

YOGA FOR KIDS

Duration: 15-20 minutes



INFORMATION

What is Yoga?

Many years ago, some gentlemen in India asked themselves: Just as we can do many things at the same time, e.g. talk while playing, sing while walking, what if we did only one thing? And they decided to do the simplest thing - BREATHE. They sat on the floor, closed their eyes so as not to see anything, and breathed, just that.

They felt amazing! But to manage to stay in one position for a while, they realised that they needed to exercise their bodies first. From this place yoga was born. They started to imitate the postures of the animals, they learned how they stretch, how they use their whole body and they started to imitate them.

Thanks to these exercises they were able to sit and breathe for a long time and feel at peace.



FABLES FOR CHILDREN

1. THE TORTOISE AND THE HARE

One day, the tortoise had the idea of making an unusual bet with the hare:

- Hare, shall we have a race? I'm sure I can beat you.

Me? She asked the hare in amazement

Yes, yes, you, said the tortoise. Let's place our bets and see who wins the race.

The hare, very smug, readily accepted the bet.

So all the animals gathered to watch the race. The owl was responsible for signalling the starting and finishing points. And so the race began:

Clever and very self-confident, the hare ran off, and the tortoise stayed behind, coughing and embroiled in a cloud of dust. By the time he started walking, the hare was already out of sight. Unmindful of the hare's advantage over her, the tortoise kept up its pace, without stopping.

The hare, meanwhile, confident that the tortoise would take a long time to catch up with him, stopped halfway before a leafy green tree, and took a rest before finishing the race. There she fell asleep, while the tortoise kept on walking, step by step, slowly, but without stopping.

It is not known how long the hare fell asleep, but when she woke up, she saw with dread that the tortoise was only three steps away from the finish line. In a state of fright, he took off with all his might, but it was too late: the tortoise had reached the finish line and won the race!

That day the hare learned, in the midst of great humiliation, that one should never make fun of others. He also learned that overconfidence and vanity are obstacles to achieving our goals. And that no one, absolutely no one, is better than anyone else.

Moral of the story: This fable teaches children never to make fun of others and that overconfidence can be an obstacle to achieving our goals.

2. THE PIGEON AND THE ANT

Almost dying of thirst, an ant ran down to a stream and, swept away by the current, found itself on the verge of drowning.

A pigeon perched on a nearby branch observed the calamity; detaching a twig from the tree, he threw it into the stream, mounted the ant and saved it.

The ant, very grateful, assured her new friend that if she had the chance she would return the favour, although being so small she did not know how she could be of any use to the pigeon.

Soon after, a bird hunter enlisted to hunt the pigeon. The ant, which was nearby, saw the danger and stung him on the heel, causing him to drop his weapon.

The pigeon took advantage of the moment to take flight, and so the ant was able to return the favour to her friend.

Moral of the story: A good deed is rewarded by another good deed.

3. THE FOX AND THE GRAPES

One autumn morning, while a fox was resting under a grape plantation, she saw beautiful bunches of ripe grapes hanging in front of her eyes. Eager to eat something refreshing and different from what she was used to, the fox got up, rolled up her sleeves and set about eating the grapes.

What the fox didn't know was that the bunches of grapes were much higher than she had imagined. Then, she searched for a way to reach them. She jumped and jumped, but her paws couldn't even touch them.

There were many grapes, but the fox could not reach them. She took off and jumped again, but the jump fell short. Still, the fox did not give up. She took another run-up and jumped again and nothing. The grapes seemed to be getting higher and higher and further away.

Tired from the effort and feeling unable to reach the grapes, the fox was convinced that it was useless to repeat the attempt. The grapes were too high and the fox felt a deep sense of frustration. Exhausted and hopeless, the fox decided to give up the grapes.

As the fox was about to return to the forest, she realised that a bird flying around had observed the whole scene and she felt ashamed. Believing that she had played a ridiculous role in reaching the grapes, the fox turned to the bird and said:

- I would have managed to reach the grapes if they had been ripe. I was wrong at first, thinking they were ripe, but when I realised they were still green, I decided not to reach for them. Green grapes are not a good food for a palate as refined as mine.

And so it was, the fox went on her way, trying to convince herself that it wasn't because of her lack of effort that she hadn't eaten those delicious grapes. And yes, because they were green.

Moral of the story: If there is something that really interests you, don't give up. Strive and persevere until you get it.

4. THE CAT AND THE MOUSE

An owl, a weasel, a cat and a little mouse, lived in different places on a dry log. Although they were natural enemies, and distrustful of each other, neither would leave their refuge. One day, the owner of the field decided to eliminate them and placed traps and a net at the base of the trunk.

The first to fall was the cat, which, seeing itself in danger, began to scream. When the mouse heard this, he was glad to be rid of his enemy, but the cat said to him: If I die, you will be at the mercy of the owl and the weasel, who want you to be their food more than I do, but if you help me, I will repay you in gratitude by protecting you.

