

The Grateful Giraffe

A Kids Yoga Feelings Book

Includes
Kids Yoga Poses
+
Parent-Teacher Guide.
Learn, be active,
and have fun!

By Giselle Shardlow

Illustrated by Valerie Bouthyette



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A Kids Yoga Feelings Book

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www.kidsyogastories.com

For my spirited daughter,
who teaches me every day about managing emotions.
~ G.S.



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www.kidsyogastories.com
www.amazon.com/author/giselleshardlow
Email us at info@kidsyogastories.com

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What do you think? Let us know what you think of *The Grateful Giraffe* at feedback@kidsyogastories.com.

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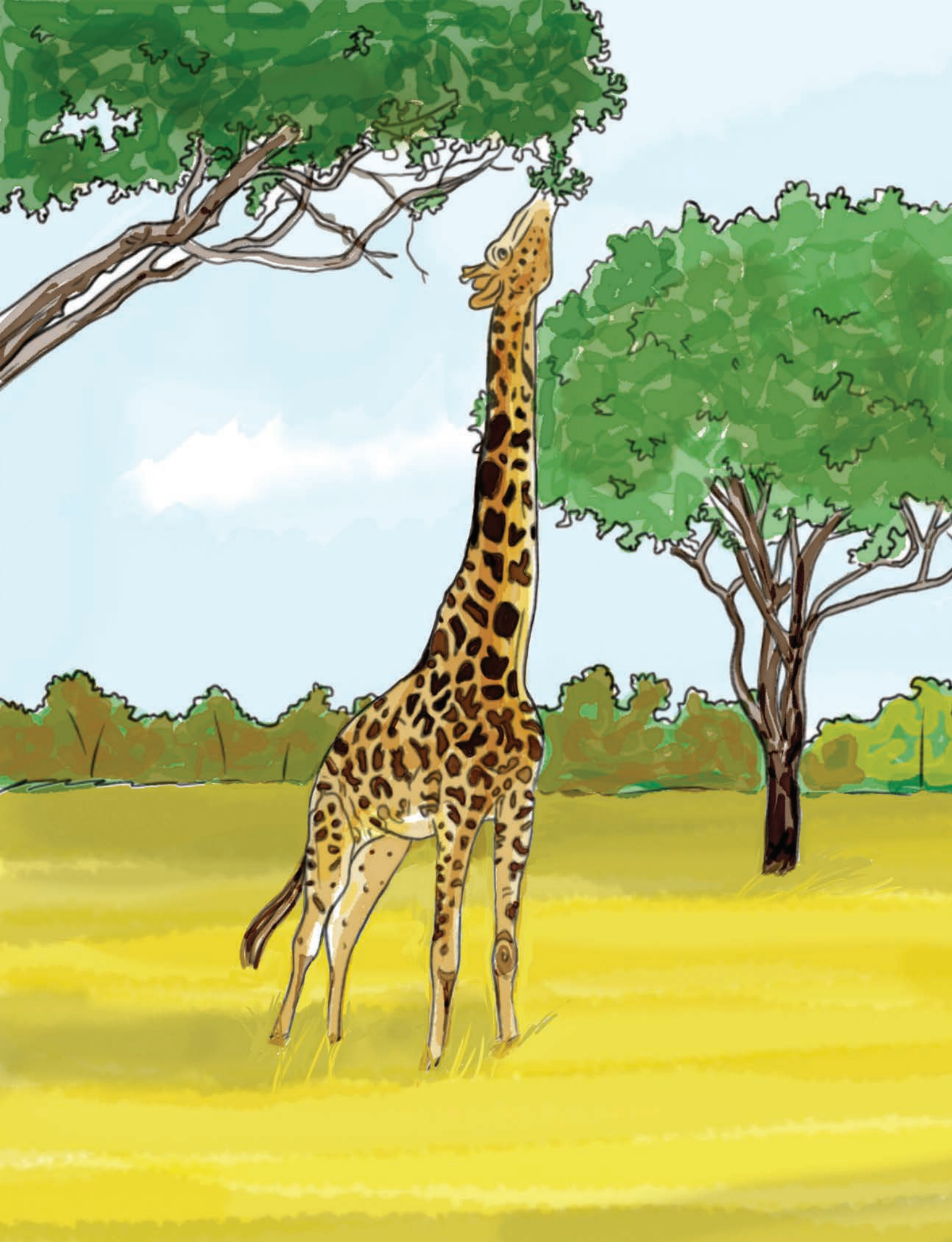
How to use this Yoga Book for Kids

Welcome to a Kids Yoga Stories book. Our yoga books are designed to integrate learning, movement, and fun. Below are a few tips for getting the most out of this feelings yoga book:

1. Flip through the book to familiarize yourself with the format. Pay special attention to the yoga pose in the circle on each page. Each pose mimics a corresponding animal in the story.
2. Read the story with your child, but this time, act it out as you go along. Use the illustrations of the yoga kids doing the poses as a guide. Encourage your child's imagination. Link the animal yoga pose to the associated feeling, to introduce feelings in a light-hearted way.
3. Refer to the list of kids yoga poses and the parent-teacher guide at the back of the book for further information.

