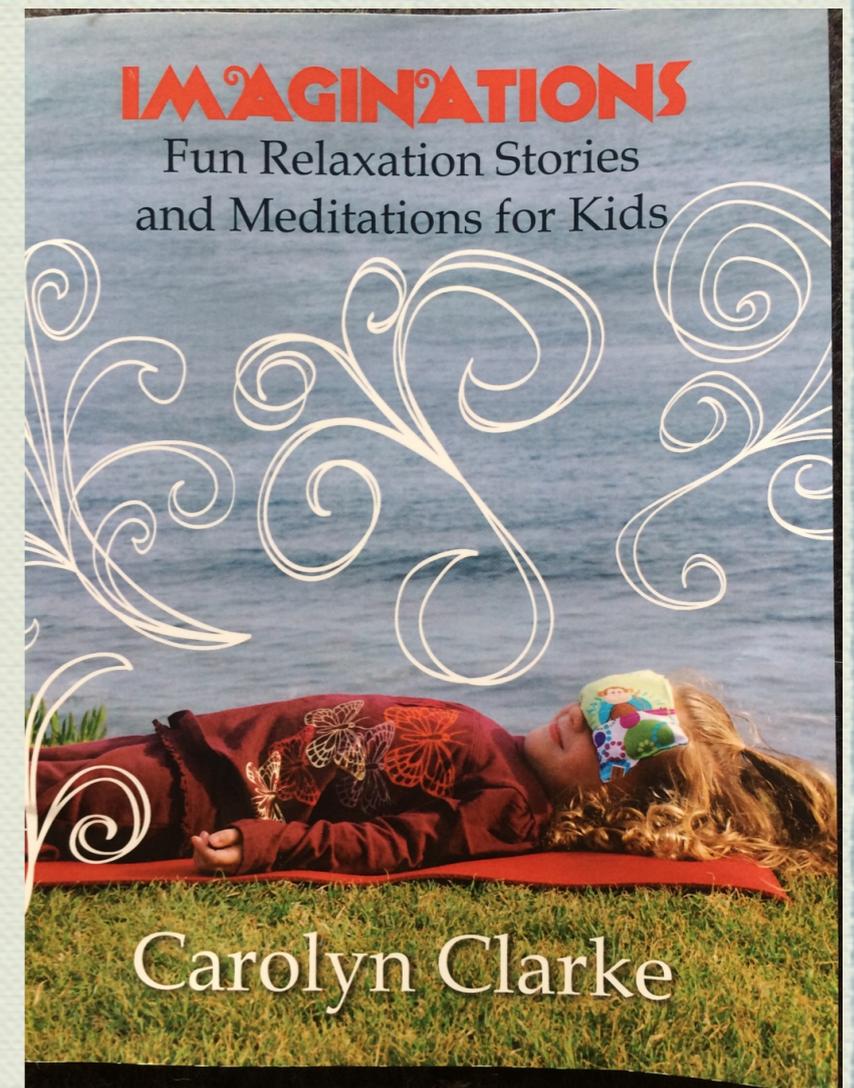
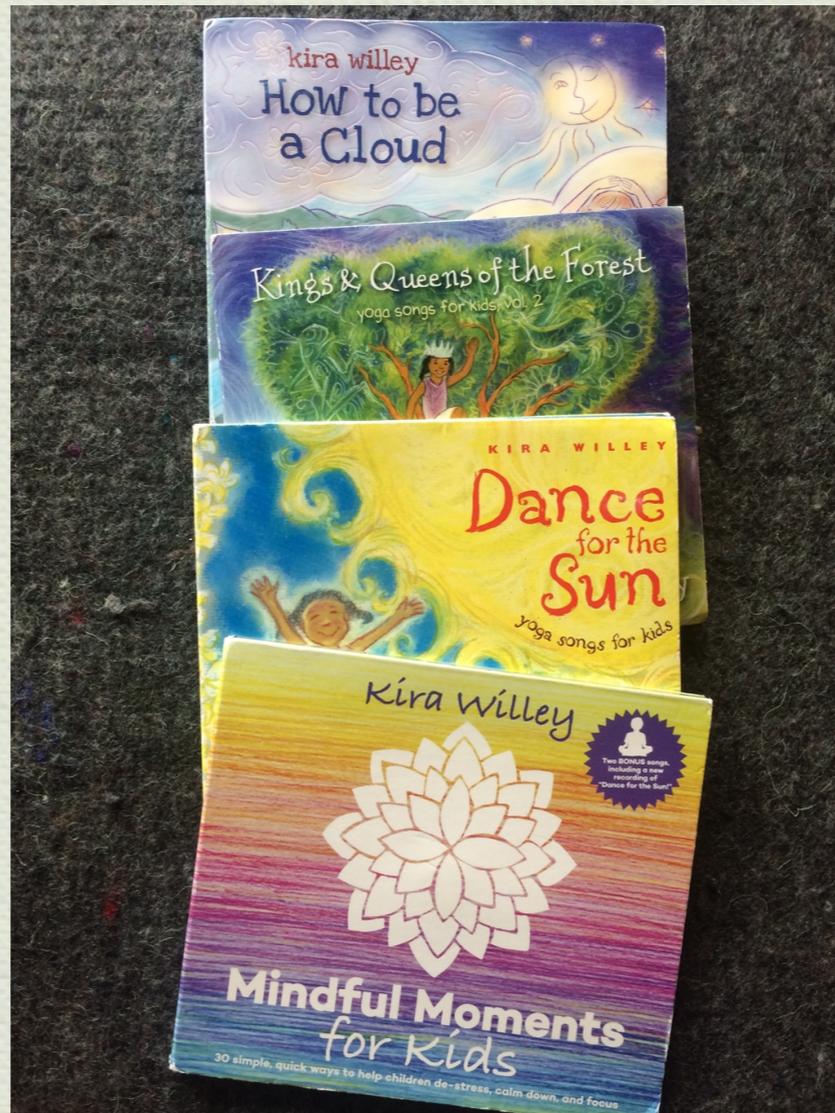
