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Gary Byker Library of Hudsonville

YOGA STORYTIME



Why Offer Yoga Storytime?

- You don't have to be a yoga instructor or be super bendy to have a great yoga storytime.
- 3 benefits to focus on for kids and their caregivers are:
 - Provides improved emotional regulation - Couldn't we all use that?!
 - Promotes motor development - Great for balance, body awareness, and coordination
 - Provides an opportunity to discover storytime differently.
- It is a very adaptable
- **IT IS FUN!!!!**



Key Concepts

- It is Play over Perfection
- No “fixing” poses
- Participate at your own comfort level
- All poses can be modified! Choose what works best for kids' bodies. No headstands required!
- Use lots of imagination with books, stories, songs, and games.
- Encourage adults to practice along or help their young one.

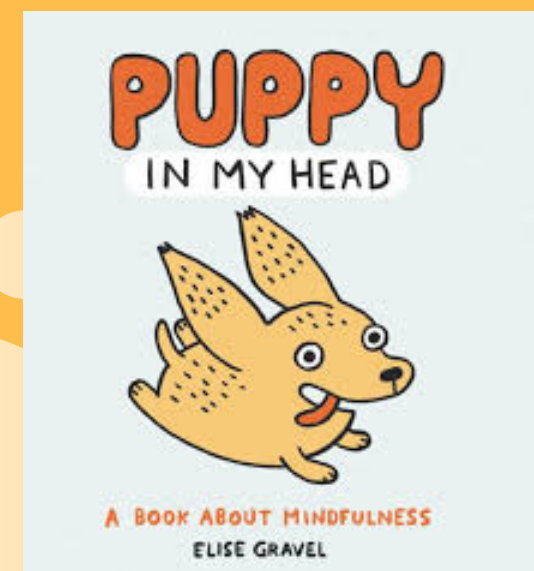
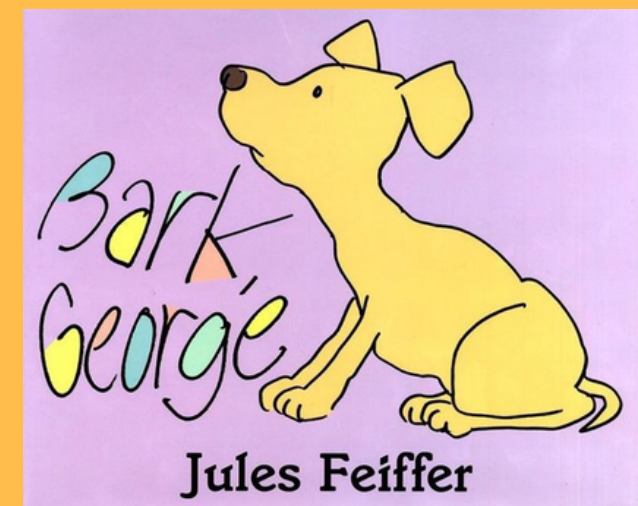
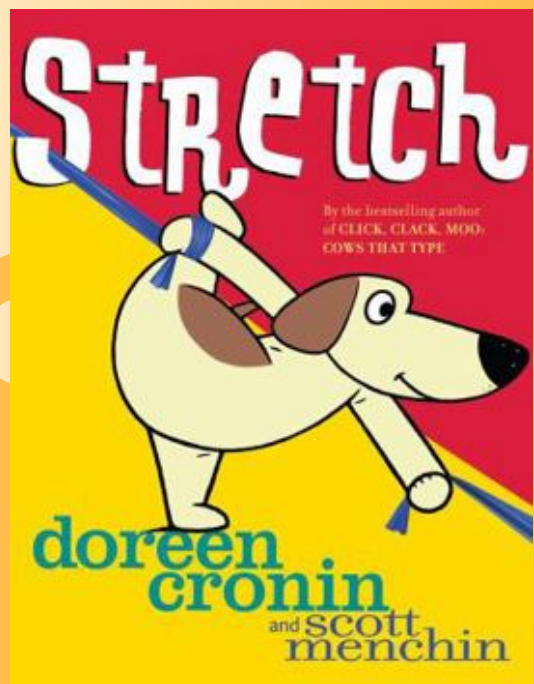