Enjoy your yoga story, but please be safe!





A grateful giraffe returns to the wild.

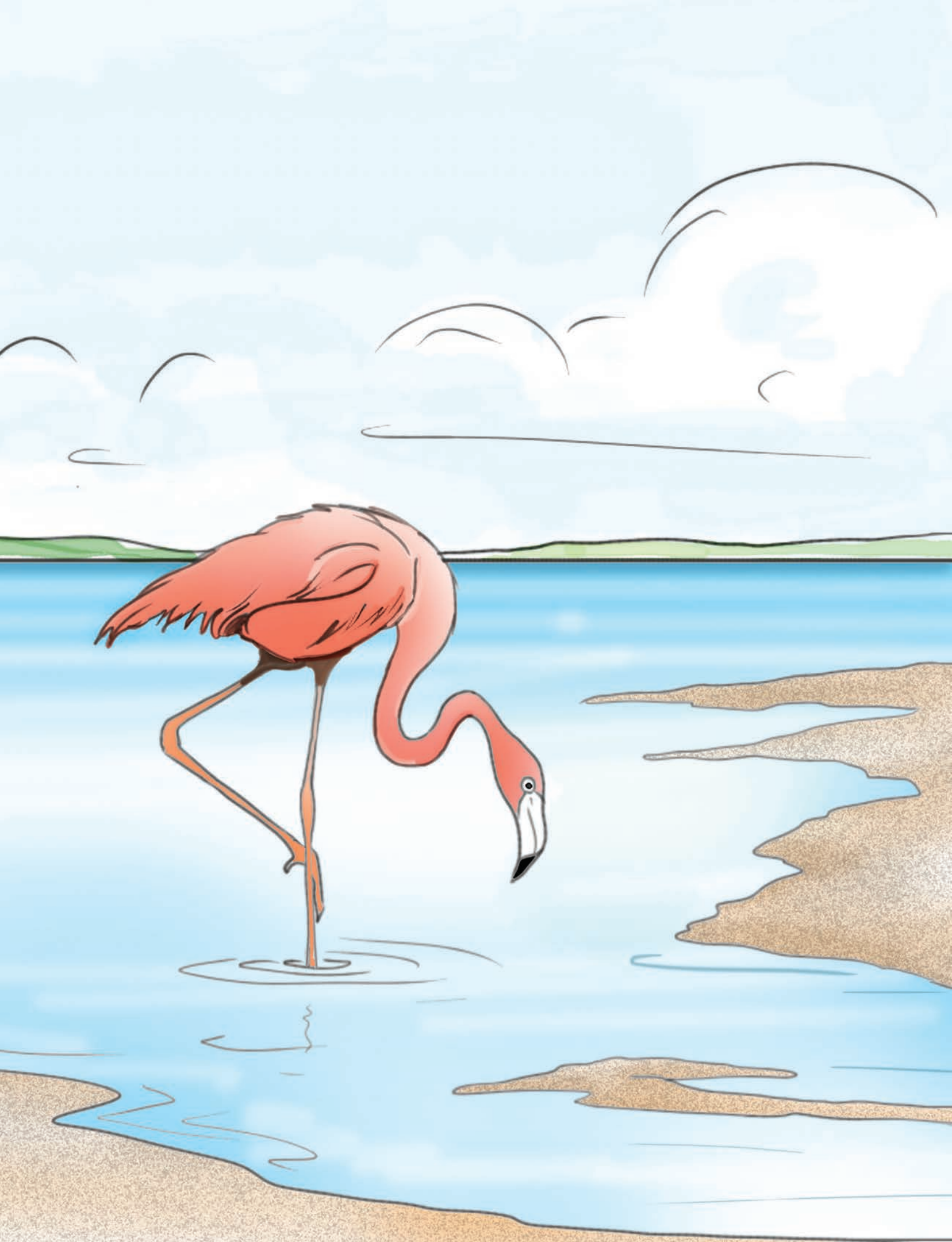
Bleat-bleat-moan!



A finicky flamingo picks at a snack.

Warble-warble-squawk!







A caring koala cuddles her baby tightly.

