

Zoo Yoga

Yoga supports a balanced mind and body. It also supports playfulness by having fun with animal poses! In this social emotional learning activity, your child will hear the story "Zoo Zen: A Yoga Story for Kids," learn the benefits of yoga, and create their own zoo yoga sequence to teach someone else. Designed with second and third graders in mind, this activity seeks to cultivate stress management and mindful breathing skills in young learners.

What You Need:

- [Yoga Animal Book](#) worksheet
- ["Zoo Zen: A Yoga Story for Kids"](#) by Kristen Fischer & Susi Schaefer (YouTube)

What You Do:

1. Ask your child what they know about yoga.
2. Say, "Yoga is when we connect our mind, body, and breath. In doing this, we can feel more calm. Today we will focus on yoga animal poses."
3. Play the "Zoo Zen: A Yoga Story for Kids" video. Pause it to move into the yoga poses that are shown throughout the video.
4. Ask your child what they noticed, and which poses they remember from the story.
5. Invite them to come up with a few of their own animal yoga poses. Tell them that they will teach these yoga poses to someone else afterwards.
6. After your child has created their own animal yoga poses, have them teach the poses to you or someone else.
7. Now, onto the really fun part of this activity! Review the Yoga Animal Book worksheet with your child, and together, create a book of animal yoga poses.
8. Have your family practice one of the poses each day before or after a meal.



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