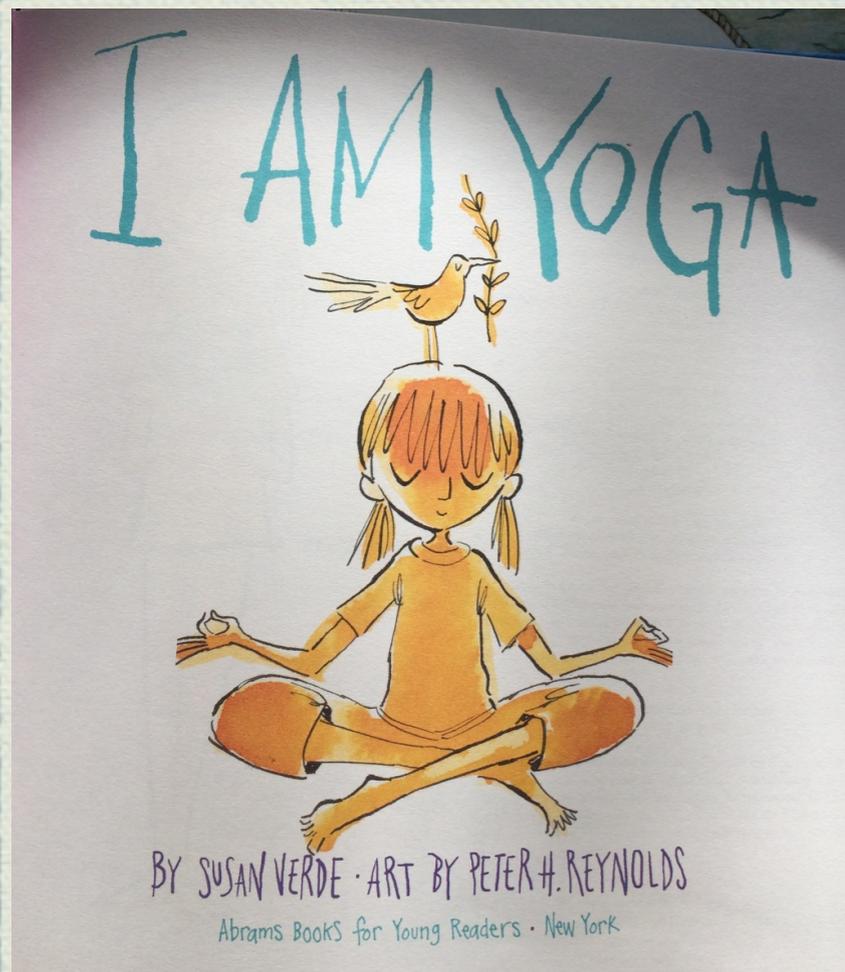
Pause

