

Lesson Plan 10: Breathe, Move & Feel Calm

Yoga, Breathing & Mindful Movement

— Based on The Gecko Who Learned Yoga —

Age Group: 4–10 years | Duration: 30–45 minutes

Breathing Practice

Smell the Flower

Pretend to sniff a flower:
Breathe in slowly through your
nose.



Blow Out the Candle

Slowly blow out
through your
mouth.



Yoga Poses From the Story

What's your favourite animal pose?

Choose a pose and take turns demonstrating for the class!

Yoga Poses From the Story

Cat Pose

Stretch your
spine and
wake up your
courage.



Downward Dog

Ground yourself
like a loyal
friend.



Frog Pose

Balance and
breathe
patiently



Crow Pose

Trust yourself
and rise.

Pigeon Pose

Open your heart
to love.



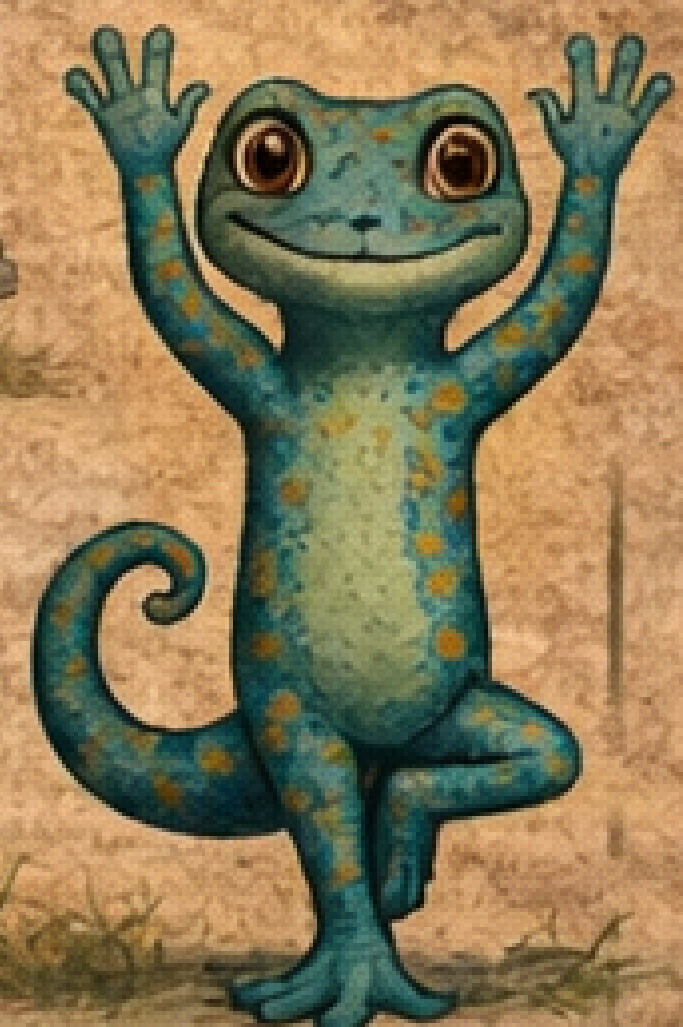
Turtle Pose

Find calm inside.



Gecko Pose

Be curious, brave,
and kind.



Teachers: Print and use the Yoga Poses From the Story poster in your classroom

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Lesson Plan 10 Continued: Yoga, Breathing & Mindful Movement

— Based on The Gecko Who Learned Yoga —

Teacher Instructions

- Recall the “Yoga Poses From the Story” poster you created.
- Spend a few minutes reviewing the six animal-themed yoga poses and the words associated with them.
- Practice the Smell the Flower and Blow Out the Candle breathing exercises.
- Have learners share their ideas about calming themselves down when feeling upset or worried.
- Guide learners through the “Yoga Poses From the Story”, demonstrating each pose one-by-one, then letting the children try them.



Word Wall

Verbs

Breathe
Stretch
Balance
Trust
Find
Be
Ground
Smell
Blow
Open
Wake

Adjectives

Calm
Brave
Curious
Courageous
Loyal
Patient
Friendly
Kind
Trustworthy
Balanced
Open

Reading & Comprehension Activities

- **Think-Pair-Share**
Ask learners to think about which yoga pose they enjoyed the most, pair up with a partner to share their favourite pose, and then discuss as a class.
- **Group Discussion**
Discuss how the gecko found calmness and the importance of practicing calm breathing in everyday life.
- **Self-Reflection Task**
Have learners draw a picture or write in their journals about how they feel after the yoga and breathing exercises, focusing on calmness.



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