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| **Theme:** | **Brown Bear, Brown Bear** |
| **Ages:** | 3-6 |
| **Materials:** | *Brown Bear, Brown Bear, What Do You See?* by Eric Carle |
| **Anticipatory Set:** | What is your favorite animal? Why? |
| **Breathing Exercise:** | Students breathe in and out deeply as if they are bears hibernating through winter. |
| **Active Movement:** | **Follow the Leader:** Everyone follows the leader with different animal walks around the room—bear walks, horses galloping, frog jumps, etc. |
| **Read Aloud:** | Read aloud *Brown Bear, Brown Bear, What Do See?* When you get to each different animal in the book, pause and have the students practice that pose.   * **Bear** (Bear walk in place) * **Bird** (Warrior 3) * **Duck** (Duck Pose) * **Horse** (Horse Pose) * **Frog** (Frog Pose) * **Cat** (Cat Pose) * **Dog** (Down Dog) * **Fish** (Fish Pose) |
| **Game 1:** | **Yoga Freeze:** Students dance around the room and when the music goes off, freeze in one of the learned poses. |
| **Transition Time:** | Each child holds their favorite animal pose for 10 seconds. When the time is up, they must change to a different pose. |
| **Game 2:** | **Name that Pose:** Each child takes a turn showing a pose that they learned. See how quickly the other children can guess it. Can they come up with a different pose for another animal? |
| **Relaxation and Mindfulness Exercise:** | Everyone picks a favorite animal from the book to pretend to be. It is now time to give them a rest. For example, the bear hibernates in his cave, a dog in the dog house, cat relaxing in the sun, or a bird in a nest. |
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