ALMOST EVERYTHING
WILL WORK AGAIN IF
YOU UNPLUG IT FOR A
FEW MINUTES...
INCLUDING YOU.

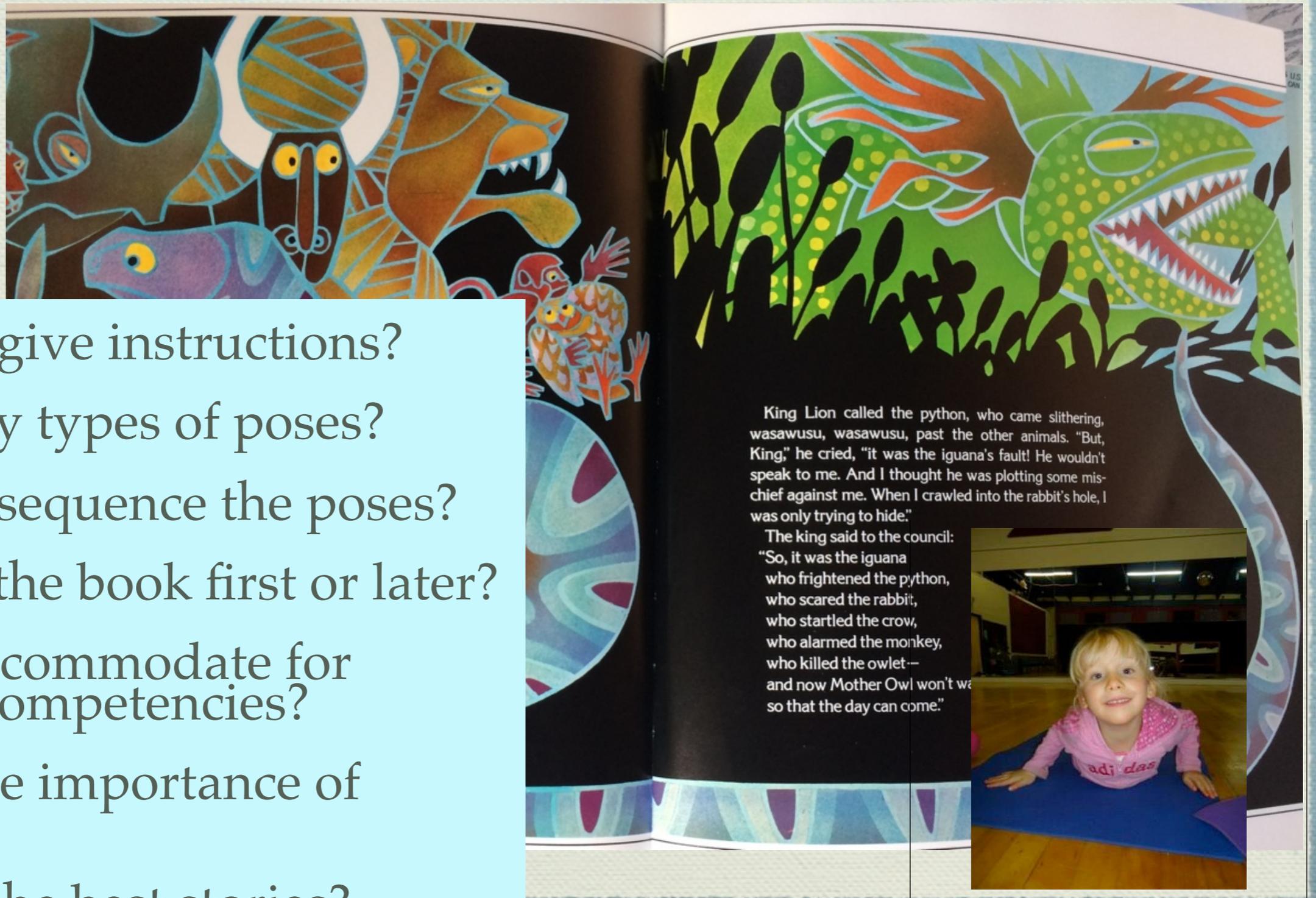
ANNE LAMOTT

- ◆ Petal breath
- ◆ Sphere breath

Where can I start?



Storytime Integration



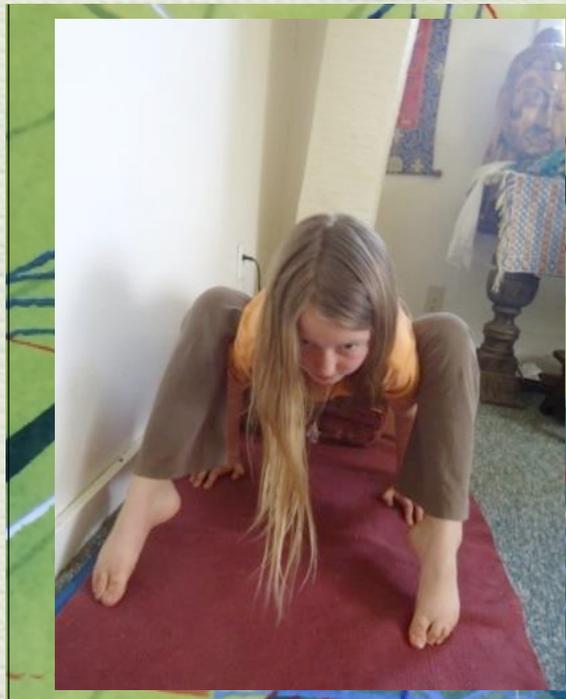
King Lion called the python, who came slithering, wasawusu, wasawusu, past the other animals. "But, King," he cried, "it was the iguana's fault! He wouldn't speak to me. And I thought he was plotting some mischief against me. When I crawled into the rabbit's hole, I was only trying to hide."

The king said to the council: "So, it was the iguana who frightened the python, who scared the rabbit, who startled the crow, who alarmed the monkey, who killed the owl—and now Mother Owl won't wake up so that the day can come."

