

## **Breath + Movement = Zone (B+M=Z)**

### **Animal Alphabet Guide for Levels 1-5**

#### **Description:**

The following lists various breath and movement actions that will get students in the zone for learning. For level 1, fundamental breath and movement activities are introduced. For the subsequent levels, activities correlate to each of the respective 26 secret letters in the iknow animal alphabet. Each of these can be done individually or organized into a sequence. Supplemental activities are provided after level 5.

**Benefits of B+M=Z:** The following are benefits that apply to all breath and movement actions.

- Engage in physical movement that will oxygenate and vitalize all systems of the body
- Increase strength, balance, flexibility and focus
- Improves overall posture
- Increases body awareness
- Improves focus and concentration
- Decreases internal and external distraction
- Increase feelings of empowerment
- Cultivate self-awareness and self-acceptance
- Practice individual rhythm and coordination
- Practice group rhythm and coordination
- Learn to connect breath to movement
- Encourage teamwork
- Learn to follow directions and leadership
- Familiarize students to basic human and animal anatomy/body parts
- Support overall learning iknow materials

Please note that benefits specific to each movement are listed below in the respective section.

“Physical fitness is not only one of the most important keys to a healthy body,  
it is the basis of dynamic and intellectual activity.”

John F. Kennedy

**RAINFOREST** - The following B+M=Z actions correspond to the secret letters of the animal alphabet in

### **Monkey**

**Breath - Sound Breath 'M'** > *Monkey begins with the sound 'm'.*

Review the sound letter 'm' makes and then begin. Sit comfortably. Relax the whole body. With the mouth closed, inhale deeply through the nose. Keeping the mouth closed as you exhale, make the 'm' sound for the entire length of the out breath. Repeat 3 times.

**Movement- Monkey Pose** > Come to a standing position with the feet hip distance apart. Inhale reaching the arms up to the sky. Exhale, lowering the arms to the floor in a forward fold. Bend the knees if needed to reach the floor. Inhale looking halfway up with a straight back and place the fingertips under the knees. Next, while making the 'm' sound, exhale and forward fold again placing the fingertips on the floor. Again, inhale looking half way up with a straight back and place the fingertips under the knees. While making the 'm' sound, exhale and forward fold. Repeat a third time. To end, inhale the arms up and overhead as you come to standing. Exhale lowering the arms next to the hips.

**Zone - Monkey Zone** > *Monkey sees and hears everything.*

Lead students through the following visualization:

Sit comfortably on the floor. Relax the whole body. Sit still like a monkey balancing in a tree. With the palms rounded open like you are holding a ball, rest the hands in your lap while gently touching the tips of your fingers together. Close your eyes. With the mouth closed, inhale deeply. Without making a sound, as you exhale, listen to the sound 'm' makes in your mind. Do not make the sound with your voice. Listen in for the sound 'm' makes. See the wisdom of Monkey's face in your mind as you breathe in and out 3 times listening in to the sound 'm' makes. Remember, from the canopy layer at the top of the tree, *Monkey sees and hears everything.* Keep your face soft and still like a wise monkey's face. Sit for 1 total minute.

**Benefits:** Sound Breath 'M' promotes deep effective breathing while practicing the sound that 'm' makes. It also stimulates the vocal cords and inner ear canal. Monkey Pose lengthens the spine by creating space between the vertebrae. It also lengthens the muscles at the back of the legs, bringing increased strength and flexibility. Overall, this pose improves strength, flexibility and mobility. Monkey Zone teaches students to overcome external distractions, focus internally, become still, and use their imagination through visualization. When students are in the zone, they will experience less stress and more self-control. They will be more present for learning.

### **Toucan**

**Breath - Beak Breath** > Before you begin, discuss the breathing process with students. Human nostrils are located at the front of their nose. During inhalation, the human breath is drawn in through the nostrils, then into the lungs and then released again through the nostrils in an exhalation. Toucan breathes through nostrils located at the back of her long beak. She also inhales and exhales between her nostrils and lungs. Come to a seated position, bending the knees to sit on the heels. Rest hands comfortably on the lap. Sit tall and imagine you are Toucan perched on a branch. You are stable and strong. Imagine you are looking down your bright and colorful beak all the way to the tip. Keep your gaze set at the tip of the beak while becoming aware of your nostrils located at the base of your beak. While keeping a soft external gaze at the end of the beak, begin to inhale through your nostrils at the base of your beak. Inhale for 3 seconds and then exhale for 3 seconds. Repeat 3 times.

### **Breath Variation: Colorful Beak Breath**

Guide students through the same breathing technique in addition to adding a color to the breath.

Now, imagine you are looking down your bright and colorful beak all the way to the tip. What color is your beak? Keep your gaze set at the tip of the beak and see the bright color glowing. As you inhale, see the glowing color of your beak glow brighter. As you exhale, see the glowing color of your beak soften. Inhale the color of your beak for 3 seconds and then exhale the color of your beak for 3 seconds. Repeat 3 times.

**Movement - Tree Pose >** *Toucan lives in the trees. She keeps a close watch over the forest.*

Stand tall with the feet hip distance apart. Spread the toes and root the feet down to the earth for stability. Shift your standing weight to the left leg. Bend the right knee and open it out to the side. Place the bottom of the right foot on the inner left ankle, calf or thigh. Press the foot into the leg and the leg back into the foot. Stand strong in the left leg. Stay rooted through the bottom of the left foot. Inhale and raise the arms up and overhead to grow branches. While you take 3 deep breaths through the nose, imagine that Toucan is sitting on the branches watching over the forest. . Lift her higher and higher. Lower the arms and the leg, then switch sides to repeat.

**Zone > Toucan's Perch -** *She listens and watches the animals in the forest.*

Come to hands and knees with inner thighs, knees and feet touching at the midline. Curl the toes under to stretch the bottom of your feet. Now pressing your hands into the ground for support and keeping the legs squeezing into the midline, transfer your weight back so that you are balancing on your toes with legs still together and hips bottom resting on the back of the heels. Knees can be on the ground for extra support or lifted off the ground for a more challenging balance. Place your hands on your hips and open your elbows wide to the side like a toucan's wings. Stay in the balance for 3 beak breaths. Place your hands to the ground then lower back down to a seated position and rest.

**Benefits:** Beak Breath improves respiratory function and encourages external focus through internal concentration. When done correctly, the breath will be directed to and from the back of the throat resulting in deeper breathing, increased energy, stimulation of vocal cords and cleansing of throat. Toucan's Tree Pose strengthens leg, arm and core muscles while improving balance and increasing flexibility in the hip joints. As toucan watches over the forest, students learn to fix their external gaze on something, which will teach them to concentrate in other areas. Toucan's Perch improves physical balance by using the breath as a point of focus. It also encourages stillness, which will help students to achieve the same in other environments.

## **Butterfly**

**Breath - Butterfly Breath >**

Sit comfortably on the floor. Cup your hands, palms face up, one inside of the other. Imagine that a beautiful blue butterfly has landed in the palms of your hands. With Butterfly in your hands, lift her up to the level of your nose. Take a deep breath in then gently blow on her underbelly to help lift her and take flight. Look closely at Butterfly as you do this. Remember that the wings of Butterfly are delicate. As you blow on her underbelly, exhale very slow and soft. Repeat 3 times so that butterfly takes flight on the third breath.

**Movement 1 - Butterfly Pose >** ♪ "Butterflies take flight"

Sit comfortably on the floor. Open your knees wide to the side and press the bottom of your feet together. Let the knees rest towards the floor. Using your hands, hold onto your feet, ankles or calves. As you inhale, slowly lift your knees away from the floor. As you exhale, slowly lower your knees towards the floor. Repeat 3 times.

**Movement 2 - Butterflies Flight >** *Flap your arms like a butterfly.*

Sit comfortably on the floor. Open your knees wide to the side and press the bottom of your feet together. Let the knees rest towards the floor. Extend your hands palms face up on either side of the hips. As you inhale, slowly lift the arms overhead and the knees off of the ground. Look up to the sky as Butterfly takes flight. As you exhale, slowly lower the hands and knees back to the ground. Repeat 3 times.

**Zone - Resting Butterfly >**

Sit comfortably on the floor. Open your knees wide to the side and press the bottom of your feet together. Let the knees fall towards the floor. Sit tall, and then look at your feet as you fold forward by hinging the hips. Remain in the forward fold > and take 10 deep breaths.

