

Creative Storytelling Yoga



We will learn...

- What is it?
- Why do storytelling yoga lessons
- Who does well with storytelling lessons
- Good themes and ideas for storytelling
- How to make them successful

What is storytelling yoga?

- Telling a story out loud, known or unknown
- Doing yoga poses at the same time for the characters, things they encounter, etc
- Students follow along and copy the moves with you
- (Jaime of Cosmic Kids is the superstar!)



Why do storytelling yoga?

- Very engaging
- You can make the stories as short or as long as you want
- Builds creativity and imagination (can be more so with interaction)
- You don't need any tools
- It's fun and silly, and can be meaningful too



Who is it for?

- Babies
- Toddlers
- Preschool
- Young elementary
- Up to pre-teens, and even then you still can but involve them more

Themes and ideas for storytelling lessons

- Adventures, go exploring a new country or habitat
 - Australia
 - China
 - Antarctica
 - Jungle
 - Desert
 - Farm
 - Ocean
- A well known fairytale or folktale
- Retell a favorite movie
 - Frozen
 - Finding Nemo
 - Lion King
 - The Jungle Book
- Retell a favorite book

How to make your storytelling successful

- Set the kids up for success- tell them to follow along, copy, and listen carefully!
- Use a line of cards to help you, or an outline
- They may want to add on, let them know “I’m telling the story now, you might get a turn to help soon!”
- Don’t take yourself too seriously
- Keep the pace up
- It’s ok to make mistakes!

In summary...

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- Why do storytelling yoga lessons
- Who does well with storytelling lessons
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Thank you!