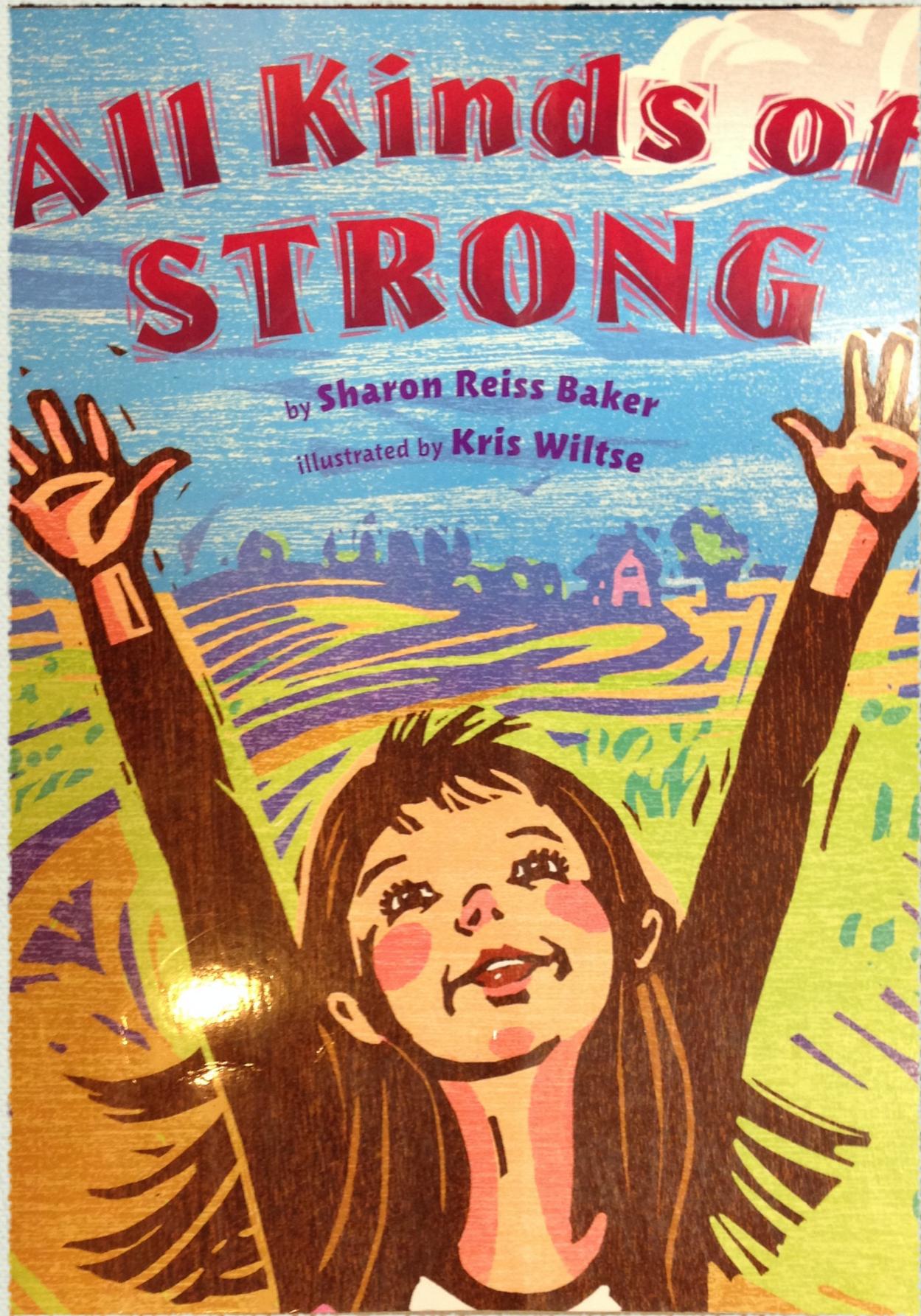


- ❖ How do I give instructions?
- ❖ How many types of poses?
- ❖ How do I sequence the poses?
- ❖ Do I read the book first or later?
- ❖ How to accommodate for different competencies?
- ❖ What is the importance of savasana?
- ❖ What are the best stories?