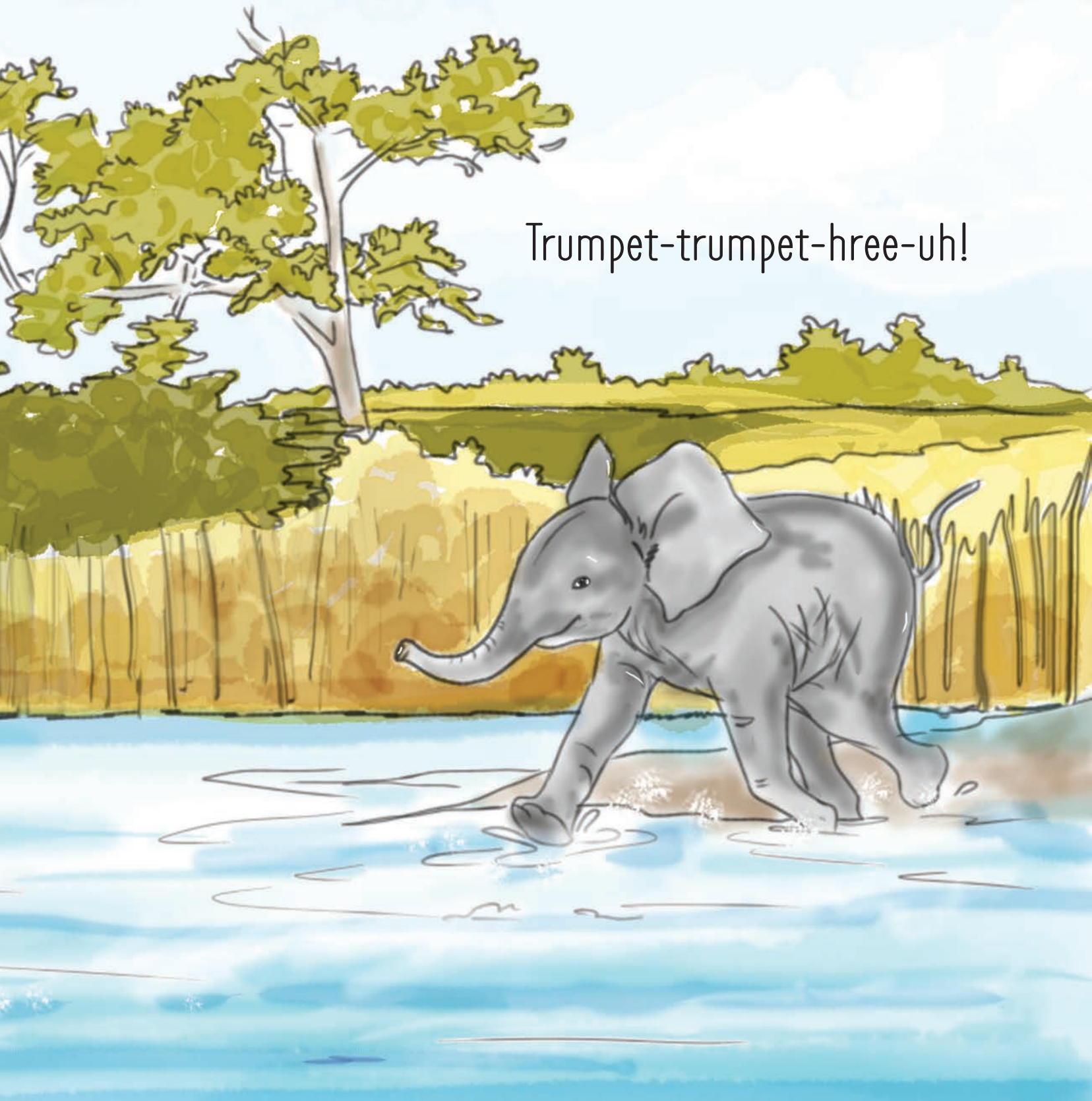
Grunt-grunt-snort!



An excited elephant runs to the waterhole.



Trumpet-trumpet-hree-uh!



A frustrated frog can't catch a fly.



Ribbit-ribbit-splash!





