

Earth Day Activity Pack



Celebrating our Earth

Earth Day Yoga

Enjoying these activities together outside makes it extra special for children to connect with the sun, sky, trees, flowers, birds and other living things.

INTRODUCTION: Begin by sharing why we celebrate **Earth Day**.

The Earth is our planet and gives us everything that our bodies need to be healthy... the water we drink, the food we eat, the air we breathe. Earth Day reminds us to be thankful for all the wonderful things that the Earth provides for us.



BREATHING- FLOWER BREATH:

For this breathing exercise, you can use a real or imaginary flower or a blossom from your garden or the budding trees. Let's practice **FLOWER BREATH** together! Take a deep breath in through your nose as you sniff the flower and then say AHHHH as you breathe out. Practice for 3 or 4 breaths.

YOGA POSES AND MOVEMENT:

We're going on an Earth Nature Hunt and see what we can find...

Let's look around. What do you see?

Ask children to call out what they see in a garden, such as flowers, birds, butterflies, bugs and do the movements or yoga poses together. Here are a few poses you can try.



FLOWER POSE: Try this energizing pose which helps with coordination and balance. Hook your arms under bent knees, as you sit up, lifting arms and legs up off the ground.

BUTTERFLY

Children will experience the stages that a butterfly goes through.

Come into **CHILD'S POSE** for Egg and Cocoon.

Crawl on the ground like a **CATERPILLAR**.

Then come out of cocoon, becoming a beautiful **BUTTERFLY**.



BUTTERFLY POSE: Bring the soles of your feet together, bend your elbows and place your hands on your shoulders as you stretch and move your arms and legs- flapping your 'wings'.

BIRD POSE: Stand on tip toes and flap your bird wings behind you.



TREE POSE: Raise one leg and place it on your ankle or thigh, balancing on one leg. Then repeat on the other side. With a group of children, you can gather around a real tree while holding hands and doing tree pose together or do a group tree pose while looking at a tree to stay focused.

RELAXATION: Have your child lie down on their mat or the grass and read the Guided Nature Visualization.



GUIDED NATURE VISUALIZATION

(for children ages 3 to 12)

Try this **guided visualization** at the end of your kids' yoga class or at home before bedtime to calm and relax your child.

Close your eyes, take a deep breath in through your nose and now breathe out... begin to calm down your whole body...relax your shoulders, relax your chest, relax your arms, your legs, feel yourself relaxing more and more with each breath.

Now we're ready to go on a **Nature Adventure** using our imaginations...

Pretend that you are lying in field of pretty flowers and as you breathe in the fresh air, you can smell the grass and flowers all around you. You can hear the sound of the wind and the birds flying and chirping in the sky. And if you lie very, very still, you can even hear the sound of your own breath as it goes in and out.

You look around and see colorful butterflies fluttering all about and tiny lady bugs crawling on the ground. You open your arms out wide, as you feel the sunlight warming your whole body.

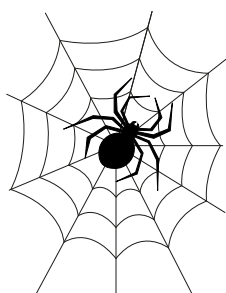
You are surrounded by the wonders of Nature in all its beautiful colors. The lush green trees, the bright blue sky, birds and bugs in all colors, and the bright yellow sun, which looks like a giant gumball of light. As you look up at the puffy white clouds in the sky above, an amazing rainbow appears! You slowly begin to climb up to the top where you can see the whole world below... all the people, animals, trees, ocean, mountains and everything in Nature.

You feel so happy and are filled with peace inside knowing that you are part of this big, beautiful world we live in. You breathe in this happiness, letting it wash over you, like a gentle rain. You enjoy this view for a little bit longer and then you slide down the other side of the rainbow...when you land back on the grass, you feel like you're floating on a cloud, your heart is filled with joy and love for everything and everyone in this world.

You can feel that you are loved by Nature and you let that love inside your heart, flowing like a river, as you share it with those around you. Let yourself sink deeper into this peaceful place knowing you can always go here with your breath and your imagination...

(If this is during the school day, bring children back to full consciousness by having them wiggle their fingers and toes slowly and hug their knees into their chest, curling up into a little ball in Fetal Position, holding this quiet space for a moment longer before they sit up.)

EARTH DAY SCAVENGER HUNT

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