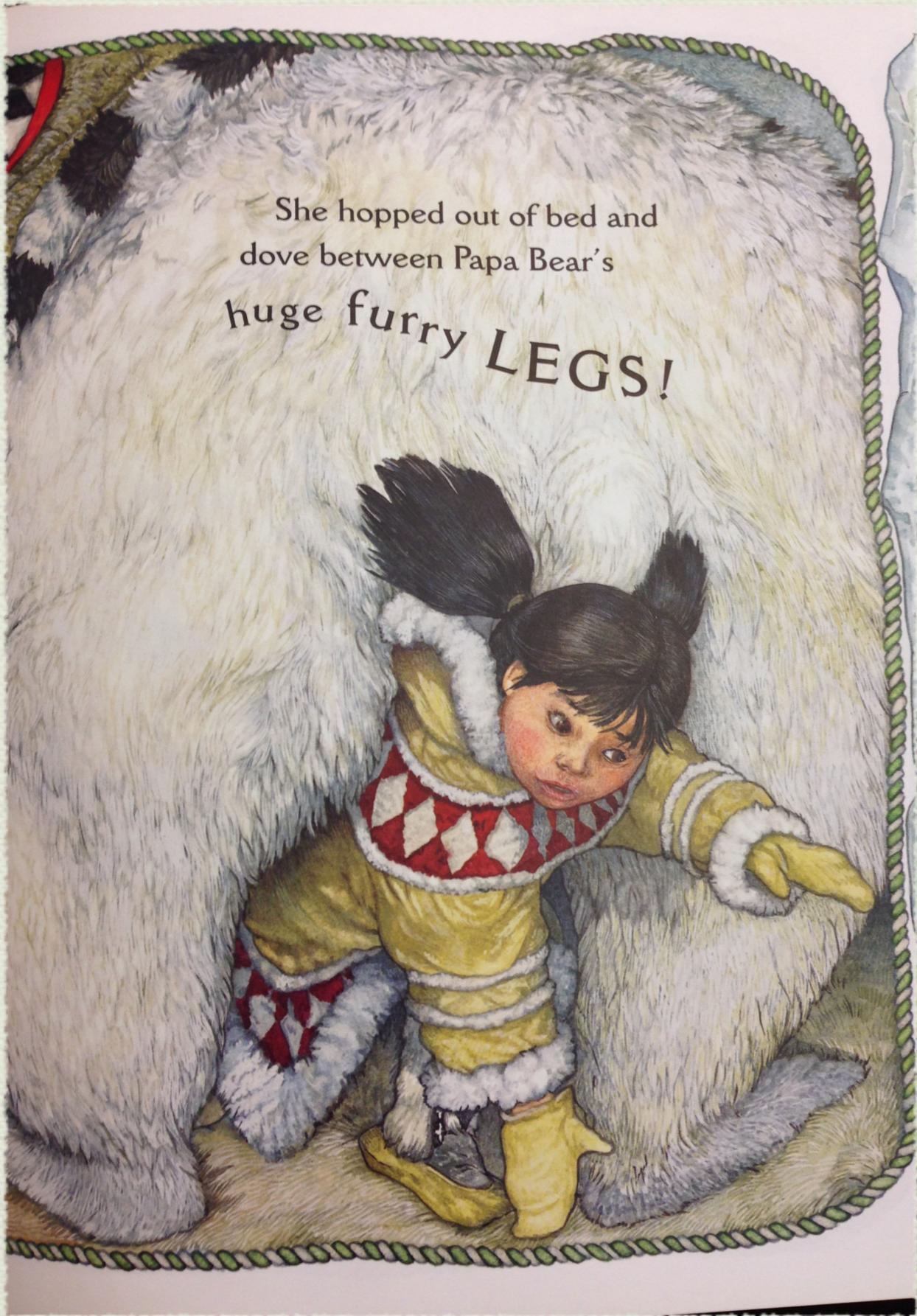
Start like a fox.

