

Farmyard Yoga Story

Age	5-11
National Curriculum	Develop balance, agility and co-ordination.
Time	Approximately 20 minutes but can be flexible according to age and session time.
Preperation	Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with farmyard animals or vehicles inside to promote discussion with some pictures or stories.
Opener	Today, we're going on a farmyard adventure! Let's talk about farms. Has anyone been to one or lived on one? What happens on a farm? What vehicles might we see and what are they for? Mind map some animals or people that live there. Use animal or vehicle props as a stimulus by slowly revealing them from the bag and giving clues as to what it might be. How do the animals and vehicles move? What noises do they make? Read a story set on a farm or sing Old MacDonald Had a Farm.
Main Section	<p>Let's begin. Everyone, sit crossed legged, back straight, shoulders back and chin tucked in towards the chest.</p> <p>Place your palms together at your heart and bow forwards and say our special yoga password - Namaste (Nam-as-tay).</p> <p>First, let's stand up and walk (on the spot) through the beautiful countryside. Backs straight, keep breathing. Oh no, there's some squelchy mud! Squelch squerch! Squelch squerch! Hey! Look! There's the farm on the hill. Let's look through our binoculars (make circles with your thumb and first finger and look through the circles). Can you see the farm? Let's jog there (jog on the spot).</p> <p>OK, we're here. Look, there's the farmer on his tractor. Give him a wave! Let's pretend to be the farmer on his tractor. See card 1. Breathe for 2 counts. Keep our legs in this position and grab the steering wheel and drive along the farm track. Can you make a chugging tractor noise?</p> <p>What's that chasing behind the tractor? Oh, it's the farmyard sheepdog. She's having a stretch now, let's stretch like her. See card 2. Keep breathing.</p> <p>Where are they going? Oh they're going to herd the sheep in that field. Look at the sheep eating the grass. Into our sheep shape everyone! See card 3. Can you bleat like a sheep? Keep breathing.</p>



<p>Main Section</p>	<p>Oh no! The sheep are running away from the dog! They are running around the trees. Up we jump into our tree pose. See card 4. Keep breathing. It's getting very windy. Try not to wobble! Swap legs now. Keep breathing.</p> <p>Where's the farmer going now? Let's drive our tractor again. Repeat card 1. Remember to chug like a tractor!</p> <p>Oh, he's going to feed the cows. Let's make a cow shape. See card 5. They are very noisy cows. Can you moo as loudly as you can?</p> <p>I can hear some galloping hooves. It's the farmyard horse. Let's make our horse shape. See card 6. Neigh like a horse everyone! Swish that tail around! Repeat with the other leg.</p> <p>OK, let's gallop like horses to those hen houses over there (backs straight, gallop on the spot). Look, there are the hens. They're pecking on the ground looking for worms. Let's do it too! See card 7. Peck peck peck! Can you flap your arms like a hen too? Let's cluck like a hen!</p> <p>What's that grunting I hear? It's the pigs in the pig pens! Look at them rolling in the mud, what fun! Let's join them! See card 8. Let's grunt like pigs too!</p> <p>Here's the farmer again. I think he's got a trailer on the back of his tractor. Let's drive the tractor once more just like him. Repeat card 1. What's in his trailer? Wow, thousands of tiny, golden grains of corn. Let's make ourselves as small as a grain of corn. See card 9. Keep breathing.</p> <p>Our adventure is nearly over. It's almost night time. The moon is bright in the sky. Let's make our moon shape. See card 10. Keep breathing.</p>
<p>Closing:</p>	<p>OK, our farm journey is coming to an end. Let's roll on to our backs by this stream and relax in the moonlight. See card 11. Close your eyes if you wish. Keep breathing. The animals are snuggling down in their beds. The farmer has put the tractor away in the barn for the night. Let's think about our adventure today. What was your favourite shape? What was your favourite noise? Breathe here calmly and quietly for as long as you need to.</p> <p>Finally, let's sit up cross legged with our hands to our hearts, bow forwards and say our secret yoga password. Namaste.</p>
<p>Extension Opportunities:</p>	<p>Children to think of their own farm vehicle or animal poses and demonstrate.</p>
<p>NB - Hold each pose for at least two breaths and change sides when instructed to. Keep breathing, move slowly into the pose, never over stretch and if any pain is felt, stop immediately. Have fun!</p>	

