**Peace and Quiet**

Creative ideas for the classroom as well as kids’ yoga classes

**Yoga Fun**

1. Read the story
2. Ask a question as you follow the storyline before moving into a pose

Ex. Who is the main character of the story? Sweet Pea; Mountain Pose

Who did she ask for help? Wise woman; Easy Pose

What was the first pet she brought home? Bird; Eagle Pose

**Home and school classroom ideas**

Creative Curriculum suggestions:

Europe, Poland

Families

Homes

Pets

Small towns

Concepts to Consider: what, where, when, why, and how

Contentment

Peace

Quiet

Advice

Wisdom

Conversation starter: What does it mean to be content? What connection does gratitude have to contentment?