**Benefits:** Butterfly Breath promotes deep effective breathing by teaching students to slow down the exhalation. It removes toxins from the lungs and throat. Butterfly Pose increases flexibility and strength in the hip joints. Butterflies Flight targets hip joint flexibility as well as increases strength, flexibility and range of motion in the shoulder joints. Resting Butterfly has the same physical benefits as Butterfly Pose and Butterflies Flight, but achieves this passively instead of actively. Passive postures are gentle on the body and calming to the mind.

## **Jaguar**

**Breath – Still Dark Breath** > *Jaguar is the dream catcher for the pride. He has night vision and can see in the dark.*

Teachers prepare to play “Starry Night”. Choose to play the entire song, or if preferred, fade it out earlier. Sit comfortably. Sit up tall and relax the whole body. Take 3 deep natural breaths in and out of the nose. Continue to breathe as you listen to the music in “Starry Night”. With your eyes closed, it is dark. Like Jaguar, be at ease in the dark. When the music begins, do only three things: breathe, listen and remain completely still. If you begin to think of things other than breathing, listening or remaining still, then take a deep breath and remind yourself of the three things. Breathe and listen in stillness until the music fades. Open your eyes.

### **Movement 1 - Jaguars Big Cat Back** >

Come to hands and knees. Place the hands under the shoulders and the knees under the hips. Look straight down and straighten the spine so that it is parallel to the earth. Now it's time to move the spine like a jaguar. Looking up, inhale lifting the chin and tail bone towards the sky. Stretch the belly and the throat. This creates a backbend. Next, exhale as you look towards the belly button and tuck the chin in towards the chest, tuck the tailbone under and lift the back up towards the sky creating a cat back. Repeat 3 times. Inhale to open the front of your heart in a backbend, and exhale to open the back of your heart in a cat back.

### **Movement 2 - Jaguar's Tail Gaze** >

Come to hands and knees. Place the hands under the shoulders and the knees under the hips. Look straight down and straighten the spine so that it is parallel to the earth. Now it's time for Jaguar to look at its tail. Take a deep inhalation through the nose. As you exhale, turn the gaze past the left shoulder and look at Jaguar's tail. Inhale back to the center. Exhale and turn the gaze past the right shoulder to look at Jaguar's tail. Repeat 3 times in each direction.

### **Zone - Jaguar's Dream** > *Jaguar is the dream catcher for the pride. He has night vision and can see in the dark.*

Ask the children: Can you see in the dark? Can you see with your eyes closed? Do you know the difference between a daydream and a sleeping dream? Jaguar is nocturnal and is awake at night while many other animals are asleep dreaming. Imagine you are Jaguar and you can see the dreams of the animals in SunMoona Pride.

Lead students through the following visualization:

Lay flat on your back. Imagine you are Jaguar. It is night and you are watching all the sleeping animals in the forest. Who do you see? What are they dreaming about? Close your eyes and try to see their dreams. Cup your hands over your eyes to make it dark.

First see the dream of Monkey. Monkey is wise. Monkey sees and hears everything. Monkey sleeps high in the trees to keep safe from predators. What is Monkey dreaming about? See it with your night vision. Next see the dream of beautiful Blue Butterfly. Butterfly is at rest. Butterfly closes its wings and rests on the underside of a leaf or a branch. Butterfly can hang upside down and rest. What is Butterfly dreaming about? See it with your night vision.

Next see the dream of Toucan. Toucan sleeps in the canopy layer. Toucan turns her head and rests her beak between the wing feathers on her back. What is Toucan dreaming about? See it with your night vision.

Tell the students to open their eyes and come to seated. In closing, ask the children to share the dreams that Jaguar saw.

**Benefits:** The Still Dark Breath allows children to practice physical and mental stillness. By attempting to do only three things for the length of the music, students practice mindful focus as well. With the added breath work, benefits include effective breathing and vitalization of all systems of the body. Jaguar's Big Cat Back activates deep anterior flexion and posterior extension of the spine. Jaguar's Tail Gaze lateral flexion through side bending. Both postures promote a healthy range of motion and strengthening in the vertebrae. Jaguar's Dream teaches children to look in. Through internal visualization, imagination is active as well as self-control. It teaches them the skill of observation as well.

## **Iguana**

**Breath - Iguana Breath >** Before taking Iguana Breath, practice sticking the tongue out and forming it into a tube or straw-like shape. If students cannot make the tube shape, instruct them to simply stick out the tongue creating space between it and the upper lip.

Sit comfortably. Sit up tall and relax the whole body. Take 3 deep breaths in and out of the nose. Next, stick the tongue out into either a tube like shape or with space between the top of the tongue and upper lip. Keeping the tongue out, inhale deeply allowing the breath to travel through or over the tongue. At the end of the inhalation, pull the tongue back into the mouth, softly close the lips and exhale fully. Repeat 3 times. Notice how the breath is cooler as you inhale and warmer as you exhale.

**Movement - Iguana Pose >** From a standing pose, fold forward placing the hands on the ground. Step the right leg all the way back into a long lunge. Lower the back knee to the floor. Walk the front foot out a couple of inches to the left. Place both hands on the earth under the shoulders and inside of the left foot. If possible, lower the elbows to the ground. Look straight down to the ground and make the neck long. Take 3 Iguana Breaths. Lift the back knee off of the ground and step forward. Repeat on side 2, stepping the left leg back in a runners lunge.

**Zone - Iguana's Clock >** ♪ "Over there an iguana rests on the rock. It's so peaceful this place without a clock"

Before you begin, ask the students a series of questions to make them think about time:

Does Iguana have a clock? How does Iguana know what time it is? How many seconds are in a minute? Can you count when you breathe for 1 minute?

Sit comfortably. Use your fingers to keep count of 10 breaths that are each 6 seconds long. The inhalation will be 3 seconds and the exhalation will be 3 seconds.

- Inhale for 3 seconds and then exhale for three seconds. Lift finger #1.
- Inhale for 3 seconds and then exhale for three seconds. Lift the next finger to #2.
- Inhale for 3 seconds and then exhale for three seconds. Lift the next finger to #3.
  
- Continue all the way to the 10th finger.

**Benefits:** Iguana breath cools the body by adding the moisture of the tongue to the breath. It also slows down the breath so that it becomes deeper and more efficient. Iguana Pose increases flexibility in the hip joints, lengthens the spine and strengthens the leg and core muscles. Iguana Zone leads students into one minute of stillness while concentrating on a breathing pattern. Indirectly, they are learning multiplication and how long one minute "feels".

**LEVEL 3 – AFRICA** - The following B+M=Z actions correspond to the secret letters of the animal alphabet in Level 3. Reference to Levels 1 and 2 may be included.

**Gentle Lion's Breath >**

Sit comfortably and close the eyes. With the lips sealed, take a deep inhalation through the nose. To exhale, open the mouth, stick the tongue out very far and exhale from the back of the throat. Close the mouth and inhale deeply again. Repeat 5 times.

**Breath 2 - Roaring Lion's Breath >** *The animals let out a victorious call. In unison, all for one and one for all.* Sit comfortably with the eyes open. With the lips sealed, take a deep inhalation through the nose as you lift the head and the eyes towards the sky. At the end of the in breath, open the eyes and mouth very wide. Next, stick the tongue out very far and then both powerfully and loudly exhale from the back of the throat as you lower the head back to neutral. Close the mouth. Repeat 3 times.

**Movement > Lion's Warning** - *Lion is the leader. King of the SunMoona Pride and he needed to warn the other animals.*

It's time for Lion to warn the animals. Sit on the ground with the legs crossed. Place your hands on the ground in front of your legs and rock forward to hands and knees keeping the legs crossed. On hands and knees press the floor away with the arms strong like a lion. Now take 3 Roaring Lions Breaths. Move to sit back on the ground, and then repeat 5 times.

**Zone - Lion's Courage >** *Lion is the leader. King of SunMoona Pride. Lion is a great leader because he is strong and courageous.*

To prepare for zone work, ask the children to define courage.

Courage is the action of facing challenge, adversity, pain or danger even in the presence of fear.

Once they understand courage, ask them to think of a time in their life when they had to act with courage then direct them to do the following:

Sit comfortably with the eyes closed. Recall a time in your life when you had to act with courage.

Listen in for Lion's Voice and repeat the following:

Teacher Says, "Repeat after me:"

I am courageous (students repeat)

I am strong (students repeat)

I am a leader (students repeat)

I am responsible (students repeat)

I am smart (students repeat)

I am trustworthy (students repeat)

I am courageous (students repeat)

Repeat three times.