The little mouse released the cat, and they fled the scene. After a while, the cat realised that the mouse was still afraid of him, so he said:

- Do you think I have forgotten my promise, when you saved me from the trap?

-No! - said the little mouse-, but I do not forget your instinct, nor under what circumstances you made the promise.

Moral of the story: Never trust alliances made by fear, passing fear, they don't matter.

5. THE LION AND THE MOUSE

On kindness and loyalty

After a long day of hunting, a lion lay down to rest under a tree. As he was falling asleep, some mice dared to come out of their burrow and started playing around him. Suddenly, the most mischievous one had the idea of hiding in the lion's mane, with such bad luck that he woke him up. Very grumpy at having his nap interrupted, the lion caught the mouse in his claws and roared: - How dare you disturb my sleep, you insignificant mouse? I'm going to eat you to teach you a lesson!

The mouse, who was so frightened that he couldn't move, said trembling:

- Please don't kill me, lion. I didn't mean to disturb you. If you let me I will be eternally grateful. Let me go, because you might need me one day -

Ha ha ha! - laughed the lion, looking at him - How is a tiny being like you going to help me? Don't make me laugh!.

But the mouse insisted again and again, until the lion, moved by his size and courage, let him go.

A few days later, while the mouse was walking through the forest, he heard terrible roars that made the leaves of the trees tremble.

He quickly ran to where the sound had come from, and found the lion, who had been caught in a sturdy net. The mouse, determined to pay his debt, said to him:

- Don't worry, I will save you.

And the lion, without thinking, answered him:

- But how, if you are so small for such an effort.

The mouse then began to gnaw at the rope of the net where the lion was trapped, and the lion was saved. The mouse said to him:

- Days ago, you mocked me thinking that I could do nothing for you in gratitude. Now it's good for you to know that we little mice are thankful and compliant.

The lion had no words to thank the little mouse. From that day on, the two were friends forever.

Moral of the story: - No act of kindness goes unrewarded. - The friendship of the humble should not be disdained.

6. THE HORSE AND THE DONKEY

A horse and a donkey lived on a farm and shared, for years, the same stable, food and work, which consisted of carrying bales of hay to the city market. Every day they practised the same routine and followed a dirt road led by their owner to the city.

One day, without realising it, the owner inadvertently put more load on the donkey's back than on the horse's back. In the first few hours no one noticed the owner's mistake, but as time went by, the donkey became very tired and exhausted. The donkey began to sweat, to feel dizzy, and its legs began to tremble.

When the donkey could take no more, he stood up and asked his horse friend:

- My friend, I think our owner made a mistake and put more load on my back than on yours. I'm exhausted and I can't go on any longer, could you help me carry some of my load?

The horse, pretending to be deaf, said nothing to the donkey. He looked at him and continued along the road as if nothing had happened.

A few minutes later, the donkey, looking panic-stricken and visibly down, collapsed to the ground, the victim of tremendous fatigue, and died on the spot.

The owner, saddened and disgusted by what had happened to his donkey, made a decision. He threw the whole load that the donkey was carrying onto the horse. And the horse, deeply regretful and sighing, said: What bad luck I have! Because I didn't want to carry a light load, now I have to carry everything!

Moral of the story: Every time you do not reach out to help your fellow man who honestly asks you to help him, without your noticing it at the time, you are actually harming yourself.

7. THE DEAF FROG

This was a group of small frogs crossing a forest together. But suddenly, two of them fell into a very deep hole. The rest of the frogs peeked out to look at her, surrounding the hole.

They quickly realised that the hole was very deep. Her companions jumped and jumped, but could not reach the shore.

The frogs began to whisper to each other. They all thought the two frogs were dead, as they did not see how they could possibly jump high enough to get out of the hole. So they started shouting at the frogs that they couldn't do anything, that they couldn't get out of there.

Stop it, you won't make it! - shouted the frogs from the shore.

But the two frogs continued to jump without stopping, ignoring the cries of their companions, who kept telling them that they were going to die anyway, despite their efforts.

- Don't try any more! - shouted the frogs - You won't make it!

The frogs went so far as to hint to their two companions not to expend any more strength, to let them die. And they were shouting so loudly that finally one of the two frogs that kept jumping gave up and decided to stop. He just dropped to the ground and died.

However, the other frog continued to jump, despite its exhaustion. Higher and higher, louder and louder. And the rest shouted all the more louder to stop jumping.

- Stop suffering now! - they shouted again and again.

And the frog jumped more and more. Until suddenly, he managed to climb out of the hole. She thought her colleagues were encouraging her all the time, noticing the gestures they were making. And thanked them wholeheartedly for offering their encouragement.

In reality, the frog was deaf and it was impossible to hear the cries of the others.

