

I AM A BALLOON yoga story

I'm so small. (frog pose)

I need some air.

Can you help me blow?

(Inhale blowing breaths followed by the cues of big, bigger, biggest in three segments)

I grow big, bigger, the biggest I can be.

(One knee bent & up with arms out in front circle for big; extend arms over head for bigger with both legs in chair pose; biggest stand in mountain pose with arms extended high in a round balloon shape.

Verbally guide the children to bounce, float, look around)

Oh, oh.....(I see cactus or *other idea*)

POP! (clap hands loudly & sharply -drop safely & quickly & have fun as a limp popped balloon down on floor in baby pose or frog pose or any collapsed reclining rest pose)

I am a seed yoga story



I am a seed, in the dark, dark ground.



(Be as small as you can.)



I feel the rain.



(Tap your fingers all over your body)



I see the sun.



(lunge)
"Tall"

(Chair pose
arms up in
"Taller" a circle)



I grow so tall, I am a _____.

"Tallest"



or



or

