

Animal Boogie Yoga

Overall Learning Outcomes

Children are able to:

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

Animal Boogie 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
Animal Boogie Song
Via YouTube**

Animal Boogie Walk



Every time we sing

“Animal Boogie”

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 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.

The Sloth

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



Children lie on the floor in a comfy position.

Close their eyes and sit quietly.

**Play "Rain Sound and Rainforest Animals Sound - Relaxing
Sleep"**