

# Teaching Tips for Tommy and Tina's Yoga Rhymes

## 1. My Light Shines

### **Teaching Tips:**

*Use any hand gestures that you feel resonate with the words. Maybe make a light symbol with both hands or with the index finger. Have kids embrace their hearts with hands over heart or namasté hands. Children can make sad or frowning faces and then smile when singing the last two lines of the verse. Sing each verse quieter and quieter and the final verse loud again.*

## 2. If you're a Yogi and You Know It

### **Teaching Tips:**

*For this song – follow along! Place hands to heart in namasté hands for verse 1. Take a deep breath after the lines in verse 2. And repeat the words I am after the lines in verse 3. Add in any hand gestures that go along with the words.*

## 3. Mountain and Monkey

### **Teaching Tips:**

*Before getting into the song with the movements, try out each pose slowly so you and the kids know where to go from pose to pose! Remember, exact alignment is not necessary but practice the poses safely! When coming up from the floor in forward fold bend knees always!*

*Mountain pose is a standing pose with arms by side.*

*Front fold is a forward fold – always bend at the knees when reaching down towards the ground.*

*Monkey is a halfway forward fold pose. Bending from the hips, place arms gently on legs, and keep upper body halfway lifted and reaching long.*

*Chair pose is a squatting pose done by bending at the hips and knees and placing hands on top of thighs.*

## 4. The Elephant Walk

### **Teaching Tips:**

*The elephant walk is a cleansing and energizing yoga practice that even adults practice. Put to the tune of the wheels on the bus give kids the sense of repeating movements in a sequence. To become an elephant, bend knees and reach hands around legs, lower legs or ankles or just the floor and follow along with the lyric.*

*For the final verse about jumping up and down, everyone stands up and jumps.*

## 5. Five Cobra Snakes

### **Teaching Tips:**

*This song could be just a fun sing along song you and the kids could become the cobra snakes and the mouse. To be a cobra snake lie belly down on the floor and gently lift from the upper torso with hands/forearms supporting the lift/back bend. To slither away, cobra snakes could roll over, or even crawl away on the floor. To be a mouse, crouch down from all fours as if practicing child's pose but keep hands to the front of knees on the ground and body lifted. There can be just one mouse or many mice – and all can shout hip hooray!*

## 6. Cats go Prowling

### **Teaching Tips:**

*This song is a great activity song because it involves many different yoga poses that children can try. Practice the poses before starting the song to be familiar with each pose!*

*Everyone stays as cats for the first verse. For the following verses, have all the kids start out as cats (kneeling on all fours) and for each pose have one child stand up and do the pose (or a couple of kids together). Then all the cats remaining on the ground can stretch out their arms and hands as if cat paws.*

*For the final verse, everyone remains as cats again.*

*The poses for verses two through nine are mouse, tree, cobra, bees (using bees breath), owl, star, turtle and frog.*

*Mouse pose is basically child's pose. From kneeling, sit back onto heels and lower forehead down to ground. Arms can be outstretched front or reaching back towards heels.*

*Tree pose is a balance pose. Standing on one leg, place other foot onto calf and turn lifted leg out. Arms can reach up or out to the side.*

*Cobra pose is done lying belly down on the ground. It is a gently back bend or lift of the upper torso off the ground while the hands and forearms rest on the ground for support.*

*Bees breath is a humming breath. Take a deep breath in and on the exhale hum.*

*Owl pose is a seated twist done from a cross leg position. Legs can be crossed either way and one hand reaches towards opposite leg while the other arm gently reaches behind body towards ground. Torso and shoulders twist to side and head can turn as well as an option.*

*Star pose is a wide leg standing pose. Legs and feet turn out in a standing straddle and arms reach overhead and slightly out to the side.*

*Turtle pose is seated knee bent straddle pose where the body also bends towards the floor. Hands can rest on the floor in between the legs or reach underneath the legs with the hands pressing palms down into the floor (knees must be bent enough to create space away from floor).*

*Frog pose is done lying facing towards the ground. Starting from a kneeling and crouched position like mouse, open legs (with knees bending still) out to either side so there is space between legs. Then position upper body slightly more forward and towards the ground so that the hips are aligned above the knees and not seated back on heels. Forearms and foreheads rest on ground and depending on flexibility legs can open wider (as if doing a wide straddle split but with knees bent).*

## **7. Five Trees**

### **Teaching Tips:**

*This is a fun activity song. Practice Tree pose before beginning the song. (Tree pose is a balance pose. Standing on one leg, place other foot onto calf and turn lifted leg out. Arms can reach up or out to the side.) Then line up children to be trees (depending on the number of kids make groups or pairs).*

*The trees balance and when the 'wind blows through' all trees wave their arms overhead. Then one by one through the verses a tree falls down to the ground.*

*For the last verse, all the trees grow back strong.*

## **8. Our Yoga Center**

### **Teaching Tips:**

*This song is a heart opening and chest expanding song. It is energizing and focuses on body posture and confidence. Follow along with the movements for each verse and maintain a strong standing base from the feet.*

## **9. My Yoga Heart**

### **Teaching Tips:**

*If teaching this song in a group setting, try singing this song in a share circle as a song to encourage community building. If singing along at home, make up any arms movements or facial expressions that go along with the lyrics. For example, try placing hands at heart for the first verse. For the second verse, try balancing on tiptoes. For the third verse, have kids face each other in pairs and open hands out towards each other or even shake hands. For the fourth verse open arms out with the word **we** and then gesture number one with the hands.*

## 10. B-E-I-N-G

### **Teaching Tips:**

*This is another great sing along song that can be done with or without movement. If you would like to include arm movements, place hands over heart, then move hands to namasté hands to indicate **calm**. Place hands down by side for the line about **being is our practice**. Then for each verse, drop the first letter of Being and instead clap.*

## 11. Sa Ta Na Ma

### **Teaching Tips:**

*Sa Ta Na Ma is a yoga mantra that means birth, life, death and rebirth. It is traditionally said while touching index finger to thumb when saying **sa**, touching middle finger to thumb when saying **ta**, touching ring finger to thumb when saying **na** and touching pinky finger to thumb when saying **ma**. For the line about the **circle of our lives**, make a circle gesture with arms circling overhead and out to side.*