

STANDING POSES

(Tune: "Do Your Ears Hang Low?")

Mountain

As a mountain I am strong and tall,
With my head to the sky and my fingers down.
My arms are strong, legs together and straight,
I'm strong as a mountain when I concentrate.

Triangle

For triangle I jump my feet out wide,
Point my toes over to the side.
I keep my hips pointed to the front,
Now I tip to the side with a super straight trunk.
Now I turn my toes to the other side,
Keep my arms out nice and wide.
I reach my head up to the sky,
Like a teapot I tip to the other side.

Warrior Two

For warrior two I jump my feet out wide,
Point my toes over to the side.
I lower myself as I bend one leg,
Reach arms wide, turn to the side my head.
Now I turn my toes to the other side,
Keep my arms out nice and wide.
I lower myself as I bend one leg,
Reach arms wide, turn to the side my head.

Rag Doll

To start rag doll, I stand straight as a door,
Put my hands on my hips, move my head toward
the floor.
Now grab both elbows and hang my head,
Just like a rag doll who's a sleepy head.

Chair

Now the chair pose is funny, 'cause there is no
seat,
Sit down on the air just behind my feet.
Put my arms up high and my bottom back,
It seems that I really have gotten the knack.

Tree

For tree pose stand on one strong leg,
Lift one foot and put it on that leg.
My knee points out to the side of me,
Hands together to enjoy the tree.
(X2)

Eagle

For eagle stand on one bent leg,
Around it wrap the other leg.
I wrap my arms around as well,
Thumbs toward my face and hold it a spell.
(X2)

Standing V

For standing V I jump my feet out wide,
My toes straight ahead with my hands on my
side.
I bend forward first, back straight as a door,
Then, curve my back and point my head toward
the floor.

Mosquito

For mosquito step my one leg back.
Grab both elbows behind my back.
Move my chest toward the wall in front of me,
Keep my back super flat as a table for tea.
(X2)

Warrior One

For warrior one I jump my feet out wide,
Stand up tall, put my hands on my side.
To the side I turn my whole body,
Reach the sky and bend my front knee.
Now I face the front with my arms to the sky,
Turn my body to the other side.
I lower myself, my front leg bends,
Relax my shoulders until the end.

Frog

For frog pose squat and put my hands in
namaste,
My elbows press out my knees this way.
Heels on the floor, back straight as I can get,
Leap off the floor, with a really loud Ribbit!

SITTING POSES

(Tune: "Twinkle Twinkle Little Star")

Pretzel

For pretzel sit with my legs crossed,
Crisscross, apple sauce.
Reach my head up to the sky,
Put my hands upon my thighs.
Legs like a pretzel, which leg's inside?
Switch my cross to the other side.
With my new leg tucked inside,
Reach my fingers to the sky.
Now reach out in front of me,
Bottom on the floor reach past my knees.
Switch my legs again once more,
Reach my fingers to the floor.

L Pose

In the L pose, legs are straight,
Sit up tall, now that's the way.
Reach my arms up to the sky,
Up, up, up now stretch my sides.
Point my toes up straight and tall.
Reach for my toes, legs straight, chest tall.

V Pose

My legs are like a V,
Come and sit up straight with me.
Put my hands right by my hips.
Push up tall from my fingertips.
Point my toes up to the sky,
Lengthen my chest and head up high.

Butterfly

For butterfly touch feet, left and right,
Squeeze together with all my might.
Sit up straight, shoulders relax,
Toward the floor knees go at last.
My hands around my feet or shins.
Lift my chest tall and strong with a great big grin.

Big Butterfly

Big Butterfly begins like the small one.
Feet together and sit up strong.
With my first two fingers, hold my big toes.
Lift my feet, back straight as a door.
Slowly straighten my legs out wide.
A butterfly with a great big smile.

Turtle

For turtle I sit with my legs outstretched,
Bend knees, legs apart, my feet flat on the mat.
Now bend forward at my waist,
Slide my arms under my legs.
Try to touch my head to the floor,
My hands around my feet and relax some more.
(alt: My arms around my body and relax some more)

Cow Pose

I sit with my legs out to start cow pose,
Bend knees, legs apart, my feet flat on the floor.
Slide one leg under the other,
Top leg knee lines up with the other.
Now my arms meet behind my back,
Sit up tall give my arms a piggyback.
(X2)

Flower

For flower, start like a butterfly.
Arms under my shins, in front of each thigh.
Lean back a bit, lift my legs in the air.
Lift chest high, back straight in midair.
Try to hold this balance a while.
The flower is fun and I do it with style.

