

# Toddler Activity 2

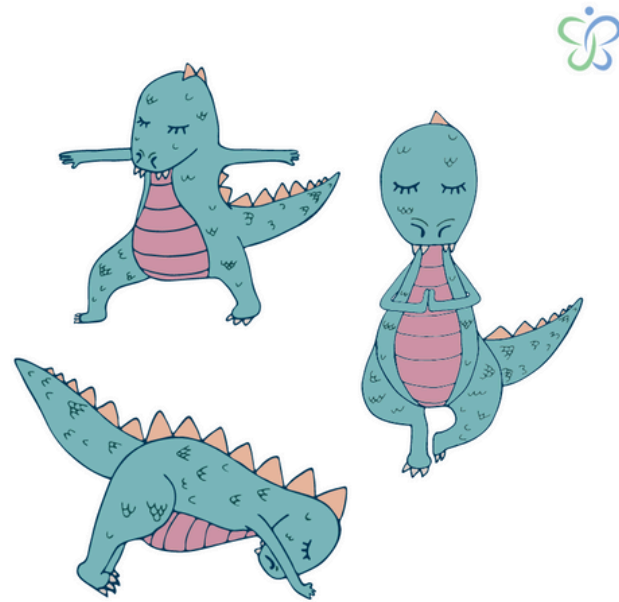
## Dinosaur Yoga

### Materials

Printed-out pictures of dinosaurs, yoga mats, calming music/nature sounds

### Instructions

Show children the pictures of different dinosaurs and ask them to share something they notice about each one. Incorporate children's observations into different yoga stretches. Turn off the lights, turn on calming music (optional), and support children in moving and deep breathing like their favorite dinosaurs!



Movement, ECSEL

## ECSEL Prompts

- I'm hearing a lot of giggles! Is moving like a dinosaur making you feel happy? Stretching and moving my body makes me feel happy, too!
- Let's calm our bodies with a deep dinosaur breath in....and a deep dinosaur breath all the way out.
- How can we make our bodies look like this dinosaur? Do we need to be standing up or sitting down? Do we need to stretch out or curl up?

### Tips

Incorporate feelings and emotions along with your yoga stretches! Stretch like a happy stegosaurus or like an angry T-Rex – what do our faces and bodies look like when we do this?



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