Moral of the story: A word of encouragement has more power than you can imagine. Give positive and motivating words to those in need and you will be helping them to achieve their goal. However, a destructive word to someone who is going through a bad time may be all it takes to bring them down further.

8. THE DOVE AND THE BEE

Seeing that a little bee was drowning, a tender dove rushes in, and on a rose in its beak saves it gracefully.

Shortly afterwards the bee saw a hunter on the hill pointing at the dove.

It flies: in the hand it stings atrociously, and the shot is in vain.

There is no being so miserable that he can never repay us for a service that remains in his soul; there is no greater joy than to prove that the soul acknowledges it.

Moral of the story: do for others what you would want them to do for you.

9. THE CROW AND THE FOX

There was a crow perched in a tree and it had a piece cheese in its beak. Attracted by the scent, a fox passing by said to him:

-Good morning, Mr Crow! What beautiful feathers you have! If the song corresponds to the feather, you must be the phoenix.

When the crow heard this, he was very flattered and full of joy, and to show off his magnificent voice, he opened his beak to sing, and so dropped the cheese. The fox quickly grabbed him in the air and said:

- Learn, Mr. Crow, that the flatterer always lives at the expense of those who listen to him and pay attention to his sayings; the lesson is profitable, well worth a cheese.

Moral of the story: Do not give credit to flattering words that are made out of self-interest.

10. THE FORTUNE TELLER

This fable tells and teaches children not to trust the advice of strangers who claim to have the solution to all problems. A tale of trust and mistrust of other people's advice.

Set up in the public square, a fortune-teller performed and devoted himself to his craft. Suddenly a neighbour approached him, announcing that the doors of his house were open and that everything inside had been stolen.

The fortune teller jumped to his feet and ran home, upset and sighing, to see what had happened.

One of those who were there, seeing him running, said to him:

Listen, my friend, you who are so vain about foreseeing what will happen to others, why haven't you foreseen what will happen to you?
The fortune teller did not know what to say.

Moral of the story: do not trust those who say they can tell other people's fortunes. They are just trying to rip us off and take our money. For those who do not seek to solve their problems do not have the right to advise or enter into their lives.

11. THE PEASANT, MOUSE AND THE RICH COURTIER

A peasant mouse had a friend in the court, and invited him to the countryside for a meal.

But as he could only offer him wheat and herbs, the court mouse told him:

- Do you know, my friend, that you live the life of an ant? I, on the other hand, have an abundance of goods. Come with me and you will have them at your disposal.

They both left for the court. The citizen mouse showed his friend wheat and vegetables, figs and cheese, fruit and honey.

The peasant mouse was amazed, blessed his friend with all his heart, and laughed at his bad luck.

Ready to feast, a man suddenly opened the door. Frightened by the noise, the two mice jumped fearfully into the holes.

They then went back to look for dried figs, but another person raided the place, and on seeing her, the two friends again rushed into a crevice to hide.

Then the field mouse, forgetting his hunger, sighed and said to the court mouse:

- Farewell friend, I see that you eat your fill and are very satisfied; but it is at the price of a thousand dangers and constant fears. I, on the other hand, am a poor man and I live nibbling barley and wheat, but I have no worries or fears about anyone.

Moral of the story: A modest life in peace and quiet is better than all the luxury of the world with dangers and worries.

12. A WOLF IN SHEEP'S CLOTHING

A hungry wolf was walking through the forest looking for something to eat. When he couldn't take it any more, he sat down and that's when he had an idea. He thought:

- If as a wolf I can't catch a single prey, then I will change my appearance and with deception I will be able to eat.

And that is what the wolf did to get his food. He slipped into a sheepskin and went to graze with the flock, totally throwing the shepherd off the scent.

But his plan did not turn out as he had hoped.

In the evening, to his surprise, the wolf disguised as a sheep was taken along with the other sheep into a pen, the door being closed shut.

In the evening, as the shepherd was looking for his next day's supply of meat, he took the wolf, believing it to be a lamb, and slaughtered it on the spot.

Moral of the story: Depending on how we cheat, we will receive the damage.



HEART

- We join hands in the centre
- Leaving a space that represents our heart
- And opening our hands we say:
From my heart to your heart

This is how we start our class.



CIRCLES

Seated

- Legs crossed, hands on knees
We are going to make CIRCLES
with our body

First 3 circles on the right

Second 3 circles to the left



BREATHE

SEATED

Crossed feet

WITH THE STOMACH

- Hands on the belly
- Inhale through the nose
- Exhale through the mouth
- Feel it grow as you inhale
- Decreases as you exhale

COVERING THE EYES



- We rub our hands together, one with the other
- We rest one hand on each eye
- We inhale with our nose
- We exhale with our mouths

HEART



- We rub our hands together, one with the other
- We rest both hands on the heart
- We inhale with the nose
- We exhale with our mouths

** Repeat three times on each side*



RAINBOW

- Seated cross-legged
- We rest our right hand on the ground
- The left hand draws a rainbow over our head.

