



LIBRARY STORYTIME YOGA PROGRAM



BUMBLEBEE YOGA

We always ask our children to "Pay Attention", but have we ever actually taught them how to do that?

Yoga and Mindfulness are shown to have fantastic outcomes for children and young people, promoting wellbeing and building skills to support learning and growth. The practices are highly evidence-based, holistic, child-focused, and accessible for people across demographics, abilities, and interests.

Some of the many benefits of yoga and mindfulness for children include:

- Develops emotional and self-regulation skills, which can also impact behavioural outcomes
- Improves attention skills and can improve academic performance
- Builds self esteem and positive body image
- Shows significant positive impact on mental health
- Strengthens interpersonal skills, empathy, and social awareness



Storytime Yoga Program



Bumblebee Yoga would love to partner with your library to offer yoga and mindfulness sessions to your patrons!

In these sessions, we use picture books to learn about our brains, feelings, and bodies. Each class involves some stories, yoga poses, games, and some kid-friendly mindfulness activities. This session is suitable for children aged around 4-10 years.

+ Add on some of our mindfulness art activities! Make mindfulness glitter jars, affirmation art, gratitude trees, and more!

Take a look at some of our selected sessions below! A 45-minute session usually has between 1-4 books, and we can work with you to create your ideal combo.

Feelings

We use *My Many Colored Days* by Dr Seuss to discuss feelings and teach yoga poses that relate to each feeling. Suitable for ages 4-8.

Growth Mindset

Using *Your Fantastic Elastic Brain* by JoAnn Deak and Sarah Ackerley, we talk about growth mindset and how the brain works. We look at what the brain is, explain the parts of the brain and the jobs that those parts do, and talk all about how our brain grows and stretches when we try new things (such as yoga poses which challenge us) and make mistakes! Suitable for ages 5-10.

Big Feelings and Your Brain

Rosie's Brain by Linda Ryden uses the story of Rosie losing her temper to discuss what happens in our brain and body when we have big feelings. We couple this with yoga poses and mindfulness techniques designed to help us navigate these feelings. The session finishes with a creative exercise related to our emotional brain centre (Amygdala) and rational brain (Pre-Frontal Cortex). Suitable for ages 5-10.

Thoughts, Feelings and Self Esteem

Author Hayley Morton leads this session with her own book, *ThinkBeings*, which uses personified characters to demonstrate how our thoughts create our feelings and emotional reactions. This follows on to how our thoughts can affect how we think and feel about ourselves long-term.

Yoga poses and breathing exercises help us better manage our thoughts and feelings, and raise our self-confidence as we improve with practice. The session ends with age-appropriate activity sheets. Suitable for ages 5-10.



Storytime Yoga Program

Body Image

Embrace your body by Taryn Brumfitt and Sinead Hanley is the perfect book to talk about loving your own body, being grateful for what it can do, how it enables you to experience life and celebrating your physical uniqueness! Suitable for ages 4-10.

Superhero Yoga

A session exploring poses and techniques which embody the superhero qualities of love, kindness, calmness, bravery, physical and emotional awareness and regulation, with the help of a delightful book, Yogi Superhero by Anna Smithers and Martyna Nejman. Suitable for ages 4-9.

Superhero Yoga in Nature

Yogi Superhero Adventures in Nature - Forest by Anna Smithers and Martyna Nejman

As yogi superheroes, we explore the forest plants and animals that live there, mimicking their shapes with our bodies and their sounds with our breath. Yogi Superheroes find ways to practice kindness in nature. Suitable for ages 4-9

Superhero Yoga Calm and Rested

With the aid of Anna Smithers and Martyna Nejman's Yogi Superhero: time to rest, we explore the mindful, relaxation practice of Yoga Nidra. Because even superheroes need to rest! Suitable for ages 4-9.

Animal Yoga English version

Cat and Cow, Downward Facing Dog, Cobra, Butterfly... the list of yoga poses named after animals is extensive. Most theories agree that the ancient yogis who developed Yoga, mimicked what they saw around them. Perhaps, observing that animals are good at regulating their 'fight or flight' responses, the yogis decided to copy them in the hope of better managing stress, physical tension, and overactive minds. And it works!

This fun session takes children through a range of animal-inspired poses, uses a memory game as reinforcement, and gets them thinking about how they might position their body to mimic animals of their choice. Suitable for ages 4-8.

Animal Yoga Spanglish version

Get all the fun of the English version of Animal Yoga while learning some Spanish vocabulary at the same time! A good option for school-aged children who are learning Spanish, and those who have one Spanish-speaking parent who is keen to encourage their child to be bilingual.

Suitable for ages 5-10.



Other Programs

Yoga, Mindfulness, Self-Compassion, and Meditation

Tailor-made sessions on the foundations of yoga, mindfulness, self-compassion and meditation practices for all ages, from young children all the way up to adults and seniors. Fully customisable programs to suit your needs. We can also link in relevant adult non-fiction books for discussion, exploring the psychology and neuroscience of yoga.

Sensory and Adaptive Yoga

Specially designed small group classes for children with disabilities or special needs. This can include physical and mobility challenges, neurodiversity, developmental and learning difficulties, or trauma and mental health. Programs are custom built for your needs, with accessibility, inclusiveness, and fun in mind.

Caring for Carers

This 4 week program can be delivered to teachers, staff, and/or parents. We focus on the wellbeing and self-care needs of people working in caring roles using evidence-based approaches. It involves some yoga and mindful movement, mindfulness skill building, breathing and meditation, and self-care development. This course also includes a bundle of resources and information for you to keep.

Programs start at around \$75 per session

Cost varies depending on what type of sessions are requested, how many participants, and how many sessions are booked. We can work with you to build a custom program that fits your needs and budget.

If you'd like to enquire about how we can make yoga work for your school, please don't hesitate to get in touch with us for a no-obligation quote.

About Us

Bumblebee Yoga is dedicated to accessible and inclusive yoga, mindfulness, and wellbeing practices.

We specialise in mental health, working with people who have disabilities, people who care for others, and yoga through the lifespan, including everyone from toddlers up to the golden years!

We do this through regular classes in the community, short courses and workshops specially designed for NGOs and community groups, and programs for schools and other institutions.

