



Spolufinancováno
z programu Evropské unie
Erasmus+



Co-funded by the
Erasmus+ Programme
of the European Union

Národní agentura udělila organizaci Základní škola a mateřská škola Ostrava Hrabůvka, Krestova 36A, příspěvková organizace, Krestova 1387/36A, 700 30 Ostrava-Hrabůvka grant z finančních prostředků rozpočtu Evropské unie na projekt s názvem „Škola pro život“ v rámci programu Erasmus+, KA 1: Vzdělávací mobilita jednotlivců. Na základě inspirace z mobility „Yoga and Meditation for Educators: Be a Great Teacher, be your Best Self“, která byla uskutečněna na základě tohoto projektu, byla vytvořena příprava pro výuku nejazykových předmětů v anglickém jazyce.

„Weather Wonders“

Written by: Lucie Mohamed Kaniová

Age: Kindergarten children (ages 3-7)

Time: 1 lesson (40 or 50 minutes)

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

- practise basic yoga poses inspired by weather elements
- build emotional awareness through body movement
- encourage creativity with a simple related art activity
- learn to calm the body and focus the mind

You will need:

- yoga mats or carpet
- calm background music (optional)
- crayons and A4 papers
- printable weather cards (sun, rain, clouds, wind, rainbow)
- free yoga cards for kids: <https://en.yogakiddy.com/b/free-yoga-cards-kids>

Welcome and warm-up (sit in a circle and greet each other):

- ask: “What kind of weather do you like?”

Warm-up movements:

- sun stretches (reach high)

- rain drips (wiggle fingers down like rain)
- wind twists (gentle torso twists)

Breathing time (Blowing Clouds):

- sit cross-legged
- inhale through the nose
- exhale slowly through the mouth while pretending to “blow away a cloud”
- use arms to wave the cloud away
- repeat 4 - 5 times.

Yoga story: Weather Adventure

Weather	Pose	What to say
Sunshine	Mountain + arms up	Feel the sun shining on your face.
Rain	Forward fold	Drip down like rain from a cloud.
Wind	Warrior III	Balance and fly like the wind.
Thunder	Horse pose + clap	Stomp like thunder - safely and strong!
Rainbow	Bridge pose	Create a colourful rainbow with your body.
Cloud	Child’s pose	Rest like a fluffy cloud floating in the sky.

Art activity: My weather mood

Instructions:

- Give each child a paper and crayons.
- Ask: “How do you feel today? If your feelings were weather, what would they be?”
- Let them draw a weather scene to represent their mood – e.g. sunny, rainy, stormy, mixed.
- **optional:** Share drawings and talk gently about how different we all feel sometimes.

Relaxation

- **Rainbow breathing:** Lie down, close eyes. Imagine a big rainbow above you. Breathe in each colour slowly (red, orange, yellow...).
- Play soft music or use a bell for final rest.

Goodbye ritual

- Sit in a circle. Say: "Today I felt like the..." and name a weather type.
- End with a calm "Namaste" and thank the group.



Forward Fold



Bridge pose

Photos by: Lucie Mohamed Kaniová and Aneta Smieško