We switch

- We rest our left hand on the ground
- The right hand draws a rainbow over our head.

** Repeat three times on each side*



SHOULDERS

Sitting

- Cross-legged
- We put our hands on our knees
- We do shoulder circles

- 3 circles back

- 3 circles forward

** Repeat three times on each side*



NECK

- Seated cross-legged
- Hands on knees
- We look to the right
- We look to the left

Repeat 3 times on each side.

FEET AND HANDS

Seated

- Stretching the legs
- We shake legs and arms - shaking

FEET



We move our feet

1. Tip / flat - 3 times
2. Open / close - 3 times

HANDS



- We make little stars with our hands
- Open and close



BUTTERFLIES



We sat down

- We sat down
- We put our feet together
- Bending the knees
- We hold our feet with our hands
- We move our legs up and down
Like the wings of the butterfly

WE ARE LOOKING FOR THE BUTTERFLY

Seated

- With legs like butterfly wings.
- We rest our right hand on our left knee and we look for the butterfly on the left side
- We rest our left hand on our right knee and we look for the butterfly on the right side

BYE BYE BUTTERFLY!

** Repeat three times on each side*



BRIDGE AND SWING (Cat/Cow)

- We stand on 4 legs
- Knees apart
- Straight arms

BRIDGE (CAT)



We inhale

- We curve our back upwards
- Tucking the head between the arms
- Tucking in the belly

SWING (COW)



We exhale

- We curve our back downwards
- Lifting up your head, looking at the sky
- Relaxing the belly

** Repeat three times on each side*



DOG LOOKING DOWN
DOG LOOKING UP

- Supporting hands and feet
 - We lift up our bottoms as a letter A
- *We inhale and exhale*



WE WALK

- We turn right
- We turn left

**We repeat twice*



COBRA



- We lay on our stomachs
- We rest
- We rest our heads on our hands
- We inhale and exhale
- Lying face down
- We put our hands on the floor
- And we raise our shoulders
- Chest off the ground
- We look up
- As if we were a snake, a cobra
 - Back to table (4 legs)
 - We repeat 3 times
 - Let it be understood that it is the complete cycle three times, returning to table between average of the three replicates.

** Repeat three times on each side*



ELEPHANT



- We stand up
- We are moving to the front
- Hanging the arms
- We swing
- Right - left

Three times

- Like an elephant's trunk
- Cleaning the floor with your hands
- And we climb slowly
- Hang your head
- Hanging the arms
- And we come up



MOUNTAIN



Standing

We spread our feet apart
Arms at your sides, stretched
out open hands

- Straight as mountains
- Still as mountains

We inhale, we exhale

** Repeat three times on each side*



THE SUN RISES AND THE SUN DISAPPEARS

With arms outstretched



- We raise them straight up showing how the sun rises
- We lower them straight down showing how the sun goes down
- Straight to the side of the body exhaling

** Repeat three times on each side*



STARS

- Standing
- Legs apart
- Arms outstretched at the sides
- We open and close our hands - like a shining star



SHOOTING STARS

- We jump like shooting stars
- Three jumps



ROCKETS

- We put our feet together
- We raise our arms above our heads
- We join hands
- We point to the sky with our index fingers
- And we grow and we project ourselves
- As if we were flying into the sky

** Repeat three times on each side*



BRIDGE

- Lying on your back
- Bend at the knees and support your feet
- Stretch your arms alongside your body
- And pushing with the legs
- We raise our hips upwards
- Forming a bridge!
- We push up and go down

** Repeat three times on each side*



BOATS

- We hug our knees
- And we swing forwards - backwards
- Right side - left side
- Like boats on water

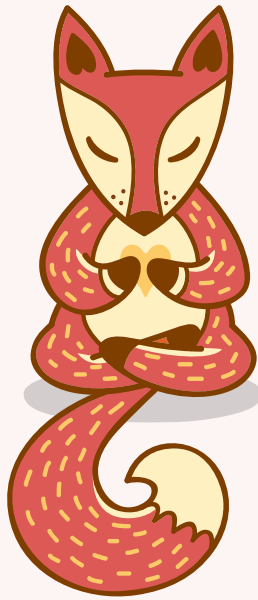
** Repeat three times on each side*

FINAL

RELAJACIÓN

- We lie down
- Legs stretched out
- Arms outstretched alongside the body
- We close our eyes
- We listen to the music and rest, we let the music carry us.





YOGA FOR KIDS



CONTACT

ESTEFANÍA VALLS URQUIJO



 **502 55221640**

 **00 34 681070575**

MAIL: info@prisionyogacare.org

www.prisionyogacare.org