



Spolufinancováno  
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Erasmus+



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## „A Trip Through the Jungle”

**Written by:** Lucie Mohamed Kaniová

**Age:** Kindergarten children (ages 3-7)

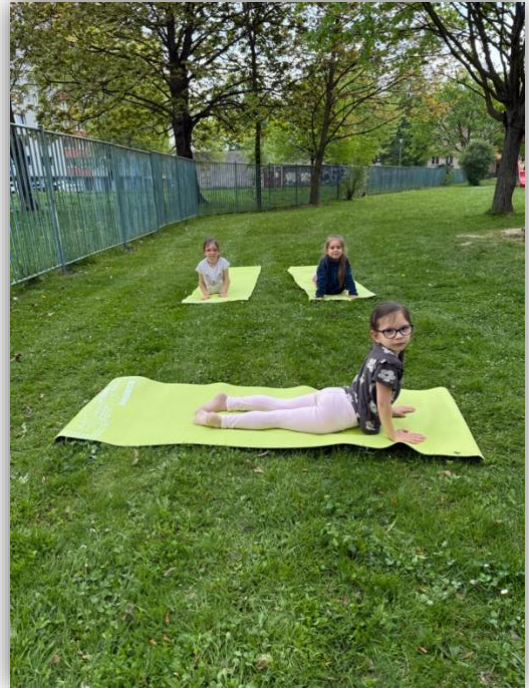
**Time:** 1 lesson (30 or 40 minutes)

**Objectives:** by the end of the session, children will:

- practise basic yoga poses with proper form
- develop body awareness, balance and flexibility
- improve focus and self-regulation through breathing and relaxation

**You will need:**

- yoga mats or carpet
- calm background music (optional)
- a small plush toy (animal for example) for breathing
- visual pose cards or printed images (very helpful for children)
- small bell (for relaxation time)
- free yoga cards for kids:  
<https://en.yogakiddy.com/b/free-yoga-cards-kids>



## YOGA CLASS

### Welcome and warm-up (sit in a circle and say hello), light stretches with music:

- arm circles
- touch your toes
- wiggle like a jellyfish

**Game: Freeze Dance Yoga:** Play music, dance around, and freeze in a yoga pose when the music stops.

### Breathing time

#### **Breathing with a Buddy**

- lie on your back, place a small stuffed animal on your belly. Watch it rise and fall as you breathe in and out slowly.
- practice “Smell the flower, blow the candle” breaths (inhale through nose, exhale through mouth).

### Jungle yoga adventure (Tell a story as you go through these poses)

Jungle part	Pose	What to say
Tall trees	mountain pose	Stand tall and strong like a jungle tree.
Monkeys	Tree pose	Balance like a monkey in a tree!

Cats	Cobra pose	Slither like a friendly snake.
Frogs	Warrior II pose	Spread your wings like a flying parrot.
River	Child's pose	Rest like water flowing gently.

**Important:** keep the tone fun and story-based, let kids add animal sounds or little movements.

### **Relaxation**

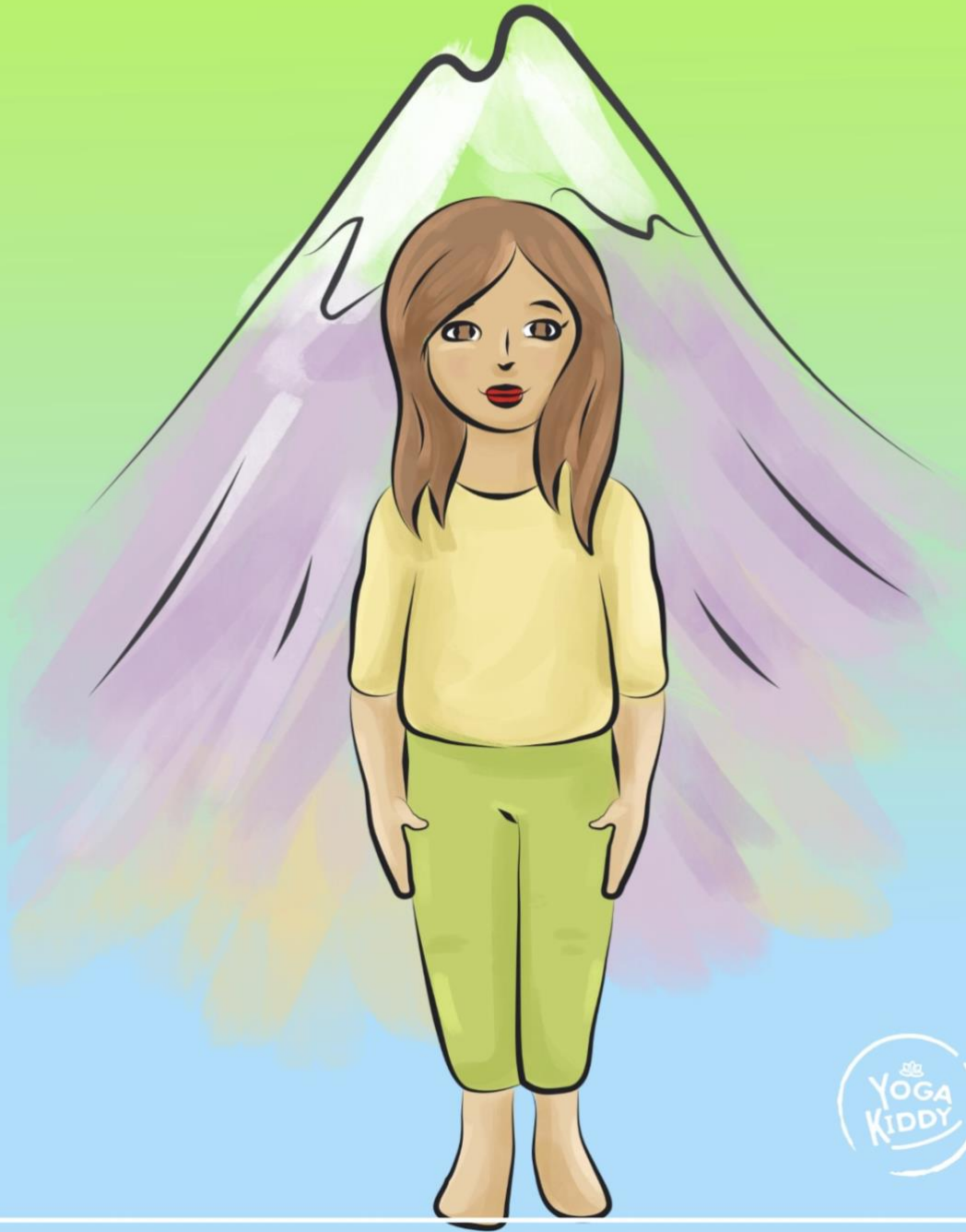
- **Starfish Relaxation:** Lie down in star shape. Play soft music or ring a bell.
- Guided Visualization: "Imagine you're lying in the grass, listening to jungle sounds... the sun is warm, and you feel calm."

### **Goodbye ritual**

- sit in a circle
- short reflection "What was your favourite animal today?"

# Mountain

Tadasana Samasthiti



# Tree

Vrksasana



# Warrior

Virabhadrasana II



# Cobra

Bhujangasana