Supplies

***Not required**

- Offer if caregivers would like to bring their own yoga mats that is great!
- We offer “kid size mats” (regular mats cut in half.
- Breathing buddy or breathing jewels. (beenie babies or plastic jewels
- scarves or shakers
- Bluetooth or library set up to stream music
- Foam Dice - For Rhyme Dice
- Singing Bowl - not necessary, but a fun way to refocus the groups.
- “Breathing Ball” or Hoberman Sphere

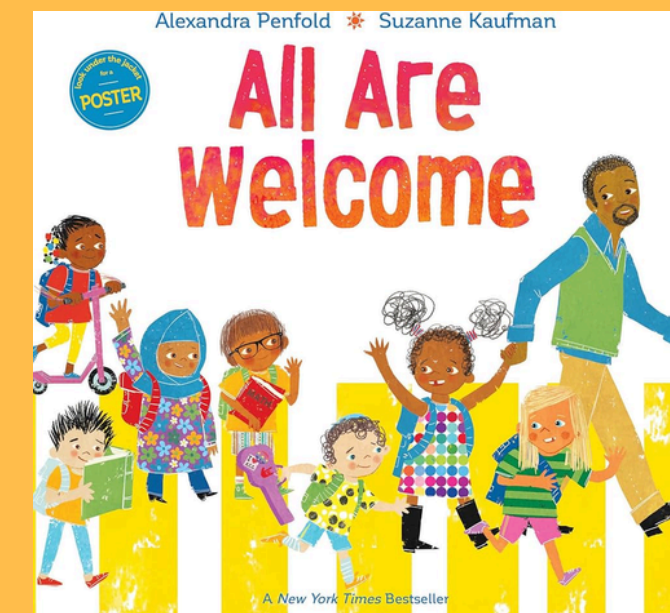
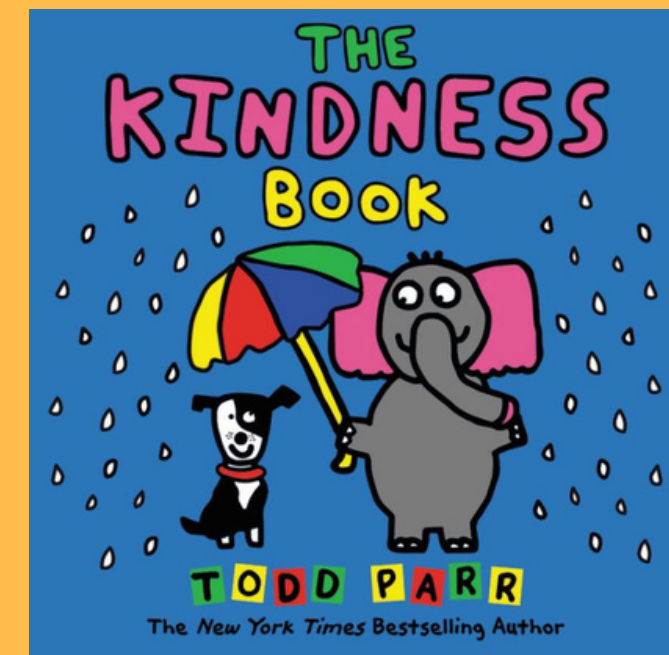
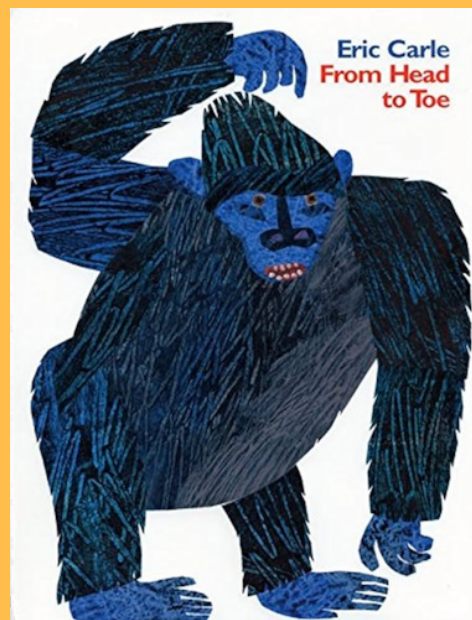




Books

Ideas Include:

