

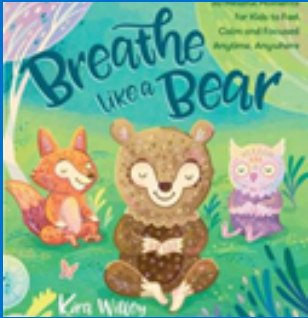
DIY Storytime Kit

Yoga & Mindfulness

Ages 3 - 7

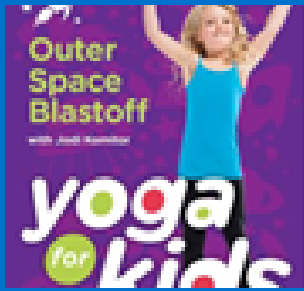


Materials



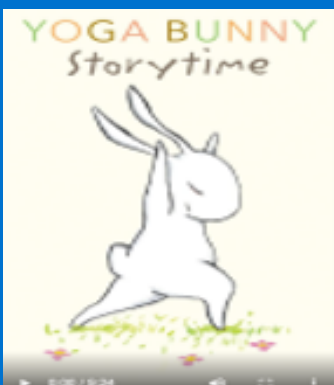
Breathe Like a Bear

Hoopla



Yoga for Kids

Hoopla



Yoga Bunny Storytime

Read by author, plus yoga poses

Rhyme

It's Time to Wiggle

(Tune of "The Farmer in the Dell")

It's time to wiggle your toes. It's time to wiggle your toes. It's time to wiggle your toes. Then reach up and touch your nose.

It's time to wiggle your hands. It's time to wiggle your hands. It's time to wiggle your hands. Yay! Now it is time to stand.

It's time to wiggle your feet. It's time to wiggle your feet. It's time to wiggle your feet. And now, sit down upon your seat.

