

The Giving Tree Yoga Lesson Plan for Kids

Entrance/Welcome: Introduce yourself to the class, or greet them if you already know them. Keep this short, consistent, and loving.

Let them know you will be reading a book about a friendship between a tree and a boy. Give them a moment to ground in with a singing bowl mindful moment and thoughts of a friend that they have.

Warm Ups: The goal is to get kids moving and loosened up. If they need more vigorous warm ups, you can do “P.E.” style warm-ups, or you can integrate full body and breath movement with a [Yoga Flow sequence](#).

Breathing: Settle minds and bodies with a few deep cleansing breaths. This also helps get their brains ready for thinking.

Pretend to be a tree and make breeze swishy sounds as you exhale. Or, use one of [these breathing exercises](#) as a warm-up.

Opening Question: This is to get kids to have something to think about before the lesson. It's important to prep their brains for the topic at hand, and give them a chance to contribute what they know about the topic before you start.

Introduction to the Story: Give them just enough information about the story, and also give them directions for how to listen, move, and participate with their bodies and brains. Prep them with a thinking job or a question to have in their mind as they listen: What does it mean to be “giving”? What does it look like to be a good friend?

Story/Movement: Read or tell the story, while giving the kids a chance to try out poses. Either do the poses with them or let them look at pose cards. Try to hold each pose for at least three breaths.

Relax/Savasana: Give the kids a chance to rest and relax their bodies while you talk them through a guided imagery meditation. Use a loving-kindness meditation, or imagery of a comforting green forest to rest in.

Journaling/Creative Project: Use what you learned from the story lesson to expand your thinking. Kids get to write or draw their ideas or answers to a question based on the lesson.

Can you write a nice letter to a friend or a family member? Make a Friendship Keeper (fortune teller) with random acts of kindness you can do to show your compassion and generosity.

Yoga Poses for the Giving Tree Lesson Plan

You can get all of the full-size images, plus a sequence cheat sheet in my full kid's yoga lesson plan [here](#).

1. **The Giving Tree - TREE POSE:** Stand tall on one foot. Start with your hands at your heart, and grow your branches up to the sky. Sway with them side to side. Lean forward as if you are about to reach for the boy and say hello.
2. **The Boy - RUN IN PLACE:** Imagine you are the boy, and run in place to greet the tree. Give her a big hug.
3. **Gather Leaves - REACH UP HIGH:** Stand on your tippy toes and pretend to gather leaves. Reach one hand up, then the other. Option to place them down low in a basket.
4. **Gather Leaves - WATERFALL:** Imagine the leaves are falling around you, gaze upward and spin in a circle.
5. **Make a Crown - TADASANA:** Pretend to put a crown of leaves on your head. Stand tall and proud.
6. **Climb the Tree - MOUNTAIN CLIMBERS:** Pretend to climb up the tree by reaching your hands high and climbing with opposite hand and foot up an imaginary tree.
7. **Hold on to the Tree - EAGLE POSE:** Wrap your arms up around you with your elbows and palms, then wrap one leg up and over the other to hold onto the imaginary tree trunk. Balance. Make sure to do the other side.
8. **Swing from the Branches - WOODCHOPPER:** Clasp your hands together above your head and step your feet wide apart. Swing your arms and upper body down and from side to side like you are swinging from tree branches. Gently bend your knees as you sway.
9. **Eat Apples - JACK IN THE BOX:** Sit on your bottom with your knees into your chest and your arms wrapped around your shins. Tuck your head down to make yourself round like an apple. Roll back and forth if you like!
10. **Play Hide and Seek - FROG POSE:** Crouch down with your arms between your knees and your feet flat. Tuck your head down to pretend to hide.
11. **Rest by the Tree - SEATED FORWARD FOLD:** Sit on your bottom with your legs out straight as if you are leaning gently against the tree. Start to snooze and lean gently forward, rounding your head and torso forward.
12. **Growing Boy - SEATED L:** Squat down with your knees together and heels lifted. Lift your arms to shoulder height then above your head as you slowly grow taller and taller.
13. **Gather Apples - JACK IN THE BOX:** Sit on your bottom again with your knees in like an apple. Rock and roll back and forth like apples falling from a tree.
14. **Gather Apples - PEACOCK POSE:** Sit on the floor with your feet out wide, legs straight. Open your arms out nice and round as well to pretend you are carrying a big round basket of apples.
15. **Make a House - WOODCHOPPER:** Stand tall with your feet wide apart. Press your palms together above your head to make a tall house shape.

16. **Carry Branches - CRESCENT LUNGE:** Stand with feet hip-width distance, then step one foot straight back a few feet. Balance your back foot up on your toes. Reach your arms up high as if you are carrying branches. Lean forward slightly like they are resting on your back.
17. **Chop Down the Truck - WOODCHOPPER:** Stand tall with your feet wide apart. Hold your hands together above your head, then swing them down, letting your torso follow as if you are chopping a trunk. Exhale with each swing down and gently bend your knees.
18. **Make a Boat - BOAT POSE:** Sit on your bottom with your knees bent. Gently pick up one foot, then the other, reaching your arms out in front of you. Balance like a boat with your spine long and straight.
19. **Sit and Rest a While - TABLETOP:** Kneel on your hands and knees with your spine straight. Take a few deep breaths and imagine supporting a friend with your strong back.

Lay and Rest - SAVASANA: Lay down on the floor with your legs straight, and arms at your sides or hands resting on your tummy. Relax all the muscles of your body, letting them rest and feel connected to the surface beneath you. Close your eyes if you feel comfortable and notice your breath.

Picture in your mind's eye a tall, strong tree. Its roots go deep into the Earth, its trunk is wide and the branches reach high above you. The leaves are bright green, reminding you of the fresh and vibrant energy of the living tree.

Imagine you are laying on the ground next to the tree, shaded by its full branches and bright leaves. Beneath you, the ground is soft and warm. Above you, the sky beyond the branches is blue and the sun's warmth just reaches you.

With each inhale, you can smell the fresh grass and the summer air. With each exhales you can feel a gentle breeze. You feel calm and comforted. The tree is giving you fresh air to breathe, and you are supporting the tree with your own exhalations. Together you are supporting each other and giving each other life. Take another deep breath in and gently let it go. In your mind, say thank you to the tree, and receive thanks in return.

Envision giving the tree a gentle hug. Wrap your arms around yourself and rock gently from side to side. Roll to one side and carefully sit up. Say thank you to yourself for giving yourself the time to rest and restore your mind.