



June Week 1

Teacher Activity A: Feed the Bird Tag

Equipment

None

<i>Set Up</i>	None needed.
<i>Trans-In</i>	Children are in their Starting Position.
<i>Intro Qs</i>	How do baby birds eat? Who feeds them? What do they eat?
<i>Explain The Game: When I say GO!</i>	Everyone is going to be It. Everyone runs in the same direction. If you get tagged, you become a hungry baby bird. Kneel down in a high kneel (hips over knees) with arms over head clapping as if you are a hungry bird opening and closing his mouth. If you run by someone who is a baby bird, drop a pretend worm in the baby bird's mouth and shout "Yummy!" Then the baby bird can get up and run again.
<i>Trans-Out</i>	Children return to the Starting Position.
<i>Change Up</i>	If the play surface is too rough for kneeling, children can stand on 1 foot in tree pose or squat low while waiting to be fed.



June Week 1

Teacher Activity B: Partner Yoga

Equipment

None needed but a tumbling mat is helpful

<i>Set Up</i>	If using a tumbling mat, place it flat on the floor.
<i>Trans-In</i>	Children sit in a big semi-circle. Teacher will assist with first pose.
<i>Intro Qs</i>	Do you remember our yoga poses? Can you do yoga with a partner?
<i>Explain The Game: When I say GO!</i>	See full lesson plan for details. <i>Lizard Sunning on a Rock:</i> One child is the rock in Child's Pose. The other is the lizard, lying tailbone-to-tailbone with teacher assistance on top of the rock child. <i>Partner Tree Pose:</i> Partners stand side by side, with inside arms around partner's waist, outside arms overhead, hands touching, outside legs in tree pose. <i>Partner Owl Pose:</i> Children will sit back to back, cross-legged, twisted to touch partner's knee.
<i>Trans-Out</i>	Children return to Starting Position.