Half Butterfly

Begin in L pose to start the half butterfly.
Bend one leg, bring foot to inner thigh.
My arms way up like a big tall tree.
Move my chest toward the wall in front of me.
Reach, reach, reach, with a wide open chest.
Grab my shin or foot and take a little rest.
(X2)

Sailboat

For sailboat, begin in L pose.
Bend one leg, bring my knee toward my nose.
Lift bent leg over straight leg now.
Put my foot on the floor and sit up tall.
Move my elbow to the outside of my knee.
Sit tall, twist trunk, look behind me.
(X2)

FLOOR POSES

(Tune: "Reuben Reuben")

Downward Dog

Downward dog, hands and feet on the floor,
Lift my hips up to the sky.
Straighten my arms, relax my head,
Heels toward the floor, now give it a try.

Cat

Hands and knees on the floor for cat,
Drop my head and lift my back.
Drop my back and lift my head,
A few more times like a stretching cat.

Crane

For crane pose squat, hands on floor like crane
feet,
Bend my elbows, put my shins on my arms.
With my knees near my armpits and my body
weight forward,
Lift my feet up off the ground.

Lion

Sit on my feet to begin lion pose,
On my thighs I put my lion paws.
Breathe into my chest like a big proud lion,
Eyes wide, tongue out, big ROAR from my jaws!

Kicking Mule

For kicking mule bend, put my hands on the
floor.
A foot steps forward, put my weight on my arms.
Kick my back foot up into the air.
As a mule, heehaw with lots of charm.

Boat

For boat I sit with my knees near my chest,
Lean back on my hands and lift my feet.
Lift one hand then switch to the other,
Try both hands, it's quite a feat.

Crab

For crab I sit with my knees near my chest.
On my hands and feet, lift my hips to the sky.
Take a little walk around the room.
Do my best to keep my hips up high.

Rabbit

Sit on my feet to begin rabbit pose.
Clasp my hands behind my back just right.
Place the top of my head onto the floor.
My arms and hips up to the sky.

Dolphin

Hands and knees on the floor for dolphin.
Elbows to the floor and clasp my hands.
Turn my toes to the floor, lift my hips to the sky.
My legs are straight, look past my hands.

Scorpion

Hands and knees on the floor for scorpion.
Elbows and palms down to the floor.
Lift my hips to the sky, relax my heels.
Lift one bent leg for a tail with power.
(X2)

Slide

To start the slide I sit like an L.
Lean back on my hands, my fingers point back.
Hips to the sky, legs straight, point my toes.
My body makes a slide, my head tips back.

Fish

Sit like an L to begin the fish pose.
Feet together with my knees to the side.
Elbows into the floor, lift my chest to the ceiling.
My chest even higher with my chin to the sky.

Pigeon

For pigeon, start on my hands and knees.
Slide one knee up between my hands.
My front foot scoots to the other hip.
My back leg long, stretch high as I can.
(X2)

Crocodile

Lie on my tummy to begin crocodile.
Clasp my fingers behind my neck.
My legs are strong, together and straight.
Lift my chest up off the mat.

Swimming Pose

I lie on my tummy for swimming pose.
Arms out front and my toes way back.
Lift my chest, arms and legs and begin to swim.
Arms to my side, legs apart, start again.

Bow Pose

I lie on my tummy to start the bow pose,
Bend my knees and grab my feet.
Lift my chest up to the sky,
Into my hands I push my feet.

Snake

Snake pose on my tummy, squeeze legs together,
Hands under my shoulders, I lift my chest.
Shoulders relax, my spine is flexible,
As a snake I make a really loud hiss.

Swan

Lie on my tummy to start the swan pose.
Bend knees and point my toes to the sky.
Push my hands into the floor.
My feet toward my head with my chin up high.

Camel

Kneel on the floor to start the camel pose.
Hands on my hips and my elbows back.
Lift my chest and chin up to the sky.
Look to the wall behind my back.

Rainbow

I start on my back to begin the rainbow.
Feet by my bottom, hands by my head.
With my palms on the floor, fingers point toward my feet.
Push my body up with my arms and legs.

Dead Bug

Lie on my back to begin dead bug pose.
Knees near my chest, knees apart, reach my feet.
Grab the edge of my feet, lift my soles to the ceiling.
Knees toward the floor, let me hear buzzing.

