

Tommy the tree who helps all the animals in the forest

WARM UP

We start our yoga story like we start it every week: we cross our feet, we put our hands together at our heart and we say the secret yoga word. Ready? One - two - three. **Namaste!**

Today we're off for an exciting trip into the forest. Let's get ready by packing a **little snack**. (**side twist** – kids choose a snack).

We put on our **boots** (stand on one leg then the other), **our mittens** (wiggle fingers, roll wrists). We put on a **scarf** (half Gomukhasana in front of the chest, then full Gomukhasana) and finally we take a very **warm coat** (hug yourself).

And then we are ready to go to the woods. (Tune of **frère Jacques**)

Walking, walking, walking, walking (walking on the mat)

Hop, hop, hop, hop, hop, hop (jumping)

Running, running, running, running, running, running, running (running on the spot)

Stop, stop, stop, stop, stop, stop! (Mountain pose)

Repeat several times.

STORY

We finally arrive. In the forest there are lots of...**trees**. It's time for a tree test! Can I blow you over? (Go around and blow at the trees). Lets make a circle of trees (**in groups of tree**).

Oh no! It starts **raiming!** Everyone return to your mats and pitter-patter rain with your fingers all over your body.

Thank god we have put on our boots so we can **walk in the mud** (mud walking with sound).

Hey look: there are puddles from the rain! Let's **jump in!** ☺ One, two, three: jump! Repeat 3 times. Wow this is fun.

Suddenly we see a very big beautiful tree with lots of branches and thick roots going everywhere. And the most amazing leaves in all shapes and colours.

All those beautiful leaves are **twirling down** (float slowly to the ground and **feel as light as a leaf**).

Sit up on our knees and look at the wonderful tree again. We feel sad for the tree losing all his leaves (kids have to look very sad).

Suddenly the tree starts **yawning** and then he says: "Oh gosh: what are all you kids doing here? How sweet of you to pay me a visit. My name is Tommy the Tree! Why are you looking so sad? (Kids have to answer.) "Oh, don't be sad! I loose my leaves every year in autumn. Do you know why? (Kids have to answer.) "Yes, that is correct! And besides: I make lots of friends every autumn. Look."



A **grasshopper jumps** from the grass and puts one of the beautiful leaves in his mouth (**mouth wide open and shut**). He **chews** on it until only the stem is left. Then he says: “**Namaste Tommy**. Thank you for letting me have one of your marvellous leaves.”

Then a nest of **ants** comes **crawling** towards Tommy. (Kids can crawl freely in the room with their arms up, little bit bent and on the tops of their feet). They each take a leaf (**bend forward**) and start **marching** (everyone in a row) with the **leaf above their head** (simultaneously **march** left, right, left, right) and head for the river. They place the leaves in a row across the water to make a **bridge**. When they cross it, they **salute** like the army (fingertips at forehead touching and going away with each word): Thank – you – Tommy – for – the – leaves. (**Move forward** on the mat and repeat three times.)

Hey! Look who’s there!!! It’s a **snake** slithering towards Tommy and he also takes a few leaves. Who can guess what the snake will do with it? Yes: He makes a **bed** of it to keep warm. “**Namasssssssst Tsssssssommy**”. And off he goes.

And off we go, too. We give Tommy a big **tree hug**. We come onto our tummies take hold of our boots and **slide** down to the edge of the forest.

Then we start walking again:

Walking, walking, walking, walking (walking on the mat)

Hop, hop, hop, hop, hop, hop (jumping)

Running, running, running, running, running, running, running (running on the spot)

Stop, stop, stop, stop, stop, stop! (Mountain pose)

RELAXATION

We come lying down on our backs to have a little rest from our story. We think about this sweet tree Tommy who helps all the animals in the forest.

VISUALISATION

Tree house visualisation. The kids have to imagine making their own tree house. They decorate it like they want to, add a house pet if they wish; let them imagine the colors of the curtains, etc. in great detail. Once they make up the house, tell the children that they can sit down in their tree houses and enjoying the peace and quiet. Before they get back up, you say: “Remember that this house exists only in your head, so this is your secret place. You can always return to it whenever you want to be alone, or whenever you feel like it (when there is too much noise around you, when you want to think, when you feel a bit sad or worried.)”

MINDFULNESS EXERCISE

Each kid gets a leaf. They look at its form, colour, smell it, feel it, touch it, think about what tree it grew on, etc. End with blowing the leaf away.

ACTIVITY

Leaf tracing. Put the leaf under the paper and start coloring your page. The leaf will miraculously appear!