**Benefits:** Lion's Breath stretches the tongue, lengthens the exhalation and releases toxins from the back of the throat. It also relieves tension from the muscles of the face and throat and stimulates the optic nerves. Lion's Warning increases strength in the arms and stimulates flexibility to the ankle, knee, hip and shoulder joints. Lion's Courage allows the students to become still and focused. The words are empowering, promote self-acceptance and self-worth.

## **Wildebeest**

**Breath > Herd Breath** - *Wildebeests migrate together.* Review what a herd is with the students before you begin. Explain the goal of the herd breath is to breath together as one herd. The students will inhale at the same time and exhale at the same time.

Sit comfortably. Close your eyes and take 3 natural breaths in and out of the nose on your own. As you take your breaths listen out for the sound of the breath from the members in your herd. Keeping your eyes closed, exhale completely. Now together as a herd, inhale deeply. Now exhale together. Repeat 5 times keeping the rhythm of your breath as one. At the end of the fifth exhalation, open your eyes and smile at one of the members in your herd.

**Movement – Wildebeest Migration >** *Wildebeest is the navigator of the pride. Wildebeest travel in circular migration. The Wildebeest knows the way.*

From a standing position, fold forward by hinging at the hips and place the hands on the floor. Step your right leg back so that you come to a lunge. Keep your right leg straight and strong. Move your left hand to the inside of your left foot and begin walking both hands towards the back foot in a half circle pattern. Once your hands reach the right leg, organize the pose so that you are in a lunge with the right foot forward. Keep the left leg behind you straight and strong. Now step or jump switch the legs, so that the left leg is forward once again and the right leg is back. Bring the left hand to the inside of the left foot and complete the full circle pattern by moving to the right so that you migrate to the starting lunge. Now let's move the circle the opposite direction! Step or jump switch the legs so that the right foot is forward and the left leg is back, straight and strong. Move the right hand to the inside of the right foot and begin walking both hands towards the back foot in a half circle pattern. Once your hands reach the left leg, organize the pose so that you are in a lunge with the left foot forward. Keep the right leg behind you straight and strong. Now step or jump switch the legs, so that the right leg is forward once again and the left leg is back. Bring the right hand to the inside of the right foot and repeat the circular pattern so that once again so you migrate to the starting lunge. Repeat 3 times.

**Zone - Wildebeest Rests >** *The Wildebeests made it to the other side.*

After the students have completed the Wildebeest Migration they will need rest. Direct them to do the following:

Come to seated position with your knees bent and hips resting on heels. Hinging the hips, fold forward and rest your forehead on stacked fists. Take 3 breaths. Switch hands so that the opposite fist is on top. Take 3 breaths.

**Benefits** – Herd Breath promotes deep effective breathing, teamwork, sensitivity to others and practices rhythm. Wildebeest Migration strengthens arm, leg and core muscles while opening the hip joints. Multiple transitions between poses will increase the heart rate and benefit cardiovascular function. The lunges in

combination with circular motion will teach the students to become familiar with left and right body. Wildebeests Rests lengthens and relaxes the muscles of the back and neck and brings a deep flexion into the hip joints. It also teaches the students that rest is important. All animals, including humans, need rest in order to optimally function in times of action.

## **Rhinoceros**

**Breath – Sensational Breath** > *Rhino has a sensational sense of smell.* Review the 5 human senses before you begin.

Sit comfortably. With the mouth closed, inhale through the nose and then exhale through the nose. Repeat 3 times.

Next, inhale through the mouth and then exhale through the mouth. Repeat 3 times.

Next, close the eyes and return to breathing in and out of the nose. This time, direct the children to use their sense of smell. Breathe slowly so that you can identify any of the smells around you. Turn your head in the direction of a smell you may pick up on. What is the smell? Do you like it? Is it a safe smell or a threatening smell? Use your sensational sense of smell for 5 rounds of breath.

Invite the students to open their eyes. Ask them to share the smells they identified. Ask them what they might smell if they were Rhino living in Africa.

**Movement 1 > Rhinoceros Plank** - ♪ “Rhinoceros is strong, fast and tough.”

Begin on hands and knees. One at a time, stretch the legs back straight and strong with the toes curled under. Keep the hands and feet on the earth at the top of a push up. Legs and arms are straight and strong. Hold for 3 breaths.

**Movement 2 - Rhinoceros Pair Plank** > *They usually patrol the plains in pairs.*

Join each student together with a partner. Remind them that rhinos usually patrol the plains in pairs. With the students in pairs, have them perform Movement 1 competing with their partner to see who can hold it the longest.

**Zone- Rhino Horn Gaze** > *Rhino’s eyesight isn’t as good as some of the other animals.*

Remind the students about the difference between looking out and looking in. Explain that in the Rhino Horn Gaze, they will practice looking in. Discuss that although Rhino may have poor external eyesight, he has strong internal eyesight!

Sit comfortably and close eyes. Take three natural breaths. Look in. Imagine you are rhino and have two horns on your head. Without opening your eyes, look to the tip of your snout at your long horn. Keep your internal gaze on the long horn while you take three natural breaths. Next, move your gaze back and look at your short horn. With your internal gaze fixed on the short horn, take three natural breaths. Open your eyes.

**Benefits:** Sensational Breath teaches children about the sense of smell and the difference between mouth breathing and nose breathing. Nose breathing is a more effective breath, as it includes several additional point of filtration that are missed through mouth breathing. Sensational breath challenges students to focus their awareness and to be present. Rhinoceros Plank strengthens the core, arm, leg and spine. Rhinoceros Pair Plank challenges students through competition to push their endurance to the limit. It is fun and



invigorating as well! Rhino Horn Gaze teaches students to resist external distraction, to focus inward, to direct attention, to exhibit self-control and to physically calm the body and mind.

## **Zebra**

**Breath - Sound Breath Z** > *Zebra begins with 'z'.* Review the sound letter 'z' and then begin.

Sit comfortably. Relax the whole body. With the mouth closed, inhale deeply through the nose. Slightly opening the lips to show your zebra teeth, make the 'z' sound for the entire length of the out breath. Repeat 5 times.

**Movement - Zebra's Agreement** > *Two Zebras come to an agreement and set the boundaries for this watering hole. Zebra is the peacemaker. The referee for the pride.*

In this movement, students work with a partner. Direct students to do the following:

Come to standing facing your partner. Extend your arms up, straight over your head with your fingers spread and palms facing your partner. Next, lower your arms just enough so that you can place your palms flat to the palms of your partner. Press your hands into your partner's hands. Find a balance between you and your partner so that you are both equally steady. Next, take a deep inhalation together through the nose. Now exhale together as you hinge the hips into a  $\frac{3}{4}$  fold while lowering your head and chest below your shoulders. You may need to take a half step back to fold deeper. Maintaining the fold, take two more breaths together. On the fourth inhalation, press into each other's hands and rise to standing. Switch partners and repeat.

**Zone - Zebra's Reflection** > *Each zebra has unique stripes. No two are the same.*

Lead students through the following visualization.

Sit comfortably with the eyes closed. Imagine you are Zebra and have walked to the edge of the watering hole. As you go to take a drink, you notice your reflection because the water is very still. You stop and take the time to look at your unique stripes. You notice that your stripes are different than the other zebra's in the herd. You then dip down to the water and take a drink. The water ripples and moves and your reflection becomes blurry. You can no longer see that your stripes are different. You want to see your stripes again, so you stop drinking and become still. You relax the muscles in your face and your entire body. As the water becomes still again, you can clearly see your reflection. Notice the black and white stripes. Notice the markings around your eyes, your nose, your mouth and on your ears. Remain very still and look very carefully so that you can remember what your unique markings look like. Remember your markings and then slowly back away from the watering hole.

Direct the students to open their eyes. Option to allow the students to draw their zebra reflection with pencil and paper.

**Benefits** - Sound Breath Z promotes deep effective breathing while practicing the sound that 'z' makes. It also stimulates the vocal cords and the lymph node system in the area of the throat. Zebra's agreement encourages teamwork through partner poses. It also lengthens muscles in the neck, back and legs while flexing the shoulder and hip joints through a forward folding action. Zebra's reflection encourages the

students to become very still which reduces stress and encourages self-control. The component of observing their reflection allows them to become more self-aware and self-accepting.