Child's Pose

Sit on my feet, to begin child's pose,
Bend and place my forehead on the floor,
My tummy relaxes between my thighs,
Arms by my side relax some more.

Bridge

To start the bridge I'm on my back,
Feet by my bottom, arms by my side.
Lift my hips up to the sky,
On my bridge a car enjoys a ride.

Bike

I start on my back to begin the bike pose.
Lift my legs and hips off the floor.
Put my hands on my back and begin to pedal.
What will I see on my bicycle tour?

Plow

Lie on my back to begin the plow pose.
Over my head, swing my legs and hips.
Put my hands on my back, my legs are straight.
My toes to the floor, hold the pose for a bit.

SAVASANA and NAMASTE

Savasana

(Tune: "Twinkle Twinkle Little Star")

In Savasana I lie.
Close my eyes, I give it a try.
I pretend I'm floating on a cloud,
Imagine I hear my breathing out loud.
Breathe in, breathe out, try it through my nose.
There's no more work needed in this pose.
First I relax my feet and knees.
Relax my legs and tummy with ease.
Relax my chest. Relax my back.
Relax my shoulders as I get the knack.
My arms and hands, my neck and head.
My body melts like I'm in my bed.

Namaste

(Tune: "Reuben Reuben")

Namaste is a greeting we use in yoga.
The light in me honors the light in you.
Hands together in front of my chest.
Bow my head and we say Namaste.

Twirling Sycamore Seed

(Tune: "This Old Man")

I twirl and twirl
As a Sycamore Seed
Out of the tree I spin as I lead
With a smile on my face I go round and round
When I get too dizzy I land on the ground.

Spinning Spider

(Tune: "Row your Boat")

To do the spinning spider
I sit down on the ground
Lift my hips spin in a circle
As fast as I go 'round.

I spin and spin across my web.
I twirl 'round and 'round
As I get tired begin to slow
And fall upon the ground!

Snow Angel / Sand Angel

(Tune: "Row your Boat")

To do the Snow Angel
I lie down on my back
Stretch my arms and legs out wide
My wings and legs I flap

I flap and flap my wings and legs
My angel's looking fine
Open and close and open again
My lovely angel's mine

Sprinkler

(Tune: "Row your Boat")

To do the Sprinkler, sit on the floor
Pull my knees right in
Use my arms, spin in a circle
Spin and spin and spin.

Spray the water all around
The earth is happy now.
Spin and spin and spin and spin.
Then lie down on the ground.

Book Pose

(Tune: "Row your Boat")

Books are fun let's do the pose
On my back I go.
Put my legs up in the air
I grab my knees or toes

Open my legs to read the book
Hold my pages strong
Close my book my legs do reach
Open again to read along

Upward Dog

(Tune: "Reuben Reuben")

For Upward Dog on my tummy, hands near my ribs
Shoulders back legs straight. *Turn* my toes down
Lift my chest to the sky, my hips off the ground
Powerfully lift my chest, my legs straight and strong

Half Moon

(Tune: "Do your Ears Hang Low?")

For, Half Moon pose I jump my feet out wide.
Turn my toes, then tip my trunk to the side
Touch my hand to the floor, my back leg toward the sky
Stretch my other hand up like I'm flying on my side.

Superhero

(Tune: "Ain't gonna Rain No More")

For Superhero start in Mountain Pose
Reach my arms up to the sky.
Bend forward with straight arms and back
Lift one leg back so high.

Dog to Doll

(Tune: "Row your Boat")

To do the Jumping Dog
I start on hands and knees
Lift my hips up to the sky
It's Down Dog if you please.

I jump my feet up to my hands
And hold my Ragdoll still
Hips high, legs straight, relax my head
My Ragdoll wants to chill

Jump back to dog my hips are high
Ready to go again.
Jump to Ragdoll another time
Then Down Dog once again.

Jump to Ragdoll back to dog
My body is so strong
Jump and jump and jump and jump
And jump and sing along.

Rocking Horse

(Tune: "This Old Man")

For Rocking Horse
I sit like an L
Lean lifted chest toward my toes so tall.
Now I smoothly lie back, swing my legs over
head.
We're now in plow pose on my shoulders
instead.

Keep things moving
Legs back to the floor
Reach toward my toes, let's move more and
more
On my back once again legs over into Plow
Back and forth we go, til we end with a bow

Hoola Hoop Circle

(Tune: "London Bridge")

Let's all gather in a circle
Hold our hands
And pass the hoop.
See how many ways to work
Our hoop around the circle.