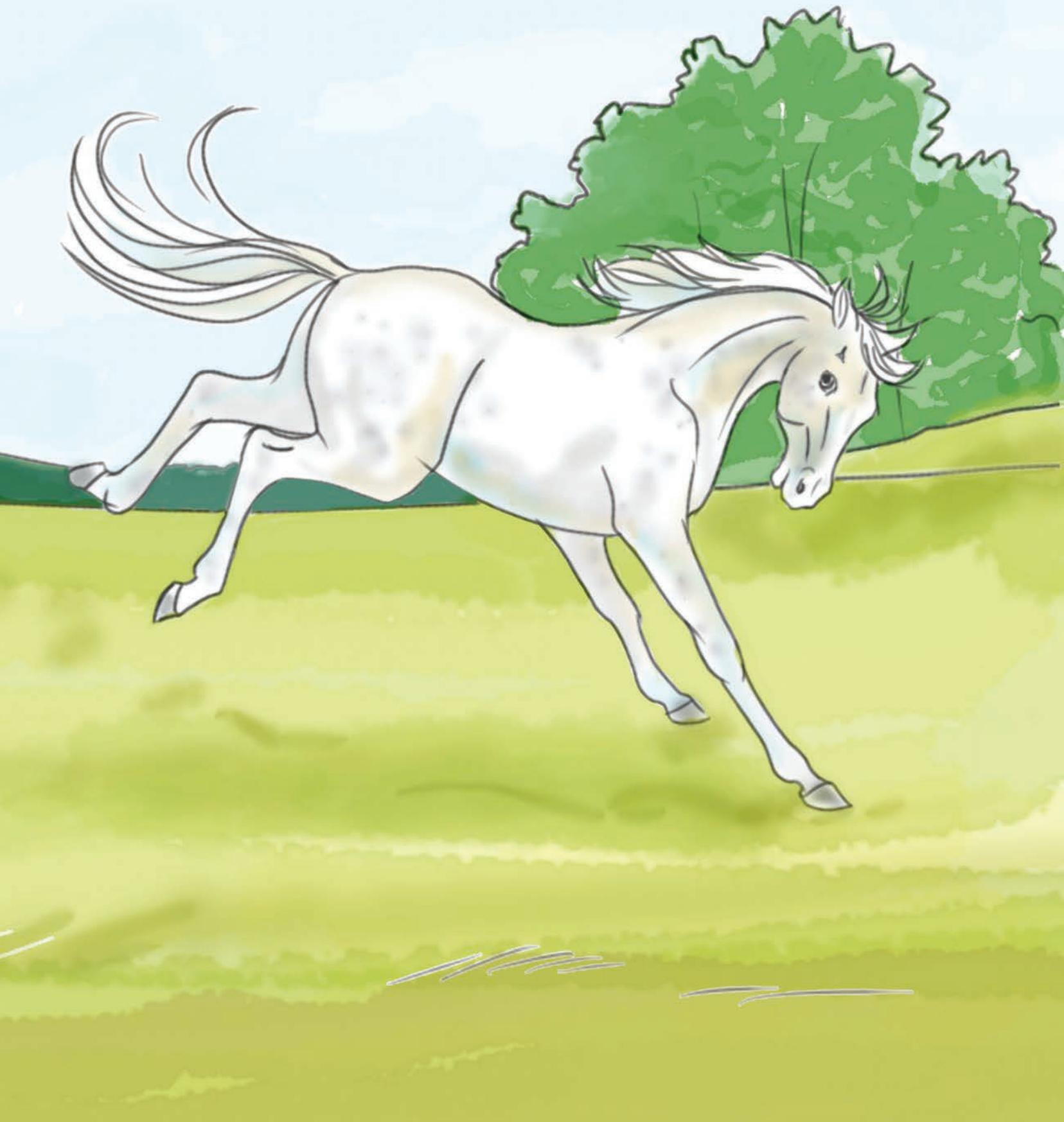
A playful puppy chases a ball.
Woof-woof-boing!



A happy horse kicks its hind legs.