## **Hippopotamus**

**Breath - Sound Breath H** > *Hippopotamus begins with 'h'. Review the sound of letter 'h' and then begin.*

Sit comfortably. Relax the whole body. With the mouth closed, inhale deeply through the nose. To exhale, open the mouth as wide as a hippo and slowly exhale the sound breath 'h'. Repeat 5 times.

**Movement - Hippo Dip** > *A few animals in the SunMoona Pride spend their days in the water. This keeps them cool and out of sight. Hippopotamus is a river keeper in the SunMoona Pride.*

Come to hands and knees. Imagine you are hippopotamus standing in the water to keep cool. Place the hands under the shoulders and the knees under the hips. Look straight down and straighten the spine so that it is parallel to the surface of the water. Hippo wants to dip her body into the water. As you inhale, feel the strength of your hippo arms and legs pressing into the riverbed. As you exhale, bend the knees and shift the hips back towards the heels and bow the head into the surface of the water. Inhale and rise back to hands and knees, then exhale and rock your hips back and dip into the water once again. Repeat several times. Feel your hippo body cool off as it dips in and out of the water. Breath in to rise out of the water and breath out to dip into the water.

**Zone - Hippo's Gaze** > *Hippopotamus is a river keeper in the SunMoona Pride. She has a very important job. It's Hippo's job to guard the water.*

Sit on the floor with your knees bent and hips on your heels. Close your eyes and imagine that you are Hippopotamus. It is your job to guard the water. Be very still so that you can keep watch on the river. In your mind, see the river. See the surface of the water. Notice which animals in the pride are cooling off in the water. Notice which animals are drinking from the water. Notice if there are any young animals. Notice if there are any injured animals. Keep your gaze on the river. Remain still for one full minute. Slowly open your eyes.

Option to ask the students to share what they saw in the river. Note: After visualizations, students will likely be very calm. Rather than sharing their visualization, you may choose to direct them quietly towards a project while they are in the zone.

**Benefits:** Sound Breath 'H' promotes deep effective breathing while practicing the sound that 'h' makes. It also removes toxins from the throat and stimulates the vocal cords. Because we open the jaw wide, it actively stretches the jaw and muscles of the face. Hippo Dip strengthens arm and core muscles and stimulates range of motion all of the arm and leg joints. Hippo's Gaze is a visualization that activates the student's imagination, brings them into focus, allows them to practice removing distraction and to remain physically still.

## **Elephant**

**Breath - The Long Breath** > Sit comfortably. As you breathe in, or inhale, imagine the breath is slowly moving up the elephant's trunk. As you breathe out, or exhale, imagine the breath is traveling down the elephant's trunk. Breathe slowly. Breathe deeply. Next, as you breathe in and the breath moves up the trunk, imagine the elephant's belly is filling with breath and getting bigger. As you breathe out and the breath moves down the trunk, imagine the elephant's belly is emptying and getting smaller. Breathe slowly. Breathe deeply. Take a total of 5 Long Breath's

**Movement - Drinking Elephant Pose** > *Elephant's memory guides her and the herd to water. They take turns taking a drink.*

Stand on the floor with feet hip width apart. Place hands together in front of the heart. Keeping palms together, straighten arms down in front of your body. This becomes your elephant trunk. Using your deepest elephant breath, inhale as you raise your arms up and overhead lifting your trunk into the air. Keeping your palms together so your trunk is straight and strong. Bend into a forward fold, bringing your hands to the earth. Cup the palms of your hands and scoop water from the ground like an elephant drinking from the watering hole. When your hands are full, inhale and rise to standing bringing your hands to your mouth to drink the water. Exhale as you lower your hands in front of your heart once again. Repeat 5 times.

**Zone - Elephants Wisdom** > *Elephant is the historian for the pride. Elephant's memory guides her and the herd to water. Elephant has a very important job. She writes about the pride and records the history of the animals. Elephant is honest, trustworthy and an excellent communicator. Extraordinary Elephant echoes events from the past excellently.*

Direct students to sit or lay in a comfortable position and listen to the following story:

One day hippo and elephant were taking turns drinking at the watering hole. Hippo thanked elephant for remembering the way and leading the SunMoona Pride to this place where they had been many times before. Hippo then asked elephant how he remembers things so well. Elephant told hippo that he was born with many gifts. Elephant said; My ears are very large so that I can hear the voices of all of the members in the pride. It is very important for me to listen to each animal as they communicate their needs and also what they are able to contribute to the well being of the pride. My big ears also allow me to hear the sounds in each place we stop on our paths to find food and water. Knowing the sounds of each place helps me to remember it. I also have very small eyes, which allow me to concentrate and focus in on the small details. Focusing through my sense of sight allows me to remember what each place looks like. My large head and brain allow me to remember all of the details I hear and see. My long trunk smells all things. I can smell things low to the earth or high in the trees. I can smell scents carried in the wind from near and far. My height allows me to see vast across the land and to remember the path we take to and from each watering hole. I am strong enough to uproot trees from the earth, yet gentle enough to include the needs of all members in our pride. So you see hippo, it is my responsibility to use my gifts for the good of the entire pride. It is your job to learn your gifts and do the same.

After the story is complete, direct the students to open their eyes and come to a seated position. Ask them the following:

What are elephant's gifts? What are your gifts? How can you use your gifts to help other students in the classroom?

**Benefits:** The long breath teaches students to breath effectively. Breathing through an imaginary trunk stimulates the nasal passages, clearing mucus and other debris. Breathing deep into the belly activates proper diaphragmatic movement, which supports healthy digestive and respiratory function. Elephant's Side Bend lengthens and strengthens the side body and spine through a lateral flexion of the spine. It improves the range of motion in both the hip and shoulder joints as well. Elephants wisdom teaches students the importance of listening to one another in communication process and how important each of their senses are. It also encourages students to identify their gifts or talents, which improves self-worth, self-awareness and self- image.

## **Vulture**

### **Breath- Vultures Breath >**

Stand with the feet wide. Slightly turn the toes out and heels in. As you inhale through the nose, lift the arms out like vultures wings on either side of the chest and shoulders. All at once and quickly, bend deep into the knees, fold forward in between the thighs with the back rounded like a vulture and drop the back of the hands to the ground while strongly exhaling the sound "ha". Inhale through the nose as you come to standing once again with the wings opened wide on either side of the chest. Repeat three times.

### **Movement - Perching Vulture > *Vulture watches over Africa from a treetop with her sisters.***

Stand with the big toes together and the heels slightly separated. Inhale to stand tall, and then as you exhale, bend into a deep squat widening the knees out to the side and lowering the hips and the heels. Stretch the arms forward and bow down to the earth. Next, draw the arms back in space and place your hands securely on the floor under your shoulders like a vulture gripping a branch where he is perched. Next, keeping the knees opened wide, press the front of the shins into the back of the arms, lift the hips and transfer all the weight forward into your hands. For the final challenge, lift your feet off of the ground as you balance the weight of your body onto the back of your arms with your elbows bent. Widen the knees as much as you can like a vulture opening its wings.

### **Zone - Vultures Gaze > *Vulture has excellent eyesight.***

Arrange the students to stand side by side at an arm's length away from one another in a single row. They may sit or stand. Next, point out an object that is nearby and tell them to focus their eyesight upon it. Once they all identify it, direct them to stare at the object for 30 seconds without looking away while deeply and peacefully breathing. Think only of the breath and the object. Even allow the object to become blurry. Next identify an object that is far away that they should focus their eyesight upon. Direct them to focus on the object for 30 seconds without looking away while deeply and peacefully breathing. Think of only the breath and the object. Think only of the breath and the object. Even allow the object to become blurry.

**Benefits:** Vultures Breath is a vigorous breath that removes toxins from the throat and deep in the lungs. Combining the squat with the swift exhalation, this breath also activates and strengthens the diaphragm. Perching Vulture is a challenging arm balance that opens the hip and shoulder joints while strengthening the arms and upper body. As with all balancing postures, Perching Vulture also improves focus

and mind/body connection. When students achieve the balance, they feel empowered. Vultures Gaze stimulates the sense of sight and guides students to use both their near and far vision. By stilling the mind, students can focus on an external object, which will result in a controlled nervous system and improved brain activity.

### **Hyrax**

**Breath > The Secret Breath** - *Hyrax is the secret keeper for the pride.*

Review what sound we make when prompting someone to keep a secret. 'Shhh.' Ask the students what letters are joined to make the sound breath 'shhh'.