Side Plank

(Tune: "Row Your Boat")

To do the Side Plank
I lie down on my chest
Push my arms straight and strong
To plank pose do my best

Move one arm into the middle
The other up it goes
My body, legs and arms are straight
From head down to my toes

Take my arm down to the floor
Powerful plank we go
Now it's time for the other side
Arm in, arm up, Hello -

Wave hello and wave goodbye
Plank pose once again
Lower myself down to the floor
Back where I began.

Musical Mats

(Tune: "Found a Peanut")

We are *running* 'round the room
We are *running* mat to mat
When we hear the music stop
Do a *pretzel* on the mat.

Ways to Move Around Room	hopping, skipping, jumping, leaping, galloping, moving backwards, moving sideways
Symmetrical Poses (those only done once)	lion, L pose, V pose, butterfly, big butterfly, turtle, flower, boat, child's pose, bridge, downdog, cat, crane, crab, ragdoll, standing V, chair, frog, kicking mule, rabbit, slide, fish, crocodile, swimming, bow, snake, swan, camel, etc.

Parachute Blizzard and Shoveling

(Tune: "Don't Put your Dust in my Dustpan")

Who wants to have a blizzard, a blizzard a blizzard?

Oh let's make a colorful blizzard
With big blowing wind.

The snowflakes are full of color, some purple, some yellow
Watch as the snowflakes fall down and cover the ground.

Let's go do some snow shoveling, of bright snow, with our toes.
Match the color of the snow to the color of the chute.

Parachute Popcorn

(Tune: "Don't Put your Dust in my Dustpan")

Who wants to pop some popcorn, some popcorn,
some popcorn?

Oh who wants some colorful popcorn
From our huge popcorn popper?

The popcorn is full of color, some yellow, some blue.
Watch as the popcorn falls down and covers the ground.

Let's go scoop up popcorn, bright popcorn, with our toes.
Match the color of the popcorn to the color of the chute.

Group Flower

(Tune: "Twinkle Twinkle Little Star")

Let's gather in a circle to do a group flower
First sit down and do my own flower.
Once my legs are in the air
Join my neighbors' hands, sit back in my chair
Keep my feet together til everyone's steady
For big flower now, open legs when we're ready.

Swimming Tag (w/Parachute)

(Tune: "London Bridge")

Let's all gather round the chute
Sit like an L
Put my feet in the water
Sit up tall and make some waves
Who's now going swimming?

Let's make big waves splash about
In our lake
Who goes next.
Let's make more waves splish and splash.
Until our arms get tired!

Tight Rope Walker

(Tune: "Ain't Gonna Rain")

For Tight Rope Walker I balance well
Be sure to not look down
Arms straight out like a capital T
Strong balance I have found

Toe to heel and heel to toe
Along the rope I walk
My chest is lifted my face is smiling
My eyes are focused like a hawk

Now this time through I turn my body
And move with a sideways scoot
Remember to keep my chin up high
I shuffle along foot to foot

Now it's time for a backwards walk
Across this tight rope I move
I place my feet with my best concentration
Focus my steps as I groove

One more time I cross the rope
Straight steps are easier now
I stand up tall my chest is lifted
At the end of the tight rope I bow.

Carousel

(Tune: "Found a Peanut")

For Carousel, form a circle
With my friends sitting by my side
Join our feet together on the blanket
Lie back, stretch my arms wide.

More friends join and hold our hands
Our carousel begins to move.
As some walk around the circle
Some relax and enjoy the groove.

As we spin magically in a circle
We imagine what our horsey'd say.
How I love to ride our carousel
More and more so every day.

As our carousel begins to slow
To our magic ride we bid farewell
We gently lie back on the floor
Relax our bodies for a spell

Tunnel of Dogs

(Tune: "Ain't Gonna Rain")

Let's get our dogs in a row right now
Near our friends we line ourselves up
Get our hands and feet all ready to go
Lift our hips to the sky, way up.

Now the first dog crawls through our tunnel
of dogs
Be sure to lift our hips up high
Press our hands and feet well into the floor
Say "Hi" as our friends crawl by.

When I get to the end of the tunnel of dogs
I become a dog once more
Hello friends as you crawl on through
Press our hands and feet to the floor.

When our last friend crawls all the way to the
end
Then we rest ourselves on the floor
That was heaps of work and a whole lot of
fun!
With yoga we always want more!

Snug as a Bug

((Tune: "This Old Man")

I want to be
As Snug as a Bug
In this warm and cozy rug
I roll up my body in this mat like a hug.
I feel as snug as a bug in a rug.

