



Fall Time Book
(great during a morning meeting or
as an activity outside on a nice day)

Using the book:
We're Going on a Leaf Hunt
by Steve Metzger

This is a really fun book and I have enjoyed doing this lesson with PK, K, and 1st graders!

Having the children sitting in a circle, talk about the changing colors of all the leaves in the forest around us. Let's go on an adventure.

Tall, Tall Mountain: Mountain Pose
Climb, Climb: High Knees
Huff, Huff: breath

Pick Up those leaves from the Maple tree: using both arms forward fold and scoop down pick up leaves and then pretend to throw them into the air. Doing this in a controlled manner taking in a deep breath in before the fold and then letting your breath out. Teachers of course modeling it for them.

Dark, Dark Forest: do a few steps in place, but then we are doing Tree Pose
Can add the element of kids supporting one another and becoming a forest of trees.
Switch legs, remember to take some deep breaths.

Pick Up those leaves from the Birch Tree: same as above. Mentions the white bark and the different color of leaves from the red Maple.

Swooshing, Swooshing Waterfall: Standing Waterfall Pose
Splish, Splash take some deep breaths.

Pick Up those leaves from the Hickory Tree: same as above

Cold, Cold Lake: Boat Pose
Row, Row: using arms do the rowing motion, remembering to take a few breaths in and out.

Pick Up leaves from the Red Oak Tree: same as above

What's that sound? All get onto hand and knees with one leg up curled over your back (tail)
Its a SKUNK!! Eeew!!

Let's go...then (quickly-ish) go back through: Boat pose, waterfall, tree pose, mountain pose!

WE MADE IT!!