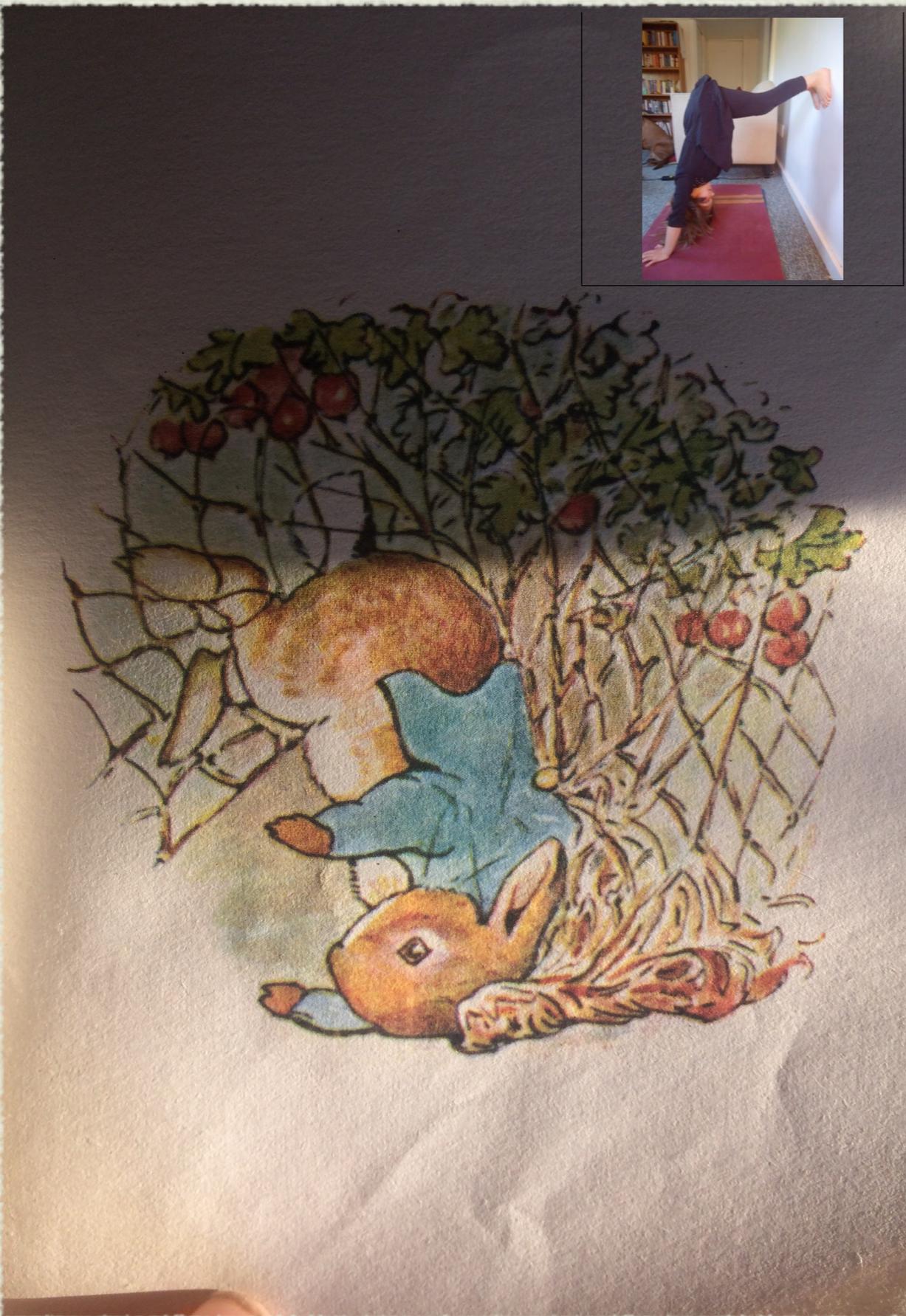




A child from the Yanomamo tribe who lived in the rain forest knelt over the sleeping man. He murmured in his ear: "Senhor, when you awake, please look upon us all with new eyes."

She hopped out of bed and
dove between Papa Bear's
huge furry LEGS!