Steam Roller

(Tune: "This old Man")

As a Steam Roller
I want to roll
Tummy up then down then up then down
I get really dizzy as the clouds don't stop
I roll and roll 'til I stop with a flop!

Under Dog

((Tune: "Oh my Darling")

For Under Dog,
Find my partner
Shake hands and say hello
One of us gets into down dog
The other crawls under below

Now my partner takes a turn
In down dog with hips high
The second yogi crawls under
Then we pretzel and high five.

Magic Carpet Ride

(Tune: "Oh my Darling")

For Magic Carpet Ride, join the fun
On the magic carpet I sit down
While my friend pulls me through the sky
I see what's happening in my town

With the magic, I create
Whatever fun-ness that I choose
My dreams become my reality
As through the fluffy clouds I cruise.

As my carpet ride begins to slow
To my magic dreams I hold on
As our ride comes to an end.
We lie down softly on the ground.

Sunflower Sequence

(Tune: "Rueben Rueben")

Sunflower Sequence has lots of poses.
Start in mountain, reach my arms to the sky
Hang my arms and head like a sleepy
ragdoll
Jump feet back for dog with my hips up high.

Now, sit on my feet for comfy child's pose
Flatten to my tummy like a hissing snake.
Hips to the sky for another dog
Rest a short while for a little break.

I go back to my tummy for one more snake
pose
Back on my feet for child's pose.
Hips high for dog jump forward for ragdoll
Reach for the sky return to mountain pose

Turtle Partners

(Tune: "Oh my Darling")

For Turtle Partners find my mate
Shake hands and say Hello
The first yogi finds child's pose
And the second to be turtle's shell

As the second yogi, sit on the floor
And lie back on my friend
I become the turtle shell
With a big stretch from end to end

Now we switch to try the other
New child's pose and turtle shell
The shell stretches end to end
We join as one turtle for a spell.

Now we roll down to our sides
Each becoming a baby turtle
I do a little dance on my back
Then pretzel tall as I settle.

Back to Back Breathing

(Tune: "Take Me Out to the Ballgame")

Find a friend for back to back breathing
Sit in Pretzel with my back to yours
Breath deeply and see if my chest gets big
See if I can feel my partners ribs

I sit tall even when I exhale
Stay tall when I breathe my air out
Can I breath. In. With my partner's breath
Can we breathe out as one.

Speedy Feety

(Tune: "London Bridge")

Let's all gather in a circle
Sit like a Pretzel
Near our friends
With our feet we pass the toy
Remembering not to use our hands

Watch our toy as it moves 'round the circle
Friend to friend
And feet to feet
With our feet we pass the toy
Remembering not to use our hands

Yoga Obstacle Course

(Tune: "London Bridge")

Let's get ready for our yoga course
Ready set go
Let's see where it leads
We run and hop and roll through the course
Go over through and under.

Lets keep moving, do our best
What comes next
Where will I go
I move my body as a yogi
I'm healthy strong and happy.

Superhero

(Tune: Ain't Gonna Rain")

For Superhero start in Mountain Pose
Reach my arms up to the sky.
Bend forward with straight arms and back.
Lift one leg back so high.

Now fly around to see the world.
My arms stretched way out front
Keep my shoulders back away from my
ears.
Keen eyes for a treasure hunt.

Leaping Frogs

(Tune: Ain't Gonna Rain")

For Leaping Frog I bend my knees
Touch the floor getting ready to leap.
Then spring off the ground and shoot for the
sky
Then hop hop hop a heap!

As a leaping frog don't want to stop
I leap and catch the flies.
I jump and hop and leap some more
Then pretzel, hands on my thighs

Kangaroo

(Tune: Ain't Gonna Rain")

For Kangaroo I stand up tall
Bend my legs ready to hop.
Ready set go, hop along the path
Keep jumping along nonstop.

Jump and hop and leap again
I can catch a bit more air
My tall strong legs shoot me off the ground
Then I sit down on my feet chair.

Motorboat (with Parent)

(Tune: "Oh my Darling")

For Motorboat, find my partner
High five with our feet
I sit down on the blanket
And my partner in the driver seat

The driver, tugs the motorboat
Across the floor, it's out of gas
Motorboat enjoys the fast ride
Over splashing water we move fast.

As we continue our boat ride
Hold on with all my might
We begin to slow our motors
'Til partners land side by side

** This is the same as "Magic Carpet Ride" -
either works here