

# Bari Koral

family rock band

kids yoga • music • movement

COMPANION ACTIVITY BOOK  
TO THE AWARD WINNING ALBUM  
**The Apple Tree & The Honey Bee**





## Dear Friends,

Thank you for purchasing my second activity book. These activities are among the most popular from my kids yoga, music and movement classes.

As a long time yogi and recording artist for children, I used to keep kids yoga and kids music separate. Then one day I put them together and boom! Since then the universe has mostly responded with “thank you, more please!” I have worked hard to create fun, challenging activities for children, all the while focusing on the music. I find the music is what really helps draw the children into the movement, and keeps them engaged. That they request the songs over and over again is one of the greatest rewards to the work I’ve put in!

One note to keep in mind with the book - try to incorporate some Pranayama (conscious breathing) after these activities. You will see how just a few breaths can ground the children and help them ready themselves for their next activity. As often as possible I try to link the breath with the theme of the activity. For example, after “Dancing Bear”, try breathing in (inhale) and then exhaling slowly like a strong mama bear. Try this 3x followed by inhaling, and then exhaling like a baby bear 3x. These little moments can prepare children for a lifetime of using breath consciously to reduce stress and anxiety. Little seeds, making such a powerful difference.

Enjoy and please stay in touch! I welcome your comments and feedback.

All the very best, ☺

Bari

[www.barikoral.com](http://www.barikoral.com)



I SEE A BEAR IN A TREE  
HE'S LOOKING DOWN AT ME  
HE SAYS YOU CAN'T CATCH ME...



TREE POSE

I SEE A BEAR IN A BOAT  
HE'S PADDLING TO AND FRO  
HE SAYS YOU CAN'T CATCH ME...



BOAT POSE

I SAW A BEAR ON A SLIDE  
HE LIKES TO GO FOR A RIDE  
HE SAYS YOU CAN'T CATCH ME...



SLIDE POSE

...AND THEN  
HE STARTED DANCING



CHAIR POSE

I THINK I SEE THAT BEAR  
SITTING IN MY CHAIR!

This is a fun activity where children use their bodies to discover how a little seed becomes an apple tree.

I WAS A LITTLE SEED,  
IN THE GROUND WAITING.  
I HAD A DREAM THAT I COULD BE,  
ONE DAY AN APPLE TREE



**1. MAKE YOUR SEEDS!**  
Have children come into **CHILD'S POSE** to make their "seeds".

**TIP:** Dim the lights to help children feel like a seed buried in the ground.

**2. WHEN THE RAIN COMES...**  
Have children make the sound of water by slapping their thighs. You can also add a "clap" for thunder.

**3. WHEN THE SUN COMES...**  
Make the **SHAPE OF A SUN** with your hands (or add a **YOGA SUN SALUTATION**).

**4. AS THE SEED GROWS BIGGER...**  
Use **DOWNWARD DOG** to grow bigger in the ground.

**5. AS THE TREES BEGIN TO GROW...**

Have children grow into **TREE POSE**. While the children make their trees, the teacher can walk around and "pick" an apple from each child's leaves.

**TIP:** To help balance in tree pose, children can start out using one hand to lean against the wall, or focus their eyes on one spot on the ground. Try tree pose on one side, and then the other side.



TREE POSE



DOWNWARD DOG



CHILD'S POSE

**1.** Have children sit with their legs straight in front of them in **STAFF POSE**.

**TIP:** You can give each child a hoop or paper plate for a steering wheel.

STAFF  
POSE

**2.** When the truck goes "up" the highway, have the children come into **BOAT POSE**. Challenging and fun!

**3.** When the truck goes "down" the highway, have children reach towards their toes in a **FORWARD BEND**. Keep driving!

**BOAT POSE**  
Challenging for the core, but fun!

FORWARD BEND

**TIP:** While holding onto the steering wheel, children can work their core muscles by wriggling their hips forward and back to "drive" during the instrumental sections.

BEE BEE BEE,  
DON'T BOTHER ME,  
WITH YOUR BUZZ,  
BUZZ BUZZING,  
BUZZING,  
BUZZING!

This is a fun song and activity that helps children learn to come down and self regulate after bigger movements.

**1.** For the verses, have children lie on the floor under the apple tree.

**2.** When the "Bee" chorus comes, children can pop up and either run in place and shake off the bee, or run around in a circle.

**3.** Use every part of your body to shake off the bee.  
**Example:** head, shoulders, wrists, hips, toes.

**4.** When the verse comes again, have the children stop running and immediately relax back on the floor until the next chorus.

**BEE BREATH**

Cool down after this song by breathing in, and then exhale slowly with a "buzz" sound through the mouth. Try this 3x.

**HELPFUL TIPS:**

- Dim the lights for the verses while the children are lying on the floor!
- If you don't have a circle, you can use masking tape to create one on the floor.
- Create a cardboard bee that comes out during the chorus. **Great fun!**

"Back to the Farm" is one of our most popular songs! Ponies "sleep" in the barn in **DOWNWARD DOG** and **WAKE UP** to see different animals. After each animal, they go back to sleep in the barn.

