Yoga & Books & Kids, Oh My!!

How to take a story hour and turn it on it’s head!!
In this class I acknowledge that Young Pup Yoga involves a risk of laughing, including a small risk of stomach cramps and falling on the ground holding your side.

I also give no guarantees that you will not suffer from; children running around the room screaming, wanting to hug you, falling on top of you, interrupting, and wanting to share your space.

All characters and events represented in the story – even those based on co-workers – are entirely fictional. All funny voices are created with your entertainment in mind.
Getting started:

- Choose a story.
- Decide method of presentation; reading or story telling.
- Map your characters; bad guy, good guy, silly guy, etc.
- Map locations and objects; tree, house, castle, cave
- Assemble your routine.
But How?

- Map your characters; bad guy, good guy, silly guy, etc.
- Map locations and objects; tree, house, castle, cave
Vajrasana

Owl:

Beauty
Princess
Cinderella
Bird
Lion:

Beast
Stepmother
Old woman
Giant
Witch
Bear

Vajrasana
Adho Mukha Shvanasana

Cat:
Widow
Mother
Merchant
Father
Child’s Pose:

Daughter
Rabbit
Egg

Balasana
Adho Mukha Shvanasana

Down Dog:

Pumpkin Coach Wolf
Up Dog:
Mice
Wolf
Caterpillar
Forward Bend:
Rabbit
Hill
Fall down
Shavasana

Corpe:
Sleep
Die
All fall down!
Shalabhasana

Flying Locust:
Fly
Flying
Extended Seal:
Daughter
Rabbit
Egg
Ananda Balasana

Happy Baby:
Spider Baby Cub
Utthita Tadaasana

Star:
Fairies
Godmother
Goldilocks
Mirror
Swan
Vrikshasana

Tree:
Rose
Beanstalk
Forrest
Daisies
Ardha Purvottanasana

Table:
Table
House
Castle
Warrior 1 & 2:

Prince
King
Queen
Solder
Grandma

Virabhadrasana 1 & 2
Ananda Balasana with Movement

Rock:
Sick Rolling
Mountain Pose:

Horse

Solder

Tadasana
Anjaneyasana

Lunge:

Bird

Solder

Father
Garudasana

Eagle:
Bird
Hen
Frog

Nalasana
Padottanasana

Fan:
Bird
Harp
Dinosaur
Old Dog:
Father
Old Man
Pada Gomukhasana

Bull Seat:

Cow

Rock
Ushtrasana

Camel:

Goat
Utkatasana

Chair
Baddha Konasana

Bound Angular:
Butterfly
Dancer: Bird

Natarajasana
Utthita Chaturanga Dandasana

Plank:

Hard Bed
There was an old woman who swallowed a fly:

- There was an old lady who swallowed a fly. I don't know why she swallowed that fly, Perhaps she'll die.
There was an old woman who swallowed a fly:

There was an old lady who swallowed a spider.
That wriggled and jiggled and wiggled inside her.
She swallowed the spider to catch the fly,
I don't know why she swallowed that fly,
Perhaps she'll die.
There was an old lady who swallowed a bird.
How absurd, to swallow a bird!
She swallowed the bird to catch the spider.
That wriggled and jiggled and wiggled inside her.
She swallowed the spider to catch the fly,
I don't know why she swallowed that fly,
Perhaps she'll die.
There was an old woman who swallowed a fly:

There was an old lady who swallowed a cat. Imagine that, she swallowed a cat.
She swallowed the cat to catch the bird.
She swallowed the bird to catch the spider.
That wriggled and jiggled and wiggled inside her.
She swallowed the spider to catch the fly,
I don't know why she swallowed that fly,
Perhaps she'll die.
There was an old woman who swallowed a fly:

There was an old lady who swallowed a dog. What a hog! To swallow a dog!
She swallowed the dog to catch the cat.
She swallowed the cat to catch the bird.
She swallowed the bird to catch the spider. That wriggled and jiggled and wiggled inside her.
She swallowed the spider to catch the fly, I don't know why she swallowed that fly, Perhaps she'll die.
There was an old lady who swallowed a goat. Just opened her throat and swallowed a goat!

She swallowed the goat to catch the dog.
She swallowed the dog to catch the cat.
She swallowed the cat to catch the bird.
She swallowed the bird to catch the spider. That wriggled and jiggled and wiggled inside her.
She swallowed the spider to catch the fly, I don't know why she swallowed that fly, Perhaps she'll die.

There was an old woman who swallowed a fly:
There was an old woman who swallowed a fly:

There was an old lady who swallowed a cow.
I don't know how she swallowed a cow!
She swallowed the cow to catch the goat.
She swallowed the goat to catch the dog.
She swallowed the dog to catch the cat.
She swallowed the cat to catch the bird.
She swallowed the bird to catch the spider.
That wriggled and jiggled and wiggled inside her.
She swallowed the spider to catch the fly,
I don't know why she swallowed that fly,
Perhaps she'll die.
There was an old woman who swallowed a fly:

There was an old lady who swallowed a horse
She's died, of course.
What more fun?

- Contact me at:
- Leslie.Boedicker@libraryweb.org