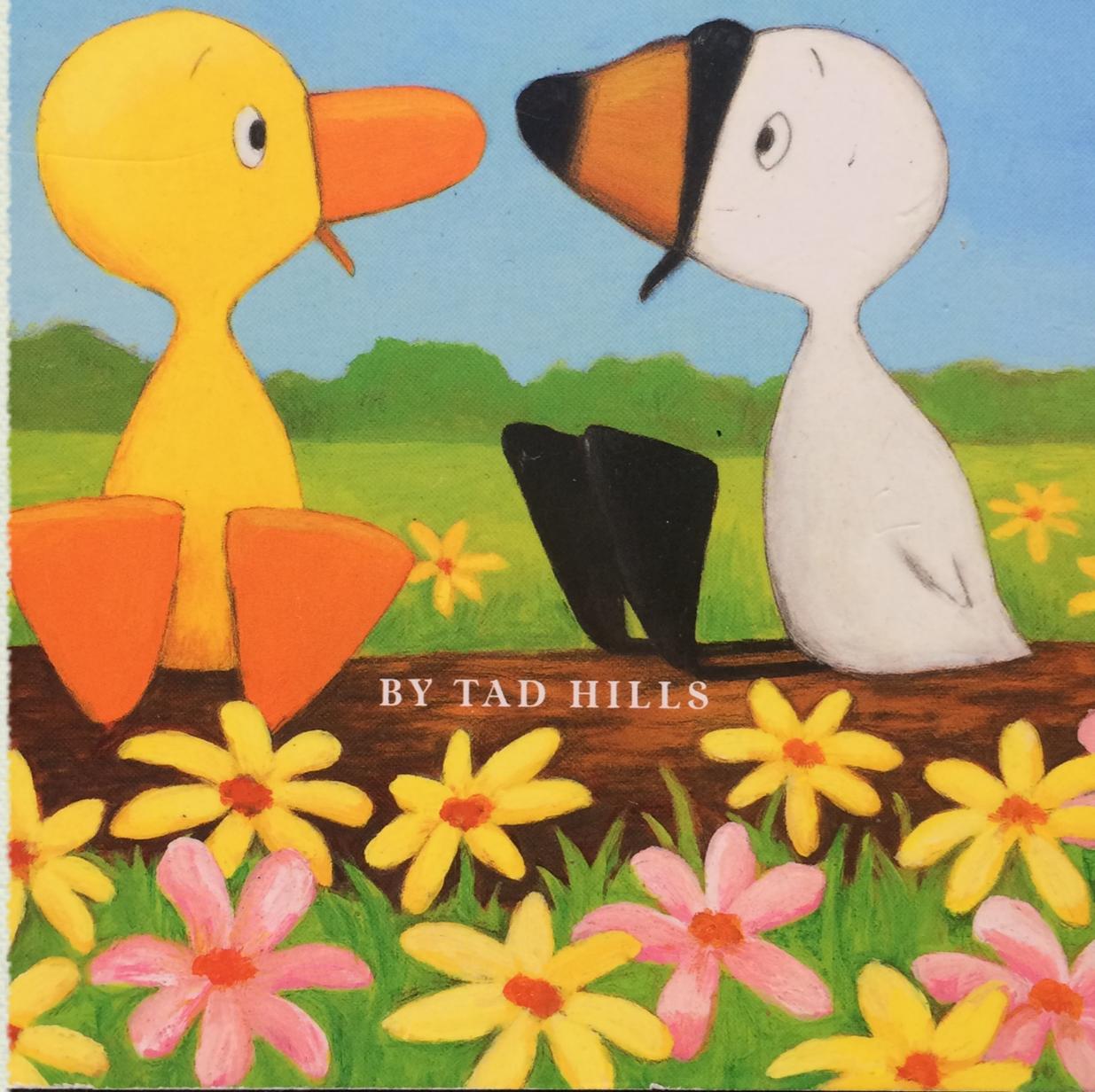




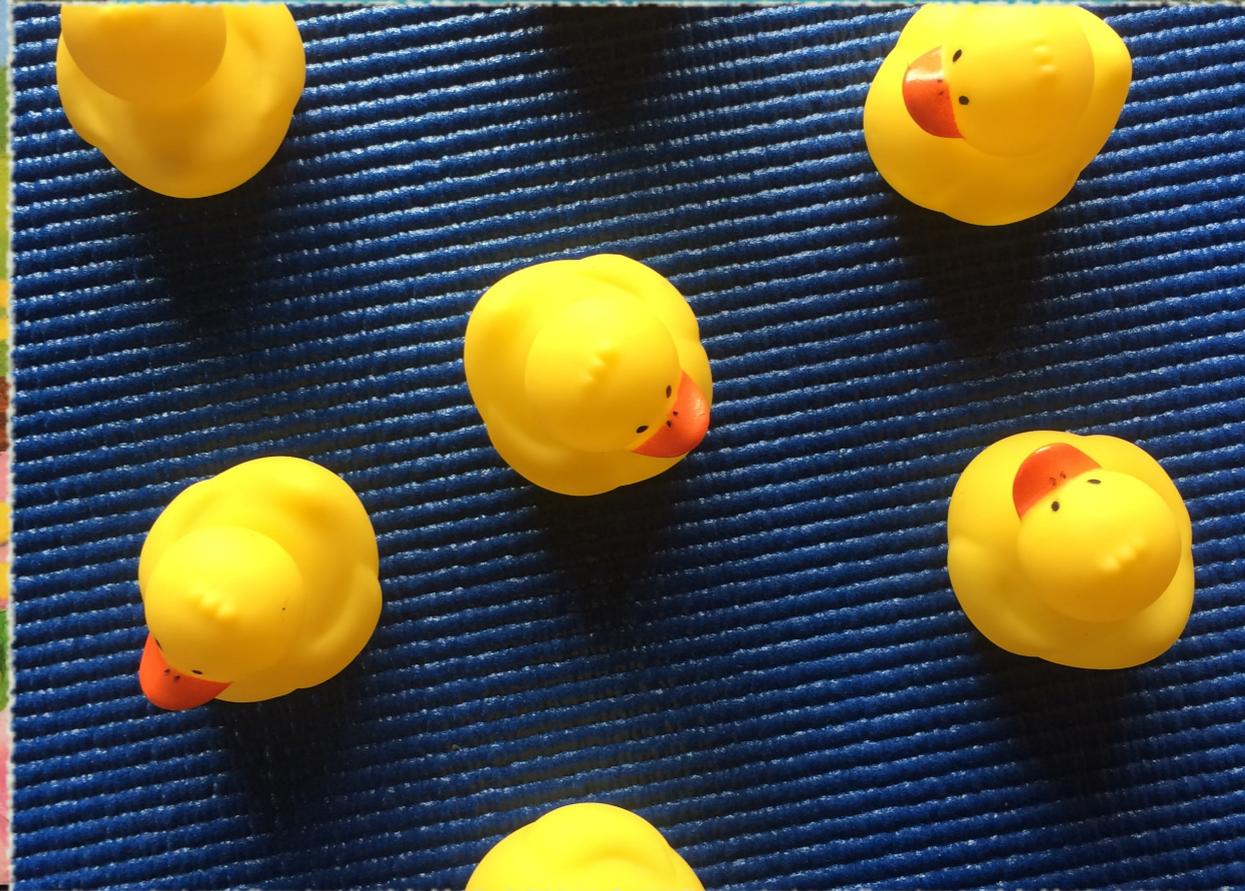


Duck & Goos

HOW ARE YOU FEELING



BY TAD HILLS



When Sophie's Feelings Are Really, Really Hur



BY MOLLY BANG

ATOR OF THE BESTSELLER WHEN SOPHIE GETS ANGRY

"Now let's put all the paintings on the floor. Find something special and different in every one—maybe something you want to use the next time you paint."



