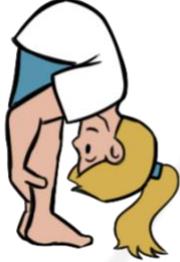
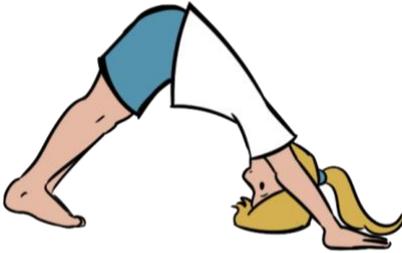
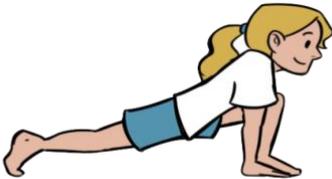


SUN SALUTATION STORY

Y5 and Y6

<p>1. Teacher says: The story begins at the base of a tall, strong mountain.</p> <p>Children: Stand in mountain pose with their hands together at their chest. <i>Feet together, engage the thigh muscles so that they are strong and stable.</i></p>	
<p>2. Teacher says: The hot desert sun begins to rise.</p> <p>Children: Bend back to greet the hot desert sun. <i>Feet together, slow and controlled back bend.</i></p>	
<p>3. Teacher says: The warm sand feels wonderful between our toes.</p> <p>Children: Fold down to clean the sand from their toes. <i>Bend the knees if needed. Look towards the knees.</i></p>	
<p>4. Teacher says: We can hear a coyote howling at the moon.</p> <p>Children: Place their hands on the floor and take one leg back to become a coyote howling at the moon. <i>Check that the front knee is in line with the front ankle.</i></p>	
<p>5. Teacher says: There are long, strong logs laying on the ground.</p> <p>Children: Move the other leg back and become a long, strong log in plank pose. <i>Push back with your heels and lift up between the shoulder blades.</i></p>	
<p>6. Teacher says: We can see cobra snakes peering from the desert sand.</p>	

<p>Children: Lay their chest to the ground, then push their chest up to be the peering snakes. Roll the shoulders away from the ears.</p>	
<p>7. Teacher says: We can see our big tent in the distance. Children: Lift their hips up and come into down dog pose. Bend the knees if needed and look back towards them.</p>	
<p>8. Teacher says: In the morning, we remember the coyote howling at the moon. Children: Take one leg forward to become the coyote howling at the moon. Check that the front knee is in line with the front ankle.</p>	
<p>9. Teacher says: Clean the sand from between your toes. Children: Step leg forward to bring both together in forward fold. Bend the knees if needed. Look towards the knees.</p>	
<p>10. Teacher says: Stretch up to see the rising sun. Children: Bend back to greet the rising sun. Feet together, slow and controlled back bend.</p>	
<p>11. Teacher says: We can see the big tall mountain where it all began. Children: Stand in mountain pose with their hands together at their chest. Feet together, engage the thigh muscles so that they are strong and stable.</p>	