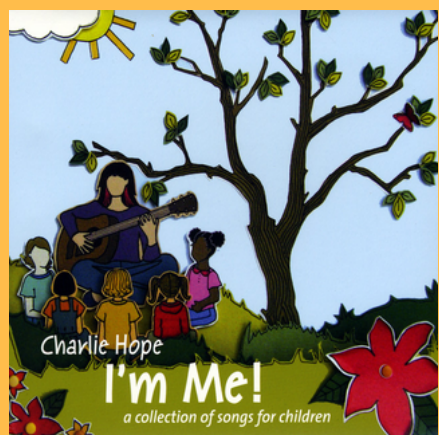
- Movement Books
- Easily adaptable books
- Feelings
- Kindness
- Community



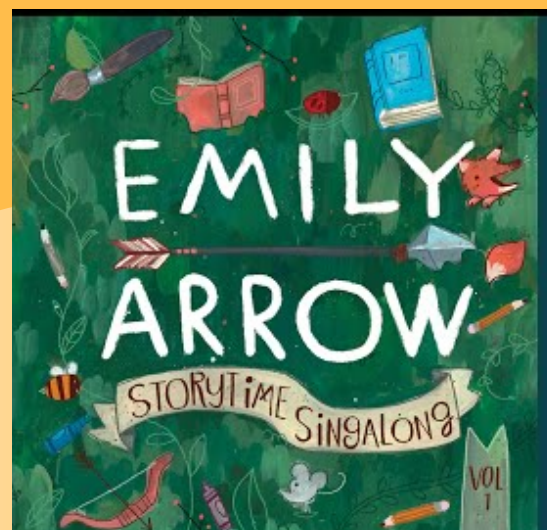
Music



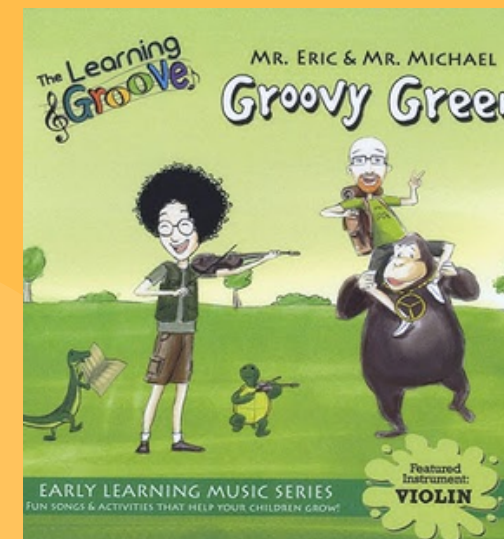
Spin Again by Jim Gill



Mr. Sun by Charile Hope
scarf song



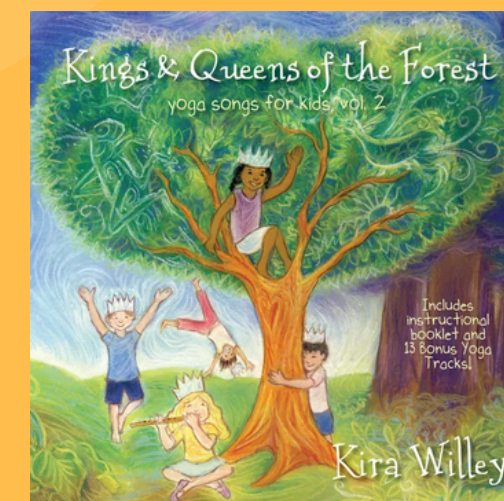
I am Yoga by Emily Arrow



Cookie Jar Stretch by Mr.
Eric and Mr. Michael



My Energy by
Laurie Berkner



All I Wanna Do is Dance
by Kira Willey

The Plan(ish)

- Welcoming environment, music is helpful
- Welcome everyone, and Breathing Ball
- Welcome Song/Extend and Stretch
- Rhyme Dice
- Book
- Scarf Song
- Pose of the week
- Breathing Exercise
- Yoga Rest
- Namaste
- Play Time!



Play Time!

After our engaging yoga storytime, we provide unstructured playtime.

- We vary activities that encourage large body movements along with more quiet play.
- This setup fosters connections between caregivers.
- Children can further develop their movement and gross motor skills.



Let's Yoga Together!

THANK YOU



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