Sit comfortably. Close the eyes and breathe naturally in and out of the nose. Next, inhale deeply filling the lungs with air. As slowly as possible, exhale the sound breath 'shhh' until your exhalation is complete. Repeat 3 times. For the next round, control the breath even more by increasing the volume of the sound breath 'shhh' through three rounds so that the third exhalation is loudest. Then decrease the volume of the sound breath making the last of three rounds the quietest.

**Movement > Hyrax Bask** - ♪ “Hyrax live together, families as one. On the rocks, they bask in the sun.”

Lay comfortably on the back. Using your hands, pull your knees in wide to either side of the rib cage. Bend the knees deeply. Stay here for 3 breaths in and out of the nose. Next, reach through the inside of the legs and grab the outer edges of the feet. With the bottom of the feet facing the sky, pull down on the feet so that the knees bend deeply towards the ground. Keeping a hold on the feet, rock from side to side. Bask in the sun like Hyrax.

**Zone - Reverse Hyrax Bask** > Come to hands and knees with the toes set together and knees set wide. Next sit your hips all the way back on your heels, stretch the arms forward and then place the forehead on the earth. If your forehead does not comfortably rest on the ground, stack your fists and place them under your forehead for support. Close your eyes and relax the entire body. Inhale deeply, then exhale The Secret Breath. Repeat three times. Return to a natural breath and for 30 seconds more continue to relax the entire body.

**Benefits:** The Secret Breath teaches students to practice self-control through breath control. They are challenged to elongate the exhalation in order to create the sound breath 'shhh' three times until their air runs out. Students also discover what it sounds like to combine the 's' and 'h' sound in celebration of Hyrax the secret keeper for the pride. Hyrax bask is a deep hip opener that also lengthens the spine and stimulates the shoulder joints. It is a gentle pose that promotes calm in the physical body. Reverse Hyrax Bask has the same physical benefits as Hyrax Bask, but results in deeper mental relaxation. Because their sight is obstructed by the forward fold, students are less distracted by external stimulation and therefore have greater access to relaxation.

**LEVEL 4 – WORLD** - The following B+M=Z actions correspond to the secret letters of the animal alphabet in Level 4. Reference to Levels 1,2 and 3 may be included.

#### **Ant**

**Breath 1 > Breathe Alone** - Come to standing nearly shoulder-to-shoulder in a circle. Rest your arms and hands along the side body with the palms facing forward. Pretend your eyes are as small as ants and you are staring at a dot the size of ant on the floor in the middle of the circle. As you continue to stare at the dot, inhale through the nose for 3 seconds, and then exhale for 3 seconds. Repeat 5 times. **Option:** Place a picture of an ant on the floor to create a clear point of focus.

#### **Breath 2 > Breathe As A Colony** – *In the SunMoona Pride, Ant is in charge of teamwork.*

Like an ant colony acting as a team, this time you will all breathe together as one. Come to standing nearly shoulder-to-shoulder in a circle. Place your hands onto the back of the people next to you, just behind their heart. This time close your eyes and feel the person next to you. Next, everyone inhale together for 3 seconds, and then exhale together for 3 seconds. Repeat 5 times. Work to breath together and feel the people next to you breathing at the same time.

**Movement > Ant Assists** - *Active ant assists animals to always act as a team.*

In this movement, students work with a partner. Pair students together and then direct them to do the following:

Stand side-by-side and shoulder-to-shoulder with your partner. Place the outer edges of your inner foot together with your partners then step your outside foot off very wide to the side and turn the toes out. Hold your partner's inside hand and then stretch your outside hand out over your other foot with the arm straight and strong. Bend the outside knee towards the outside foot into a deep lunge. Work together like ants in a colony to keep each other balanced in the pose. Give a little pull on your partner and they should give a little pull on you. Assist one another actively. Come out of the pose, switch the feet so the opposite is on the inside and repeat posture on side two.

**Zone > Spell Ant** - Sit comfortably in a large circle. Before you begin, review how to spell the word ant. Direct students to close their eyes and rest their hands comfortably on their legs or in their lap. Take 3 natural breaths in and out of the nose. Next direct the students to inhale through the nose then chant the letter 'a' as they exhale; inhale through the nose then chant the letter 'n' as they exhale; inhale through the nose then chant the letter 't' as they exhale. Inhale through the nose then say the word 'ant' as they exhale. Repeat 5 times keeping a chant-like tempo and breathing together.

**Benefits:** Breathe Alone brings the student into focus and more specifically, to a single point of focus. Through focus, stillness and teamwork, Breathe As A Colony teaches students sensitivity towards others and controlled breathing. Ant Assists also promotes teamwork and is a fun way to open the hip joints, strengthen the leg muscles, and tone the back. It also challenges students to exhibit self-control through actively engaging their muscles without overpowering their partner. Spell Ant teaches the children how to spell the word ant. By reciting the letters in a chant-like manner, they are also increasing focus, decreasing distraction, stimulating vocal cords and breathing with greater depth.

## **Camel**

**Breath - Cooling Camel Breath** > *This camel smells water.*

Sit comfortably. As you inhale, feel the cool air move into the nostrils. As you exhale notice how the out breath is warmer than the in breath. Repeat the breath 5 times.

Teachers: After you complete the breath activity, ask the children why the breath is warmer on the exhalation than the inhalation.

Answer: It is because the internal body temperature warms the air

**Movement > Camel Pose** - Stand on your knees with your hands on your hips. One at a time, reach back to grab your heels. Stretch your front body open into a backbend. Look either all the way forward or all the way back. Take 3 breaths in Camel Pose, then rest taking 5 Cool Camel Breaths in the zone, Camel Conserves. Repeat pose 5 times switching between Camel Pose and Camel Conserves.

**Zone > Camel Conserves** - *She knows how to live well in the harsh desert environment because she conserves water.*

It is time to conserve energy by resting and breathing. After Camel Pose, move the knees and ankles in towards one another at the midline, and then sit back on your heels for 5 breaths. Release the weight of your hips completely to the heels, close your eyes and take 5 Cooling Camel Breaths.

**Benefits:** Cooling Camel Breath teaches students to observe the process of breathing which results in increased focus. It also encourages them to think critically about why the temperature of the air varies between the inhalation and exhalation. Camel pose offers all the benefits of extending the spine, including strengthening the vertebrae and muscles of the back body, opening and stretching the muscles in the chest, shoulders and hip joints and engaging core muscle groups in support of the action. It also strengthens the quadriceps muscles. Camel Conserves allows the students to rest the physical body between poses, to breath efficiently and to focus through stillness. Overall, it teaches the importance of conserving physical energy in preparation for activity.



## **Duck**

**Breath- Duck Breath** > Sit comfortably. Take three natural breaths in and out of the nose. Next, imagine you are duck and inhale through the nose then opening your beak, exhale out of your mouth. Repeat 5 times.

**Movement - Duck Squat** > Stand with the big toes together and the heels slightly separated. Inhale to stand tall, then as you exhale, bend into a deep squat squeezing knees together and lowering the hips to rest on the heels. Allow the heels to lift up off the floor. Place your hands together in front of the heart. While you balance in a squat on your toes, take a deep inhalation then as you exhale twist to the right and wedge your left elbow onto the outside of your right knee. Stay there opening the elbows wide like duck wings. To stretch your wings wider extend your left fingertips to the floor while stretching the right fingers up to the sky. For an additional challenge and lift your gaze to look at the right fingertips. Inhale to open the wings even wider, then exhale coming out of the twist and placing hands back at the heart. Repeat by twisting to the left.

**Zone: Duck Zone** > *Duck is the explorer in the SunMoona Pride. Duck flies all around the world. It's her job to explore the planet and learn about the people. She teaches the animal in the pride about the people.*

Sit comfortably. Take three natural breaths in and out of the nose. Next, imagine you are duck flying around the world. Lion has sent you on an important mission to learn about the people on our planet. Lion believes that people and animals need to communicate in order to live in harmony on the planet. As you are flying around the world, watch people from all the different countries living their lives. Look at the ways in which they live with the natural world. Do they interact with animals, plants or oceans? Does Duck want to ask the people any questions? Do the people want to ask Duck any questions? Do the people want to send any messages to Lion? As you are flying all around the world, be very observant and listen well. Now it's time to fly back to SunMoona Pride and tell Lion what you learned. Invite the students to open their eyes and share their messages.

**Benefits:** Duck Breath guides students to breathe in through the nose and out through the mouth. Breathing in through the nose filters air effectively. Breathing out of the mouth releases toxins that reside in the throat. Duck squat improves hip flexion, strengthens leg muscles and improves balance. Because Duck Squat is a twist, it strengthens the core and actively twists the spinal vertebrae resulting in both strengthening the spine and improving spinal range of motion. It also stimulates and cleanses the digestive organs. Duck Zone promotes creativity, focus, listening and sensitivity to others.

