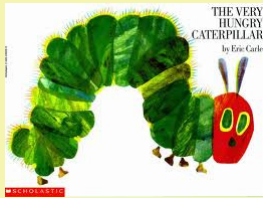




From the album *Anna and the Cupcakes*

## Butterfly

Follow along. This song also goes well with the Eric Carle book "Very Hungry Caterpillar." A nice way for children to use their bodies to discover their changing world. Children can make eggs with their bodies, open up and fly around the room. Scarves also work well for wings.



### Butterfly pose



### For Yoga

Child's pose makes a great "egg" and children can fly as butterflies in Baddha Konasana (bound angel pose) and "flap" their legs like wings. This is a great pose to open up the hips.

For a caterpillar try plank pose (top of a pushup). Try little pushups to eat leaves, or eat leaves with knees down.

### Child's pose



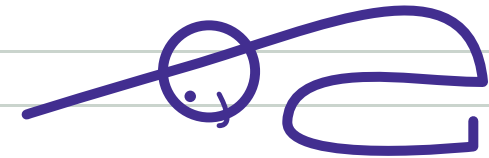
10

# Tips

## Child's Pose Relaxation

To help relax children, I may bring them into child's pose for a minute or a little longer after a big physical activity or before relaxation. I may gently touch their spine with a feather (which they will find ticklish!) or ask them to imagine a rainbow going up and down their spine or a glowing light. Some of the children now like to lie in child's pose before bedtime.

Child's pose is a very soothing pose. It's calming, it stretches the hips, increases flexibility in the knees, relieves stress and releases back tension. This practice also works well with some soothing music.



**Lighting:** Overhead light such as very bright fluorescent lighting can be over stimulating to children (and adults). Help ease transitions into naptime, etc. by incorporating safe lamps, dimmers, natural light and other soothing lighting options.



11