



YOGA BUNNY

BY BRIAN RUSSO

ABOUT THE BOOK

It's a perfect day for yoga, and Bunny is practicing his poses and wishes his friends would do yoga with him! But Lizard is too tired, Fox is in a rush, and Bird has the hiccups. Will Bunny ever be able to get his friends to slow down and realize that yoga just might be the solution to their problems?

STORYTIME ACTIVITIES

- **YAY FOR YOGA!:** Children can practice Bunny's yoga poses together, either during the story or after you read it. Make sure the children are on mats or carpeting to move about safely.
- **GET MOVING!:** Discuss why exercise is important and ask the children about their favorite form of exercise. List 4 to 6 ideas, and then create a graph to see which choices are group favorites.
- **FUN WITH FRIENDS:** Bunny was so happy to be with his friends. Ask the children what they like to do with their friends. Create a mural depicting these activities. Children can paint the background which might include a school, a park, a library, and some houses. Then children can draw themselves and a friend, cut them out, and glue them onto the appropriate area of the mural.
- **YOUR OWN YOGA:** Discuss the names of Bunny's yoga poses. Then ask the children to come up with their own poses and name them. They can share their poses with the rest of the group and everyone can try the new poses!
- **SOUND OFF:** Every time Fox runs by, he makes a "zoom, zoom, zoom" sound. Ask children to think of other sound words. For example, what would a hopping kangaroo sound like? (Boing, boing, boing?) Or a slithering snake? (Shh, shh, shh.)