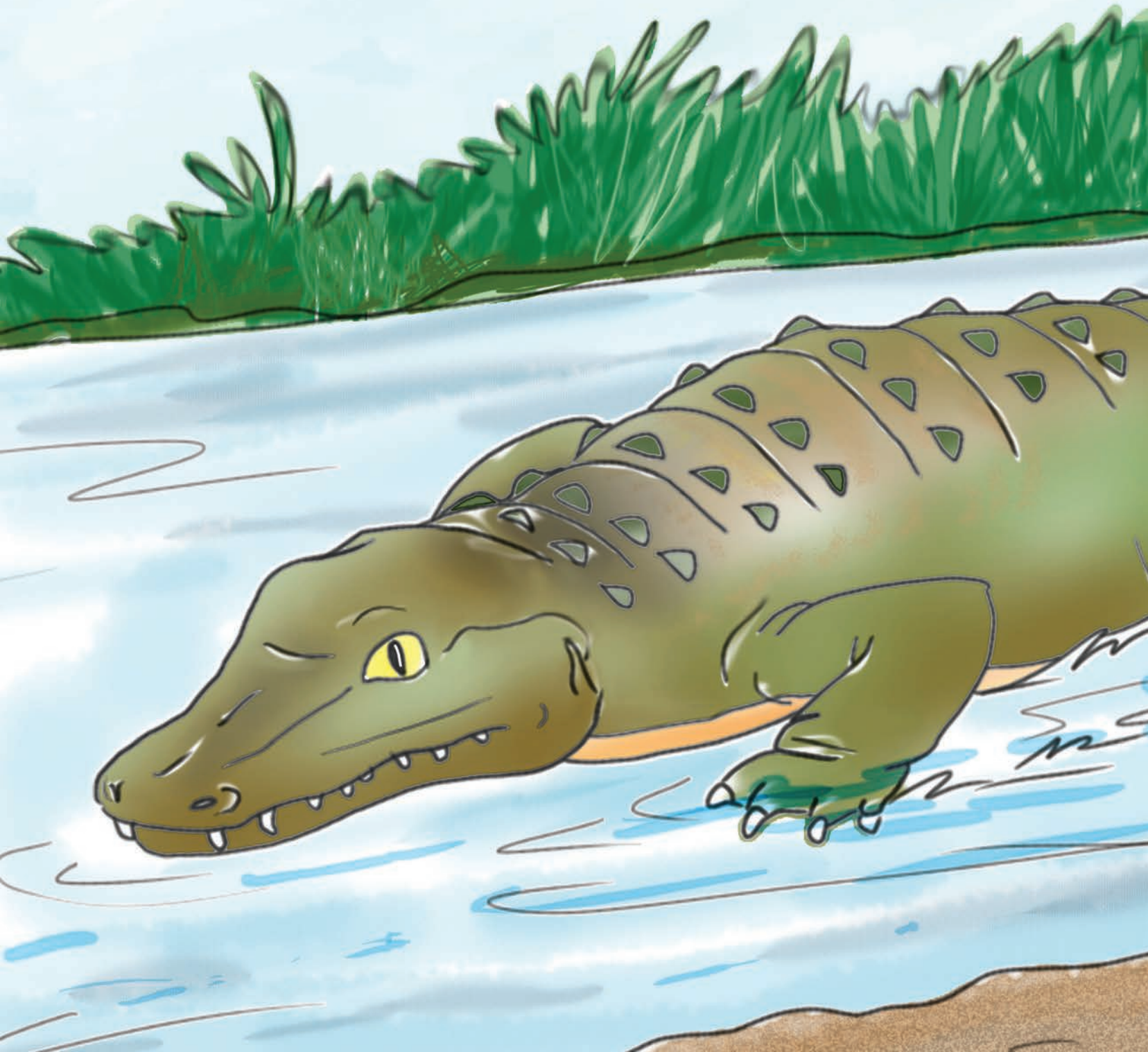


Neigh-neigh-clop!



A cranky crocodile lurks in the river.

Snap-snap-growl!





Plank Pose

A sly snake hides in the sand.



Wiggle-wiggle-hiss!





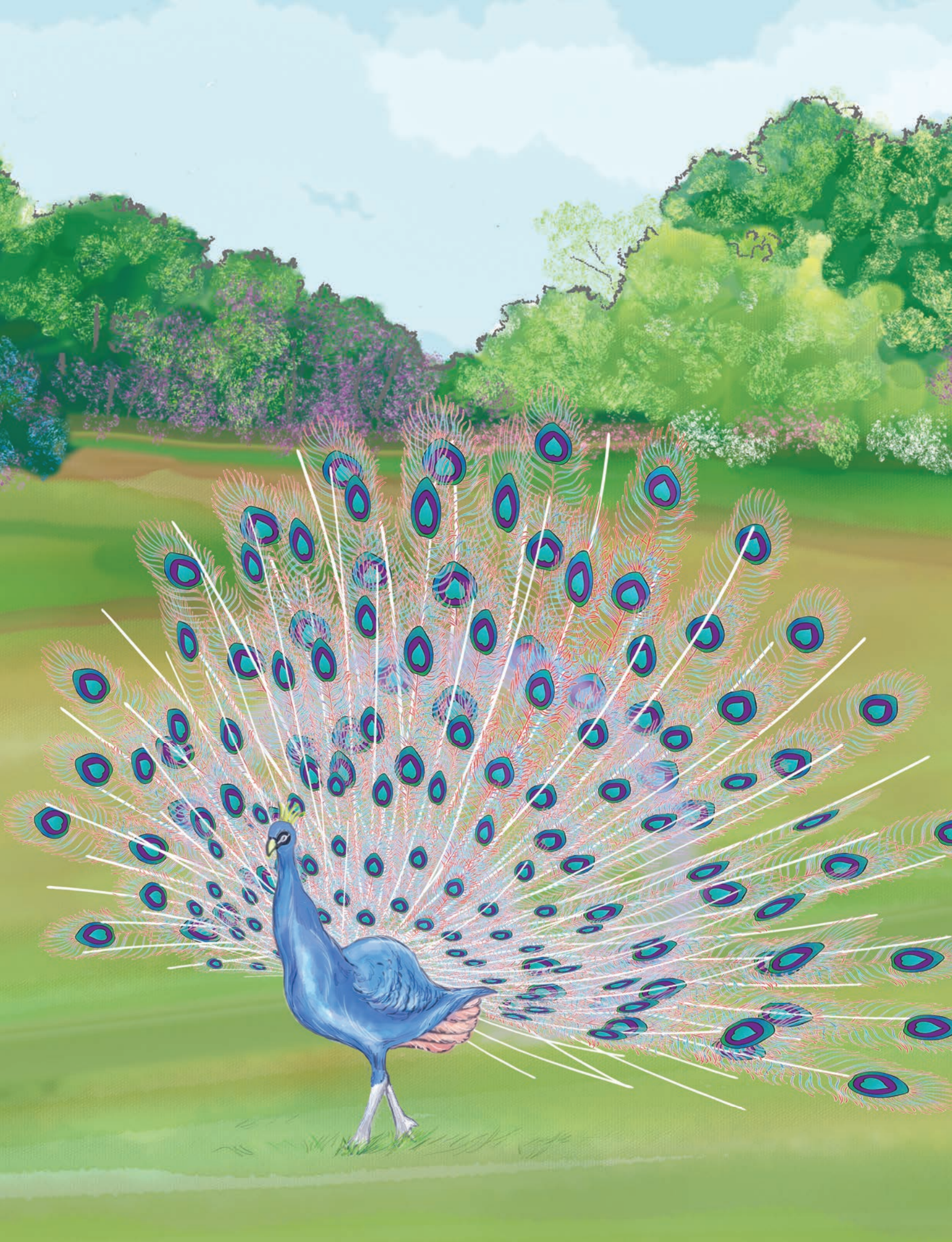
A curious cat peeks around a tree.
Snarl-snarl-pounce!



