

Jungle Yoga

Overall Learning Outcomes

Children are able to:

- Attempt the 'Jungle' Yoga poses
- Balance when performing each Yoga pose
- Relax their body when performing the basic poses
- Follow the story and understand what part comes next
- Lie down and rest their body when listening to music
- Control their breathing when performing each pose
- Talk about the effects of activity on their bodies
- Keep their tummy strong when performing the Yoga poses
- Remember and perform the majority of the Yoga poses

Jungle **Yoga**

**"Down in the Jungle, come if you dare,
what can you see shaking here and there,
with a shaky shake here and a shaky shake there,,
what's the creature shaking here and there"**

"It's"

**Click here for the Walking
through the Jungle Song
Via YouTube**

Jungle **Walk**



Every time we sing

"Walking in the Jungle"

Children walk on the spot, high knees with arm swinging

The Snake



Lie on floor, hand slightly in front of shoulders.

Raise body upwards, hold head up high.

Challenge: Push hands further

The Lion



Sit on knees, toes together.

Slide hands down legs, making big claws with hands.

Let out a large "ROAR" as we reach the bottom of legs.

The Parrott



Sit with legs crossed, hands out to the side.

Raise hands then lower hands.

**Challenge: Breathe in as hands move up, out as they come
down.**

The Zebra



Start on all fours.

Flat Back - Arch Back

Challenge: Keep arms straight

The Bird



Place one hand on shoulder.

Repeat with other hand.

Elbows up like a beak

Challenge: Raise onto tiptoes

The Monkey



Stretch up tall.

Reach with one arm, as other rests by side.

Repeat on opposite side.

Challenge: Keep stomach strong

The Flamingo



Hands together

Stand on 1 leg with foot near ankle

Move hands upwards

Stand strong

Challenge: Move leg higher

The Leopard



Place hands and knees on floor.

Push feet into ground as you push bottom upwards.

Challenge: Keep legs straight.

The Giraffe



Stretch up tall and turn to the side.

Step out with one leg,

Reach up to the top of the tree.

Bend down to the river.

Repeat on opposite side.

The Chimpanzee



Jump Up.

Squat Down.

Pump fist towards the floor.

The Cub



Lie on the floor.

Hands and Feet in the air.

Roll from side to side.

Challenge: Keep legs straight

The Bee



Sit cross-legged if possible

Breathe in through the nose and out through the lips .

Sit up tall.

**Click here for Relaxing
Rainforest Music
Via YouTube**

The Sloth



Children lie on the floor in a comfy position.

Close their eyes and sit quietly.