

# Endangered Animals Kids/Family Yoga Class

TARGET AGE: 3-10 yrs, family yoga classes

APPROX TIME: 30-40 minutes

BY: Donna Freeman, founder [Yoga In My School](#), [Kids Yoga Academy](#)

INTRODUCTION: To start the class ask what [endangered](#) means and what we can do about it. Discuss various endangered animals and why they are on the endangered list. There is always great conversation and the kids have lots to contribute.

POSES: All poses are endangered animals. You can make picture cards, draw names from a hat, use [stuffed animals](#) if your collection is widely varied, or whatever works for you. For each animal share some information about the species, its habitat or other interesting trivia. For example: Did you know that a thirsty camel can drink 30 gallons of water in 13 minutes? Let's try to avoid that kind of dehydration and make sure we drink water regularly.

- lion (simhasana)
- camel (ustrasana)
- bald eagle (garudasana)
- killer whale (dolphin pose)
- snowshoe hare (rabbit pose-sasangasana)
- gorilla (squat with gorilla antics including beating the chest with Tarzan yell)
- ocelot (cat/cow pose – marjaryasana bitilasana)
- crocodile (chataranga dandasana)
- sea turtle (turtle pose-kurmasana)
- flamingo (variation of tree pose-vrksasana)
- wolf (downward facing dog – adho mukha svanasana)
- walrus (seal pose)



GAMES: play Animal Imitators, [Swami Says](#) or [Add One](#) using only animal poses

CLOSING: Come into [savasana](#) (corpse pose/final relaxation) with a guided visualization to discover your personal animal guide.

## Endangered Animals Coloring Pages

Great [colouring pages](#) of a variety of precious species at [Kids for Saving Earth](#)

## Music

Play excerpts from Carnival of the Animals (Le carnaval des animaux) by Camille Saint-Seans