**FUN TIPS:**

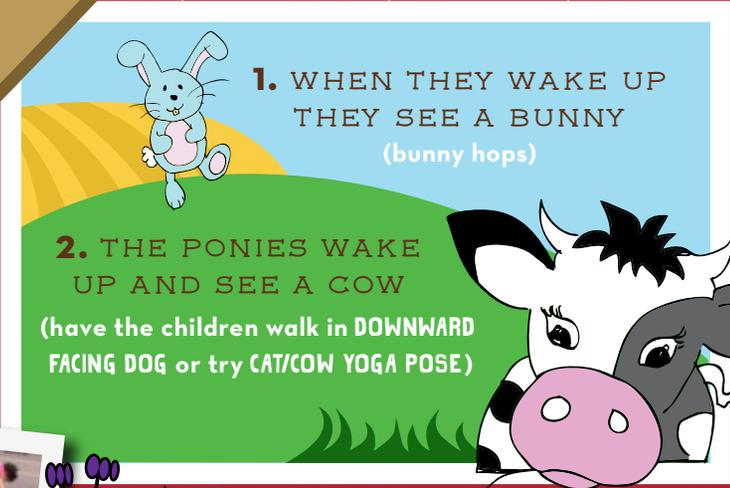
You can also make a "stable" of ponies by having children line up in **DOWNWARD DOG** on a line or at the wall. Dimming the lights while the ponies are sleeping is also fun. When they wake up - the lights go on.



**DOWNWARD DOG**  
"SLEEPING" LIKE A PONY



**RIGHT ANGLE**  
**HANDSTAND**

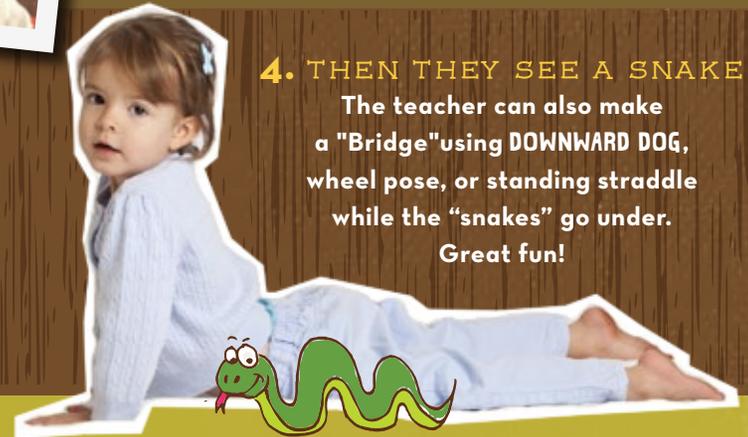


**1. WHEN THEY WAKE UP**  
**THEY SEE A BUNNY**  
(bunny hops)

**2. THE PONIES WAKE**  
**UP AND SEE A COW**  
(have the children walk in **DOWNWARD**  
**FACING DOG** or try **CAT/COW** YOGA POSE)

**3. THEY SEE A BAT!**

For Bat, children can fly like bats or they can lie on their backs, put their legs up in the air and fold their arms like bats. Or try lazy bat (legs up the wall) or strong bats (right angle handstand at wall).



**4. THEN THEY SEE A SNAKE**

The teacher can also make a "Bridge" using **DOWNWARD DOG**, wheel pose, or standing straddle while the "snakes" go under.  
Great fun!

**BUNNY BREATH**

To come down and relax after this song, children can "breathe" like the bunny. Take three short inhales through the nose (like you are a bunny sniffing carrots) followed by one long exhale through the mouth. So: Sniff, Sniff, Sniff. Ahhhh. Repeat this 3-5 times.

A fun song to work on volume with children. Think of both instruments and movement to demonstrate volume. A good lesson in self regulation, as sometimes it's time to be loud, and sometimes it's time for quiet!

WE CAN GIVE A HUG  
SHAKE A HAND  
BLOW A KISS  
SHOW SOME PEACE



**FOR INSTRUMENTS,** have children play quietly on the verses & louder on "NOOOO!" chorus. They could also practice not playing at all on the verse. One way to accomplish this is to say the instruments are "sleeping" during the verses, then WAKE them up for "NOOOO!" Try shakers, drums, triangles, etc.



**FOR MOVEMENT,** children can gently pantomime the verses and then stand, stomp, sing, and react to the "NOOOO!" part. Then come back down again for the next verse.



**HELPFUL TIP:**

The end (coda) of the song falls into a good rhythm pattern like "Lion Sleeps Tonight." Have children practice playing in time to the beat at the end of the song.



For our television show, **Yogapalooza**<sup>SM</sup>, we conclude every episode with "Give a Hug". It is a sweet way to end the program & children really enjoy singing the song and doing the actions together.

This song introduces a nice opportunity to talk about being kind to each other, and discuss gentle touch. In my classes I demonstrate gentle hugs and handshakes first. I also ask children to give themselves a hug when they prefer that to hugging others. You can also shake your own hand.

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