A proud peacock shows off its feathers.

Scream-scream-swish!





A sad sloth observes the tree cutters.

Squeak-squeak-whistle!





How Do You Feel?



Grateful



Fussy



Caring



Excited



Frustrated



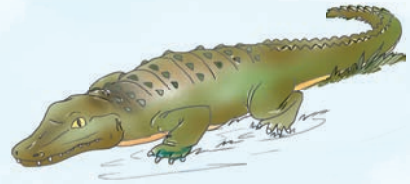
Playful

How Do You Feel?

Happy



Cranky



Sneaky



Curious



Proud



Sad



Animals Around the World + List of Kids Yoga Poses

Animal

Yoga Pose

1



South African Giraffe



Extended Mountain Pose

2



American Flamingo



Tree Pose

3



Koala



Eagle Pose

4



Indian Elephant



Wide-Legged Standing Bend

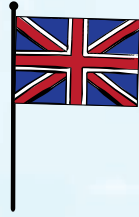
Animal



5

Common Frog

Yoga Pose



Squat Pose



6

Golden Retriever



Downward-Facing Dog Pose



7

Arabian Horse



Three-Legged Dog Pose



8

Nile Crocodile



Plank Pose

Animal

Yoga Pose



9

Adder Snake

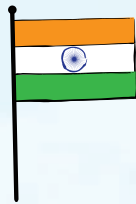
Cobra Pose



10

Bobcat

Cat Pose



11

Indian Peacock

Hero Pose



12

Three-toed Sloth

Resting Pose

How to Practice the Yoga Poses

The following list is intended as a guide only. Please encourage the children's creativity while ensuring their safety.

Extended Mountain Pose

Stand tall in Mountain Pose, look up, take your arms straight up to the sky, and touch your palms together. Pretend your arms are the long neck of a giraffe.



Tree Pose

Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf (just not on your knee), and balance. Pretend to be a flamingo. Switch sides and repeat the steps.

Eagle Pose

Stand tall in Mountain Pose. Wrap your left leg around your right. Bring your bent arms out in front of you, wrap your right arm around your left arm, and bend your knees slightly. Pretend to wrap around a branch like a koala. Switch sides and repeat the steps.



Wide-Legged Standing Bend

Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Step your feet out wide, bend your upper body, clasp your hands together, and pretend that your arms are the trunk of an elephant. On an inhale, take your trunk arms up over your head, and then on an exhale, take your trunk arms back down between your legs. Repeat this arm flow for a few breaths.



Squat Pose

Come down to a squat with your knees apart and your arms between your knees. Touch your hands to the ground. Jump up like a frog and then come back to a squat position.



Downward-Facing Dog Pose

Step back to your hands and feet in an upside-down V shape, with your buttocks up in the air, and stretch like a puppy.

Three-Legged Dog Pose

From Downward-Facing Dog Pose, gently lift one leg at a time. Pretend to be a horse kicking its legs.



Plank Pose

From Downward-Facing Dog Pose, shift forward to balance on your palms and on your bent toes in a plank position. Keep your arms straight and your back long and flat. Pretend to be a crocodile gliding through the water.

Cobra Pose

From Plank Pose, bend your elbows, come down to lie on your tummy, and place your palms flat next to your shoulders. Pressing into your hands, lift your head and shoulders off the ground. Hiss like a snake.





Cat Pose

Press up to come to all fours and your hands and knees. Round your back and tuck your chin into your chest. Pretend to be a bobcat.

