

## ACTIVE YOGA 3 – AT THE FUNFAIR

Parents/carers – this is an active yoga meditation to read to your children. Please feel free to add in any improvisation as you go along. It is approximately 15 minutes long. Enjoy!

We are going on an adventure. **Now stand up tall, put your hands above your head and reach for the sky.** Are you ready?

In front of you is a long and winding staircase. I think we need to go up it. There are 20 steps. Let's march up them and count the steps as we go. **Everyone marches on the spot, counting to 20.** Phew, we are here! We are at a funfair!

Look at what you are wearing. Oh no, you are still in your pyjamas! We had better get on your funfair clothes! **Let's bend down and touch our toes, keeping your legs straight and then we are going to come up, swinging our arms up to the sky.** Look at yourself again – yeah, you are in your favourite outfit. What are you wearing?

Now, let's look at what you are carrying? **Stand with your feet apart and stretch your arms wide, like a star.** Imagine your arms are filled with everything you need for the funfair? What have you got? Tokens for the rides? Candyfloss? Ice-cream?

There are bright lights everywhere – **now let's star jump** like we are the bright lights twinkling across the funfair. It's so bright, it's difficult to see. **Stand with your feet apart, bend one leg and lean, putting your hand to your forehead to look around.** What can you see? Oh yes, there is a Ferris wheel and the dodgems. **Now, come up straight, bend the other leg and lean to look the other way.** What can you see this way? There's a candyfloss stall and an ice-cream van. **Now, let's put our feet together, go onto our tiptoes and spin around.** Look at everything around you, take it all in.

Right, I think it's time to explore (**everyone runs on the spot**). Aha, the carousel – let's go on that first. Look at all the horses decorated in bright red and gold. Right, let's climb on. **Lift your right leg straight to the side and balance. Now, put your right leg on the floor and lift your left leg straight to the side and balance . . . and place that on the floor.** Now we are going to imagine we are going up and down on the horses. **Put your feet together and move onto your tip-toes and reach high with your hands, then crouch down to the floor, balancing on your toes. Now, swing your arms and move up again so you are reaching to the sky, and crouch down, balancing on your toes.**

Wow, that was fun! Look, there's no queue for the Ferris Wheel, let's run there (**everyone runs on the spot**). Be patient, we have to wait for a seat to come round. OK, it's our turn. **Now, let's put our feet together and bunny hop a quarter turn on the spot, and again, and again, and again and until we are back where we started.** What a fun ride!

I think it has to be the dodgems next – **let's run over there (everyone runs on the spot) and jump into a car.** What colour is it? **Now, bend your knees into a squat and take the driving wheel. We're going to lean to the right, and now the left, pull in your tummy muscles, keep balanced. Now, we're going to rock onto our toes and then our heels. Keep repeating.**





I know what we'll do next – the coconut shy! We **run to the stall (run on the spot)**, and pay for our three balls. **Let's put the ball in our favourite hand and with the other hand, we're going to point to where we want to throw it. Now put the arm with the ball in it, behind our shoulder and throw.** Yes – you hit it! The coconut is wobbling – **stand on one leg, and now the other.** Yes – you hit it! Now, let's do it again. **Repeat twice more with the other two balls.**

You're on a winning streak! Let's see if we can win a teddy bear at the hoopla. **Run to the stall, and pay for our three hoops. Now, let's sit on the floor, put our legs together, our feet pointing to the sky and stretch to touch our toes. Sit back up, take one of your hoops and see if you can catch it on the end of your feet. Yes – you go it! Let's throw the second hoop, and the third.** You got all three – you win a teddy! **Now, stretch your legs out wide so you are in a straddle position, put your hands on your legs and we are going to rock over to one side and then the other, like a we're doing a teddy bear roll. Now, I think the teddy needs a cuddle so lie on the floor on your back, hug your knees to your chest and rock side to side, like your cuddling the bear.**

**OK, now let's stretch our body out, shut our eyes.** We've had a busy time at the funfair today and we deserve a rest! Feel the funfair's bright lights come down through your head, into your chest, down your arms and into your fingers. Then it goes into your belly, trickles into your legs and lastly your feet. Feel your whole body light up. Think of something you are grateful for – it could be for your school friends or for someone special at home or even your favourite toy! Anything that makes you feel happy.

We are going to lie here for a few moments. **Put your hands on your tummy** and just feel it going up and down, your breath going in and out. Up and down, in and out. Up and down, in and out. Up and down, in and out.

Now open your eyes and look at where you are, **stand up slowly . . . and give your body another shake, Shake your arms and then your legs and now your whole body.**

I hope you enjoyed our trip to the funfair today!