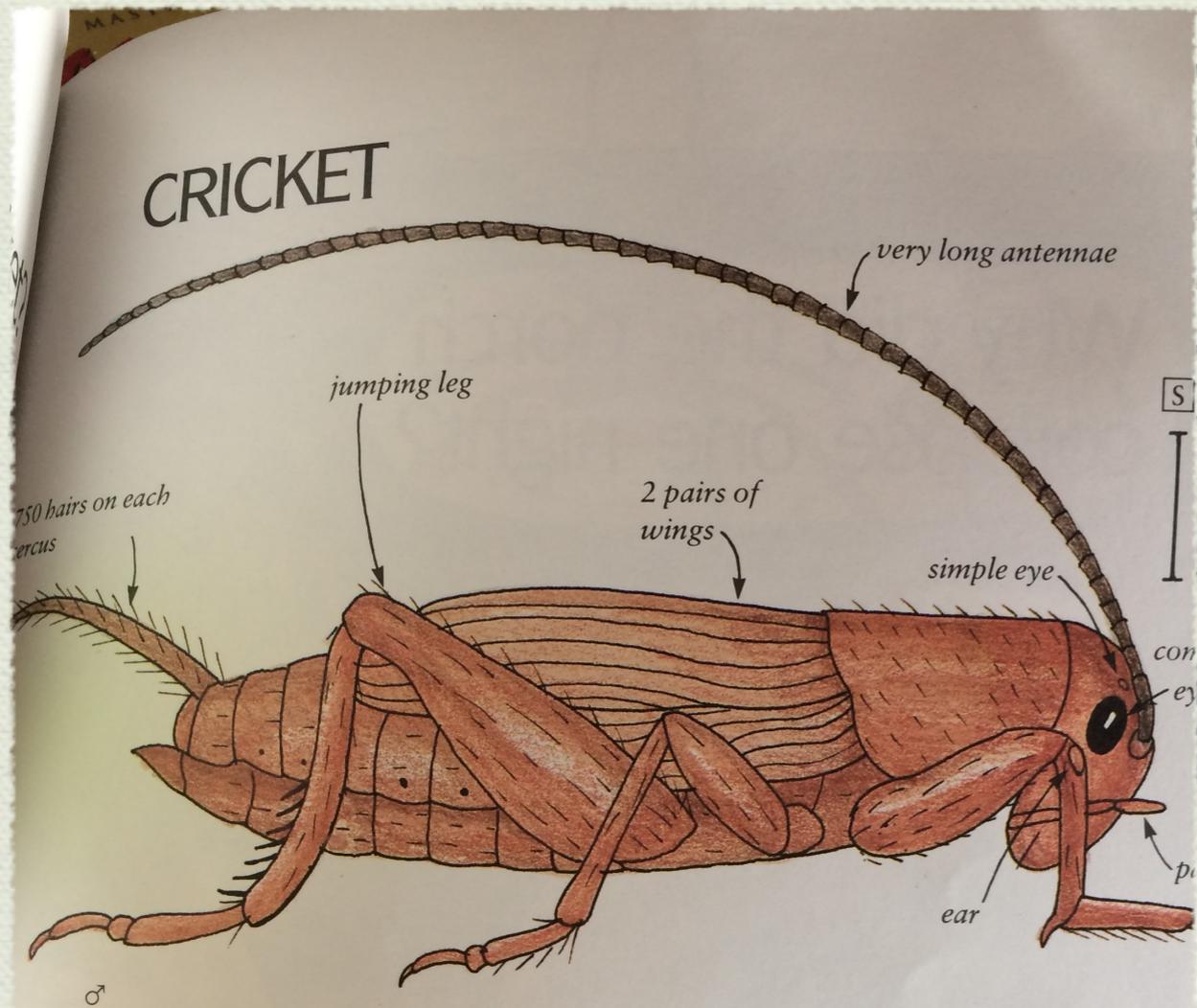
"And I like how your tree holds on tight," Sophie replies.

Sophie looks at a painting for a time. Andrew looks at it, too. "Your tree does look kind of happy," he says.



cream cone, one pickle, one slice of Swiss cheese





FIELD CRICKET (*Gryllus pennsylvanicus*)

The Field Cricket that Nick heard lives in the undergrowth of fields and woods. It eats both plants and other insects. When the weather turns cold, some crickets come inside to keep warm. Crickets live in caves, houses, fields, trees, and underground. Some crickets damage crops and eat flowers; some eat blankets and sweaters. Male crickets make chirping sounds by rubbing their wings together. That is the way they communicate with other crickets. The Field Cricket, the House Cricket, and the Tree Cricket rarely stop chirping. The rate of the cricket's chirping varies with the air temperature. The Field Cricket is found throughout the United States. Various species of crickets are found all over the world.



said the ten crickets.

They went away
and chirped somewhere else.





Pause

Practice the pause.

Pause before judging.
Pause before assuming.
Pause before accusing.
Pause whenever you're
about to react harshly
and you'll avoid doing
and saying things
you'll later regret.

Lori Deschene

tinybuddha.com

- ◆ Foggy mirror
breath
- ◆ 5-7-8 breath

Elements of a Yoga Class

- ◆ Opening connection
- ◆ Breath work
- ◆ Warm-up
- ◆ Story / flow
- ◆ Relaxation, visualization
- ◆ Affirmation
- ◆ Closing connection
- ◆ Activity



Babies & Toddlers

- ◆ BABY - Parent is instructed in massage and gently stimulating movements for baby.
- ◆ TODDLER - Read book first. Props help hold attention. Simple poses, move slowly, modeling is helpful, use songs.

Tweens & Teens

- ◆ TWEENS - Use adult languaging. Keep personal logs to track times. Poetry interpretation, imagery & emotions, advanced games.
- ◆ TEENS - Adult flow, use book theme inspiration, personal sharing, options & individuality, ego understanding, challenge mindfulness, design mandalas

Questions?

Diane Hamilton omchildyoga@gmail.com





Namaste