**FOREVER FRIENDS**

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 in the story? The Elephant; forward fold pose

Who did the elephant belong to? The king; chair pose

What wandered outside the palace gates? A dog; downward dog pose

**Home and school classroom ideas**

Creative Curriculum suggestions;

India

Ancient Kingdoms

Elephants

homelessness

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

Generosity

Devotion

Friendship

Happiness and sadness

Honesty

Conversation starter; What are the many aspects of friendship?