## **Fox**

### **Breath- Cool Fox Breath**

**Breath 1** - To prepare for the fox breath, teach the students that fox pants to stay cool then begin. Sit comfortably. Place the hands palms face down on top of the thighs. Take a deep breath in through the nose. Open the mouth midway, stick the tongue out midway and then force the breath out 8 times from the back of the throat and over the tongue in a pant. Close the mouth, take a deep breath in through the nose and repeat. Repeat 5 times.

**Breath 2** – This breath technique is the same, except instead of placing the hands on the lap, they are placed flat on the belly.

Instruct the students to feel their bellies move in every time they exhale their breath in the pant. Sit comfortably. Place the hands. palms face down. on top of the belly. Take a deep breath in through the nose and feel the belly get big with breath. Open the mouth midway, stick the tongue out midway and then force the breath out 8 times while feeling and encouraging the belly to move in vigorously on the out breath. Close the mouth, take a deep breath in through the nose and repeat 5 times.

### **Movement – Downward Facing Fox**

Come to hands and knees. Align wrists under shoulders and knees under hips. Breathe into focus. Breathe out and lift the hips in the air. Breathe into focus. Breathe out to push your chest towards your thighs and heels to the floor. Take 5 breaths, then lower to the knees and move into Resting Fox Pose.

**Zone - Resting Fox Pose** > From Downward Facing Fox, lower to hands and knees. From hands and knees, widen the knees, place the feet together then sit the hips back to rest on the heels. Stretch the arms forward and rest the forehead to the earth. Close your eyes, soften the entire body and rest for 5 deep belly breaths. Option: After completing 5 breaths, return to hands and knees, then push up to Downward Facing Fox for 3 breaths. Move between Downward Facing Fox and Resting Fox pose for the desired number of repetitions.

**Benefits:** Cool Fox Breath teaches students how the fox uses breath to cool down. It emphasizes the exhalation and therefore results in an effective out breath. It engages the diaphragm, releases toxins from the back of the throat and stimulates the endocrine system. Downward Facing Fox lengthens the muscles and bones of the entire back body, strengthens the limbs, engages the core and flexes the hip and shoulder joints. Resting Fox Pose lengthens the spine and the muscles in the back. It also creates a deep flexion in the knees and hips. The digestive organs are stimulated through the compression between the belly and the thighs.

## **Gorilla**

**Breath - Strong Gorilla Breath** > Sit comfortably. Inhale and fill the lungs completely. As you exhale, widen the nostrils and pump the breath out of the nose vigorously with a slight grunting sound as though you are a gorilla. Pump the grunting exhalation from the back of the throat and out through the nose 5 times. Inhale and fill the lungs completely. Repeat the breath 5 times.

**Movement - Gorilla Squats** > Stand with legs wide, heels slightly turned in and toes slightly turned out. Place your hands on your legs pressing into your thighs to keep the spine lifting up straight and strong like a gorilla. Bend the knees coming into a deep squat while working to keep the spine upright. Stay there and breathe the Strong Gorilla Breath 3 times. Inhale as you straighten the legs to stand tall and rest. Next, squat deeply into the knees again, this time dangling the arms and hands between the legs at the front of the body. Keeping the knees bent and the hips in a low squat, sway from side to side like gorilla. Inhale as you straighten the legs to stand tall and rest. Next, squat deeply into the knees once again, this time placing the hand on the floor, reaching them far forward and bowing the head and chest towards the earth. Remain still and breathe or once again sway from side to side. Inhale as you straighten the legs to stand tall and complete the posture.

**Zone - Gorilla Zone** > *He is the teacher in the pride. It's gorillas job to teach the animals. He is wise and peaceful. He learns by seeing, tasting, smelling and listening. He learns how to help the pride as he moves through the forest.*

Gorilla Zone is a guided visualization followed by a discussion. Invite the students to lay on their backs, close their eyes and listen to the following visualization:

Gorilla is the teacher in the pride. Imagine that you are Gorilla and it is your job to teach humans all around the world how to take care of the earth. Instruct Gorilla to close his eyes. Tell Gorilla see the world and its oceans, forests and canyons. See the animals from sea to shining sea. Look at Umbrella Bird and Duck on the lagoon. Go to the forest and see Panda Bear. Watch Crocodile and Hippopotamus together in the water. Find any animal you would like to see. As you see animals, look them in the eye to see if they want to send you any messages. Allow an animal to share a message with you. Listen to the message carefully. Open your eyes and share the messages you received with the Pride.

**Benefits:** Strong Gorilla Breath is fun, energizing and gets the students breathing deep! Gorilla Squats deeply open the hips joints, gently open the knee joints and strengthen both core and leg muscles. The last variation also creates length in the spine promoting decompression and a healthy posture.

Gorilla Zone teaches children to use their imagination and to verbally express what they have created in their mind. Sharing messages from Gorilla will provoke students into expressing thoughts of emotion, critical thinking, creativity, etc.

**Koala** - *In SunMoona Pride, Koala is the caregiver. Its Koalas job to make sure all of the animals are cared for, especially the baby animals.*

**Breath - Kind Koala Breath** > *Koala is a kind and helpful member of the pride.*

Sit comfortably in a simple cross-legged posture. Place the hands palm face down on top of the knees. Close the eyes. Take a slow and deep inhalation, then as you exhale soften the muscles in the face. Repeat three times until the muscles in the face are completely relaxed.

Next, take a slow and deep inhalation then as you exhale, softly smile. Repeat 5 times increasing the size of the smile with each round of breath. On the fifth exhalation, keep your kind koala smile on, open your eyes and look at all the kind koala smiles around you!

**Movement - Koala Sits Pose** > This is a basic seated pose with legs crossed. With sit bones and tailbone rooting into the earth, sit tall with hands resting in their laps. Sit still. Be still. Lift and position arms at a shoulder height as though you are holding a large beach ball. Keeping the arms elevated, take a deep inhalation through the nose, then as you exhale and keeping the hips steady, twist to the spine to the right and look behind you. Inhale and return to center. Exhale and twist to the left. Repeat three times on each side.

**Zone - Koala Cares** > *Koala is the caregiver.* Lead students through the following visualization:

Seated in Koala Sits Pose, close the eyes. Imagine you are a koala bear seated on the branch of a tree. Be as still as you can so you don't fall off of the branch. Feel how strong you are. Listen to your breath. Listen for your heartbeat. Listen in for silence. Listen out for the animals. As the caregiver for SunMoona Pride, listen for messages from other animals. What messages of kindness do they want to share with you and the other animals? What messages do they want to share with human beings?

Encourage the students to listen in and listen out for 1 minute. Lead them to slowly open their eyes. Ask students to share in an open discussion regarding the messages they received.

**Benefits:** Kind Koala Breath calms students, decreases anxiety and hyperactivity, increases presence & focus, promotes internal tranquility and encourages group synergy. Kind Koala Breath increases positive feelings for the students. Koala Sits Pose strengthens core muscles, gently opens the hip joints and actively twists the spinal vertebrae resulting in both strengthening the spine and improving the range of motion. Because Koala Sits is a spinal twist, it also stimulates digestion and cleanses the digestive organs. Koala Cares teaches children to sit strong and through self-observation, to become more self-aware.

## **Naked Mole Rat**

**Breath - Rhythm Breath** > *Naked Mole Rat has poor eyesight.*

Teachers prepare to play "Tick Tock".

Sit comfortably with the eyes closed. Sit up tall and relax the whole body. Take 3 deep natural breaths in and out of the nose. > Play Music <

As you listen to the music, continue to breathe naturally in and out of the nose. Try to match the rhythm of your breath with the rhythm of the music. As if you were like Naked Mole Rat with poor eyesight, allow all your other senses to become stronger. Hear the rhythm of the music. Feel the breath traveling in and out of your nose. Feel the skin on the surface of your body.

Teachers: When the music ends, instruct the students to remain still with the eyes closed for 5 more natural breaths.

**Movement - Crescent Moon Pose** > *Naked Mole Rat digs by the light of the moon.*

Come to a standing position with the feet together. Inhale and lift the arms up touching the palms overhead. On the next inhalation, stand taller, then as you exhale fold at the waistline to the side creating a crescent moon shape with your body. Inhale and look to the sky, then exhale and look to the earth. Come to a neutral standing position on the next inhalation, then exhale to the opposite side. Inhale and look to the sky, then exhale and look to the earth. Come to a neutral standing position on the next inhalation, then exhale hands down to either side of the hips. Repeat 3 times.