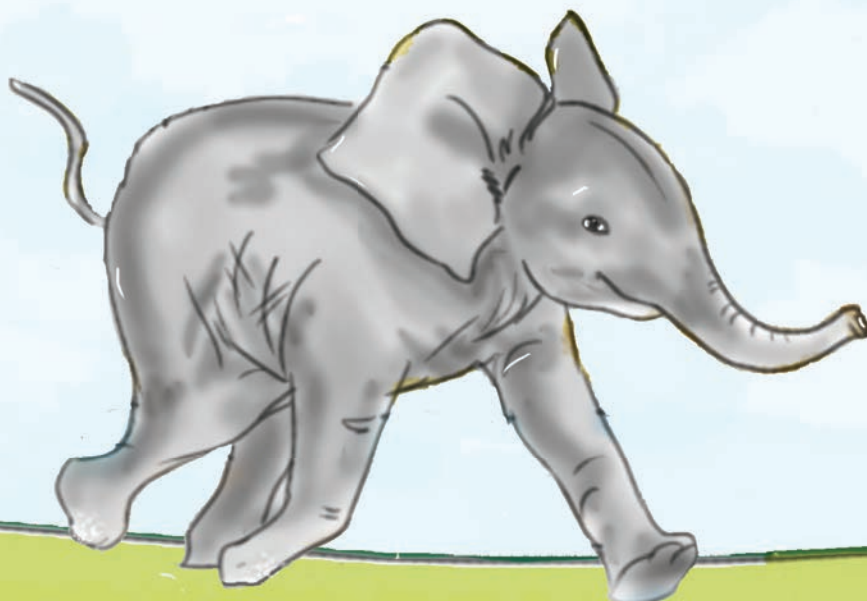
Hero Pose

Come back to rest upright on your heels with your palms resting on your knees. Pretend to be a peacock. On an inhale, take your straight arms out to the side and bring your palms together above your head. On an exhale, float your arms back down to rest on your knees. Repeat this arm flow a few times. Imagine that your arms represent the feathers of the peacock.



Resting Pose

Lie on your back with your arms and legs stretched out like a resting sloth. Breathe and rest.



Parent-Teacher Guide

This guide contains tips to get the most out of your experience of yoga stories with young children.

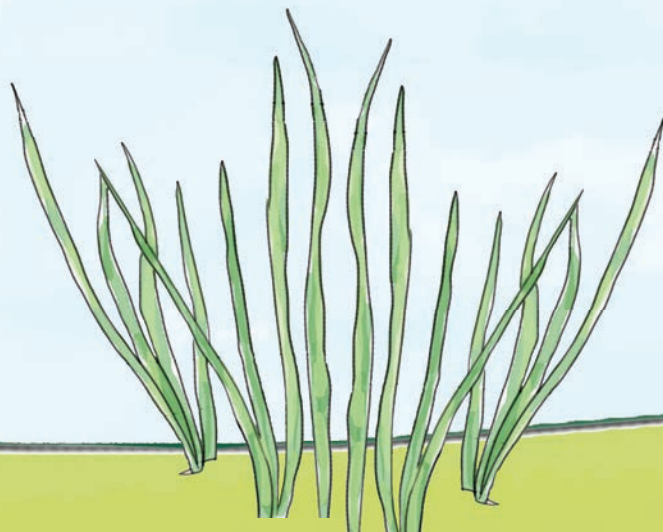
Put safety first. Ensure that the space is clear and clean. Spend some time clearing any dangerous objects or unnecessary items. Wear comfortable clothing and practice barefoot.

Props are welcome. Yoga mats or towels (on a non-slip surface) are optional. Animal-related props and music are a good addition.

Cater to the age group. Use this Kids Yoga Stories book as a guide, but make adaptations according to the age of your children. Feel free to lengthen or shorten your journey to ensure that your children are fully engaged throughout your time together. Our recommendation is to read the book with children ages two to five (toddlers to preschoolers).

Talk together. Engage your children in the book's topic. Talk about various feelings or animals around the world so they can form meaningful connections. Explain the purpose of yoga stories: to integrate movement, reading, and fun.

Learn through movement. Brain research shows that we learn best through physical activity. Our bodies are designed to be active. Encouraging your children to act out the animal keywords not only allows them to have fun, but also helps them learn about feelings. Use repetition to engage the children and help them learn the movements. Ask your child to say or predict the next pose in their discovery of feelings and animals.



Develop breath awareness. Throughout the practice, bring the children's attention to the action of inhaling and exhaling in a light-hearted way. For example, encourage the children to make the sounds associated with each animal and play with the breath while making the sounds. Try linking movement to breath when they are pretending to be elephants (Wide-Legged Standing Bend) and peacocks (Hero Pose). Take deep breaths when you are in the final Resting Pose to allow the children to integrate their practice.

Relax. Allow your children time to end their session in Resting Pose for five to ten minutes. Massage their feet during or after their relaxation period. Relaxation techniques give children a way to deal with stress. Reinforce the benefits and importance of quiet time for their minds and bodies. Introduce meditation, which can be as simple as sitting quietly for a couple of minutes, as a way to bring stillness to their highly stimulated lives.

Lighten up and enjoy yourself. A children's yoga experience is not as formal as an adult class. Encourage the children to use their creativity and provide them time to explore the postures. Avoid teaching perfectly aligned poses. The journey is intended to be joyful and fun. Your children feed off your passion and enthusiasm. So take the opportunity to energize yourself, as well. Read and act out the yoga book together as a way to connect with each other.



