

# Bloo Gecko

## Learns What Yoga Really Is

One quiet morning, Bloo Gecko sat on his mat and wondered...

"Is yoga about touching my toes?"



He stretched.  
He wobbled.  
He laughed.



Bloo Gecko tried again and felt his **breath** move in and out like gentle waves.

"Oh," Bloo Gecko smiled,  
"Yoga is about listening."



He listened to his breath.  
He listened to his body.  
He listened to how he felt inside.

That day, Bloo Gecko learned something important:

Yoga is not about how you look —  
Yoga is about how you **feel**.



# Yoga Through Story, Reflection & Understanding

## 1 Reading Comprehension (Literacy Layer)

**Purpose:** Build reading skills while reinforcing emotional awareness.

**Sample Questions (circle / discuss / write):**



- Who is the main character in the story?
- What did Bloo Gecko think yoga was at first?
- What did Bloo Gecko learn yoga is really about?
- How did Bloo Gecko feel at the end of the story?



**Works for:**

- ☒ Classroom reading circles
- ☒ Homeschool worksheets
- ☒ Parent bedtime reflection

## 2 Self-Reflection (Mindful Literacy Layer)

**Purpose:** Help children connect yoga to their own experience.

**Child-friendly prompts:**

- When I do yoga, my body feels:  
☐ calm ☐ strong ☐ happy ☐ wiggly ☐ sleepy
- One pose I liked today was: \_\_\_\_\_
- When I breathe slowly, I feel: \_\_\_\_\_



Draw yourself doing yoga like Bloo Gecko.



## 3 Teacher / Parent Guidance Page (Very Important)

**Purpose:** Explain why this matters – simply.

**Key talking points (plain language):**

- Yoga supports focus and emotional regulation
- Story helps children understand yoga beyond movement.
- Reflection builds vocabulary for feelings
- No child needs to "do it right"