**Zone - Naked Mole Rat Relaxes** > *Naked Mole Rat spends a lot of time underground. He understands the earth.*

Lay flat on your back. Close your eyes and imagine you are Naked Mole Rat laying underneath the ground. You spend most of your time underground, so you feel safe there. Relax every muscle in your body.

Relax your feet

Relax your ankles

Relax your legs

Relax your belly

Relax your ribs

Relax your chest

Relax your shoulders  
Relax your neck and throat  
Relax your jaw  
Relax your face  
Relax your head  
Relax your whole body.  
Relax into the earth.

Place your hands on your belly. Take three deep breaths then rise to a seated posture.

**Benefits:** Rhythm Breath directs the student's attention to both the musical and breath rhythm. It calms students while they are engaged in both listening to music and synergizing the breath. Crescent Moon Pose encourages spinal elongation, strength, flexibility and overall range of motion. It also allows the students to practice basic level balancing by shifting the center of balance. Naked Mole Rat Relaxes is a deeply restorative posture. It leads students into releasing all muscle control, allowing them to become fully still. Their stillness will result in decreased hyperactivity, lower levels of stress or anxiety, increased focus and internal calm. The muscles of the body will release tension.

## **Otter**

**Breath- Otter's Paused Breath** > *He spends most of his day in the water and sometime on the land.* Before you begin, discuss the way Otter breathes. Otter is a mammal and does not breathe underwater. He has to hold his breath while underwater. Otter is very efficient at breathing underwater and can hold his breath for long periods of time.

Sit comfortably. Sit up tall and relax the whole body. Take 3 deep natural breaths in and out of the nose. Next imagine that you are breathing like Otter. As if you are on the land, inhale through the nose. Now hold the breath as if you are Otter underwater. Hold it at least for 3 seconds, and longer if you can! When you are ready to exhale. Exhale out of the nose. Remember, Otter can exhale both on the land and in the water. Swim back to the top of the water and inhale. Dive back down into the water and hold your breath! Repeat 5 times

**Movement - Otter Plays** > *Otter likes to play and float on his back while he eats. Otter likes to play and have fun.*

Like Otter floating in the water, lay on your back, with your arms on the ground alongside your body, knees bent and feet on the ground. As you inhale, lift the hips off of the floor. Keeping the hips lifted, firmly press your feet, hands, arms, shoulders and head into the ground. Hold the position for 3 complete breaths then slowly exhale the hips back to the ground. Repeat the posture, but at the same time that you lift the hips off the ground, also lift the arms over and behind your head. Try to finish the inhalation with your hips very high and hands touching the ground behind your head. On your exhalation, lower the hips and arms back to the ground. Repeat 5 times.

**Zone - Otter Floats** - *Otters can float and is an excellent swimmer.*

Lay on your back like Otter floating in the water. Close your eyes and imagine you are floating peacefully on the surface of the river. Feel your weightlessness. Feel as though your arms and legs are floating. Feel the moisture on your skin. Next, take deep belly breaths in and out of the nose. As you inhale, feel your otter body float up to the surface a little bit more. As you exhale, feel your otter body lower under the surface a little bit more. Continue to breathe in and out floating higher, than sinking lower with each breath. Feel the water under your back holding you. Float with ease. Remain floating on your back for 1 full minute.

**Benefits:** Otter's Paused Breath teaches students to control the movement of air within the body. As with all breath work, it will increase their capacity to focus, to avoid distraction and lower physical stress and mental tension. Otter Plays is an inversion pose because the heart is above the head. Inversions increase blood flow to the brain, thus stimulating the nervous system and increasing mental energy. Otter Plays also reverses gravity for the spine, which lengthens the space between the vertebrae resulting in less compression and greater mobility. Otter Floats encourages physical stillness, mental presence and teaches students to observe the way their body interacts with the breath.

## **Panda**

**Breath- Panda's Belly Breath** > Sit comfortably. Place your big panda paws on your belly. As you inhale, feel your belly get very big like Panda's. As you exhale, feel your belly get smaller. Repeat 5 times.

**Movement: Panda Pose** > *When the animals believe it's time for peace they change into their names.*

Come to hands and knees like Panda looking for bamboo in the forests of China. Press the hands and knees deeply into the earth. Be strong like Panda Bear. Pretend you are Panda and you see bamboo to pick. Reaching for the bamboo, stretch your right arm straightforward at a shoulder height and your left leg straight back at a hip height. Stretch for the bamboo. Keep your stomach strong and your spine long. Hold the pose strong like Panda reaching for food. Take 3 natural breaths in and out of the nose.

Lower your arm and leg. Next stretch the left arm forward and right leg back. Repeat the pose on the second side while taking 3 natural breaths. Repeat each side 3 times.

**Zone:** – **Peaceful Panda** > *Panda works with Zebra to promote peace. Panda is the ambassador in the pride. It's Pandas job to promote goodwill to all the members in the tribe and the people. As the ambassador of the pride, Panda thinks of ways to live in peace and harmony with the people while protecting the planet.*

Come to a seated posture. Close your eyes and take three natural breaths. Now place your left hand over your heart and extend your right fingertips to the earth. As you inhale feel your chest and heart lift. As you exhale focus your attention on your fingertips touching the earth. Repeat for three breaths.

Next, as you inhale, feel peace in your heart. As you exhale send peace through your fingertips to the all the plants that grow on the earth. Repeat for 3 breaths. Again, as you inhale, feel peace in your heart. As you exhale send peace to all of the members in SunMoona Pride. Repeat 3 times. Next, as you inhale, feel peace in your heart. As you exhale, think of an animal and send peace to them through your breath. Repeat 3 times. Return your attention once again to feeling your chest and heart lift as you inhale and your fingertips touching the earth as you exhale. Repeat 3 times. Release your hands into your lap. Take three natural breaths in and out of the nose. Open your eyes then look at another student and smile.

**Benefits:** Panda's Belly Breath promotes full diaphragmatic breathing, which is healthy and vitalizing! A large portion of individuals, adults and children alike, engage in reverse diaphragmatic breathing. This technique is easily accessible and highly effective. Panda Pose strengthens arm, leg and core muscles as well as lengthens and strengthens the spine. It also helps students practice balancing the physical body. Peaceful Panda promotes focus, stillness and presence. It also encourages students to reflect on their connection to all things. It teaches them to offer thought to the living, breathing world and to offer peace from their hearts. Peaceful Panda promotes internal and external peace.

## **Quail**

**Breath > Quail Wing Warm Up** - Come to a standing position. Stand with the feet hip distance apart and arms along side the hips. Inhale and lift the arms forward then overhead. Exhale and round the arms in a circular direction back behind you then down along side the hips. Repeat 3 times making a large circle with your wings. Inhale as you lift the wings and exhale as you lower them. Next, reverse the direction of the circle, rounding the arms forward in large circles. Repeat 5 times.



**Movement > Quail's Side Flight** -Stand tall with the feet hip distance apart and arms along side the hips. Inhale and lift the arms overhead. Place your weight in the right leg and lift the left leg behind you to a hip height as you tilt halfway forward with the spine parallel to the earth. Keeping the left leg lifted, place the hands on the ground. Place your left hand on your hip and keep your right hand on the ground. Now open the left shoulder and chest towards the sky, stack the left hip on top of the right and then stretch the left arm up in the air. Feel Quail's Side Flight. Hold for 3 breaths. Exhale the left hand to the ground placing both feet side by side. Inhale lifting the arms over overhead and come to standing. Exhale hands down alongside the hips. Do second side by shifting the weight to the left leg and lifting the right leg and arm.

**Zone - Quail Coo Mantra** > Before you begin teach the children to coo like a quail. Simply use the word "coo".

Sit comfortably. Close the eyes and take 3 natural breaths in and out of the nose. Next, inhale deeply into the lungs. With a single exhale coo three times like a Quail. Repeat 5 times.

**Benefits:** Quail Wing Warm Up targets the range of motion in the shoulder joints while allowing students to easily access connecting breath to movement. Quail's Side Flight targets balance, requires focus and uses both leg and core strength to sustain the pose. It also strengthens and lengthens the spine. Quail Coo Mantra stimulates and strengthens the vocal cords, gives students access to effective breathing, and empowers them by using their voice. Through repetition, chanting also brings them into focus, decreases external distraction and calms the central nervous systems. Quail Coo Mantra will encourage students to become comfortable with singing and empower them to use their voice! It will strengthen the vocal cords and muscles of the throat.