About Kids Yoga Stories

We hope you enjoyed your Kids Yoga Stories experience.

Visit www.kidsyogastories.com to:

Receive updates. For yoga tips, kids yoga resources, updates, and contest giveaways, sign up for our free Kids Yoga Stories Newsletter.

Connect with us. Please share with us about your yoga journey. Send pictures of yourself practicing the poses or reading the story. Describe your journey on our social media pages (Facebook, Pinterest, Google+, Instagram, and Twitter).

Check out free stuff. Read our articles on books, yoga, parenting, and travel. Download one of our kids yoga lesson plans or coloring pages.

Read or write a review. Read what others have to say about our yoga books for kids or post your own review on Amazon or on our Kids Yoga Stories website. We would love to hear how you enjoyed this yoga book.

Thank you for your support in spreading our message of integrating learning, movement, and fun.

Giselle

Kids Yoga Stories

www.kidsyogastories.com

giselle@kidsyogastories.com

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About the Author

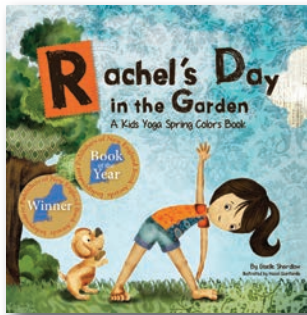
Giselle Shardlow draws from her experiences as a teacher, traveler, mother, and yogi to write her yoga stories for children. The purpose of her yoga books is to foster happy, healthy, and globally educated children. She lives in Boston with her husband and daughter.

About the Illustrator

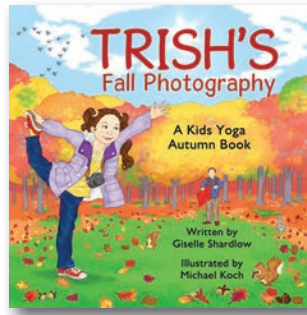
Valerie Bouthyette is an award-winning graphic designer and fine artist, who holds degrees in Advertising Art and Design and is a NYS Certified Early Childhood teacher. Valerie calls on her imagination and memories of childhood to create illustrations that warm your heart and make you smile. She creates in her studio nestled in the farmlands, which she refers to as "her heaven." Valerie lives with her husband in upstate NY, where they also own a small horse boarding facility.



Other Yoga Books by Giselle Shardlow



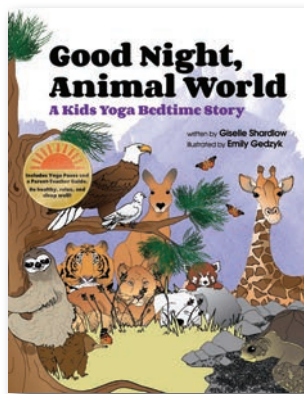
*Rachel's Day
in the Garden*



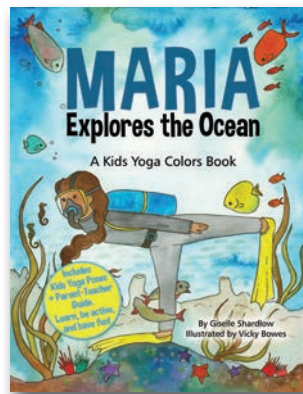
Trish's Fall Photography



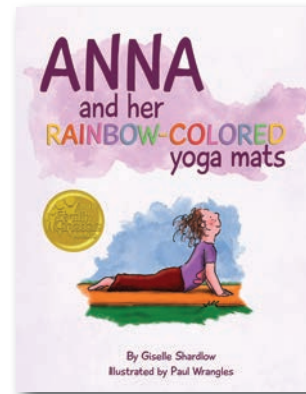
Jenny's Winter Walk



*Good Night,
Animal World*



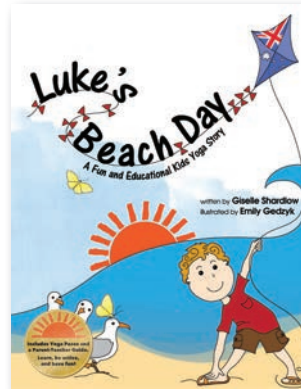
*Maria Explores
the Ocean*



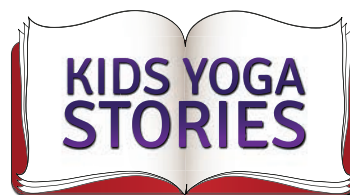
*Anna and her
Rainbow-Colored
Yoga Mats*



Sophia's Jungle Adventure



Luke's Beach Day



Purchase your yoga books here:
www.kidsyogastories.com

Many of the yoga books above are available in
multiple languages and eBook format.

Express your feelings through yoga poses for kids!

Join our six yoga kids from around the world as they learn about various animals and relate their behaviors to our feelings.

Be a caring koala, a cranky crocodile, or a curious cat.



Visit www.kidsyogastories.com to find more information about the children's charities that benefit from the profits of the sale of this book.