## **Sea Lion**

**Breath > Sound Breath 'S'.** *Sea Lion begins with the sound 's'.* Review the sound letter 's' makes and then begin.

Sit comfortably. Relax the whole body. With the mouth closed, inhale deeply through the nose. Separate the lips slightly and then as you exhale, make the 's' sound for the entire length of the out breath. Repeat 5 times.

**Movement > Lifted Sea Lion -** *In the SunMoona Pride, Sea Lion unites the animals.*

Organize the children in a large circle facing in. Instruct the students to lay face down on the belly. Place hands on the floor next to the chest. As you inhale, push hands into the floor and lift the head and chest off of the floor curling the upper back into a curve. Like a sea lion, extend your head and neck in a curve towards your upper back to create a deeper arch in the upper spine and neck. Push your arms and hands into the ground strongly. Take 3 breaths and then lower to the belly and turn to lay on one cheek to rest. Repeat the posture 2 more times and rest between switching the cheeks that you rest on.

Option: To go deeper into the pose, while in Lifted Sea Lion, bend your knees and lift your feet off of the ground and draw them in towards your head. As if you are a sea lion, try to touch your hind flippers to your head.

**Zone: Breathing Tide >** *In the SunMoona Pride, Sea Lion unites the animals. Sea Lion lives both on the land and in the ocean.*

Bring students through the following visualization:

Come to a seated posture. Close your eyes and take three natural breaths. Imagine you are Sea Lion resting on a beach near the ocean water. Be very still and listen for the sound of the water. Notice the way that the waves sound as they ebb and flow to the shore from the water. Notice the rhythm of the waves. Now, work to match your inhalation to the sound of the waves moving in from the sea and then match your exhalation to the sound of the waves moving out to the sea. Through your imagination, keep looking at the sea and the water as you continue to breathe with the tides.

Remember that it is Sea Lion's job to unite the animals. Notice how the ebb and the flow of each ocean wave unite to create the tide. Notice how the land and the water unite to make up our earth. Notice how the inhalation and exhalation unite to make one breath. Inhale to the sound of the water coming in, and then exhale to the sound of the water going out. Remember, *it's Sea Lion's job to keep the land animals and the ocean dwellers together united as one pride.*

Take three natural breaths then open your eyes. Breathing Tide encourages students to use their imaginations, attunes them to the rhythm of nature and challenges them to synchronize their breath to the tempo of the ocean.

**Benefits:** Sound breath 'S' allows students to practice the sound that 's' makes. Through breath restriction, students learn self-control and also learn to exhale completely. Lifted Sea Lion is a back extension, which lengthens and strengthens the spine and stretches the muscles of the entire front body. Because students push up into the back extension, they also strengthen the muscles and joints in the arms. If legs are lifted in the optional variation, hamstring and gluteus muscles will engage while quadriceps muscles will stretch. Breathing Tide is a visualization that will activate the imagination, teach children about the tides and challenge them to create a rhythm with the breath. Creating rhythm to the breath teaches them to control the breath, which ultimately results in focus and more effective breathing.

## **Umbrella Bird**

**Breath - Umbrella Breath** > Sit comfortably with the eyes closed. Imagine there is an umbrella inside of your belly! When you inhale, imagine the umbrella is opening up and when you exhale, imagine the umbrella is closing. When you inhale, the umbrella opens so that the belly gets big and the ribcage expands on all sides. When you exhale, the belly and ribcage contract and the belly button moves into the body. Repeat five times.

**Movement - Umbrella Birds Flight** >- ♪ “Birds stretch their wings and take flight.”

Stand tall in Mountain Pose. Inhale and lift the arms over head. Place your weight on the right leg and lift the left leg behind you to a hip height as you tilt halfway forward with the spine parallel to the earth. Fly the arms back and balance on the right leg. Stretch your wings and take flight. Take 3 breaths while you balance in flight, then lower the leg and come back to standing. Switch sides and repeat with the right leg flying behind you.

**Zone: Umbrella Bird Chant** > *Umbrella Bird sings beautiful songs for the pride. She is called the songbird.*

First bring the students through the following visual:

Sit comfortably. Close the eyes and imagine you are Umbrella Bird, perched on a tree deep in the South American forest. Imagine you are singing out your secret letter and all of the letters in your name. Listen out for the singing sound of your secret letter and name.

Teacher: Direct the students to listen, then in a chant like rhythm, in a 4-count, every 2 seconds sing/chant each letter separately;

U-M-B-R-E-L-L-A. Repeat 5 times.

Next read the following:

*The animals know how to use their voice*

*To communicate their message or choice*

*Some can sing the most beautiful song*

*Join the pride and sing along*

Now, invite the students to join in. Depending on the capacity of the students, they may keep their eyes closed and chant, or they can open their eyes to follow a provided sign with the spelling of Umbrella Bird. Chant 5 rounds of Umbrella Bird Chant.

**Benefits:** Umbrella Breath is highly effective in activating the diaphragm and deep belly breathing. Through this technique, students avoid less effective, shallow breathing at the chest. Effective breathing is a strong tool for getting into the zone for learning. Umbrella Birds Flight targets balance, requires focus and uses both leg and core strength to sustain the pose. It also strengthens and lengthens the spine. Umbrella Bird Chant allows students to practice spelling a longer word, stimulates and strengthens the vocal cords, gives students access to effective breathing, and empowers them by using their voice. Through repetition, chanting also brings them into focus, decreases external distraction and calms the central nervous systems. Chanting one's own name increases self-awareness and self-acceptance. This is a powerful practice!

## **Yak**

**Breath- Yak Breath** > Before you begin, review how to spell the word yak.

Sit comfortably. Take three natural breaths. Next on the inhale, without speaking out loud, inhale just a little bit of breath and think the letter 'y', then pause and hold the breath for 1 second. Without exhaling, inhale just a little again and think the letter 'a', then pause and hold the breath again for 1 second. Again, without exhaling, inhale the rest of your breath and think the letter 'k', then pause and hold the breath for 1 more second. Now gently exhale all the breath slowly. Repeat three times.

**Movement - Warrior Yak** > *Yak is a warrior in the pride. It is his job to defend the pride. He is strong and brave.*

Stand tall in mountain pose. Place your hands on the hips then step your right leg back into a long-standing lunge. Spin your back heel down to the ground on an angle. Release your hands from your hips, then inhale reaching them up into the air. Stand strong like a warrior defending the pride. Take three breaths in Warrior Yak pose. After the third exhalation, step the right leg forward returning to mountain pose. Switch sides and repeat by stepping the left leg back.

**Zone - Brave Yak** > *Yak is a warrior in the pride. He is strong and brave.*

To prepare for zone work, ask the children to define bravery. (The quality that allows someone to do things that are dangerous or frightening.)

Once they understand bravery, ask them to think of a time in their life when they had to act with bravery. Direct them into the following visualization:

Sit comfortably. With eyes closed, recall the time in your life you had to be brave. Imagine now that you are in the time and place where you had to be brave and that yak is standing beside you. Imagine that you are in Warrior Yak pose and you are stronger than you have ever been. With yak by your side, visualize yourself overcoming the situation. Look for pictures in your mind of how this looks. Be brave. Watch yourself, with Yaks help, doing what it takes to make it through the dangerous situation! Be brave and strong! Now imagine that you have come through the situation with great success. Thank Yak for helping you to be brave. Slowly open your eyes and smile!

To close, ask the children to share what their bravery looked like in their visualization; in their mind.

**Benefits:** Yak breath teaches students to breathe with control and efficiency. By segmenting the inhalation into three parts, they will increase the volume of air that enters the lungs resulting in greater oxygenation of the blood stream. It also teaches them to breathe more deeply and avoid shallow chest breathing. Warrior Yak Pose strengthens and flexes arm, leg and core muscles. It also improves balance. In the forward lunging leg, the pose targets opening the hip joint and strengthening the hamstring and calf muscles. Muscles in the back leg are lengthened, thus increasing flexibility. With arms reaching upward, arm muscles are strengthened as well as spinal vertebrae lengthened. Brave Yak targets the student's imagination and facing of fears. Through visualization, students can watch themselves overcoming fear. Through reliving and sharing, they process through emotions related to their memory.

