

ACTIVITY TIME

Ten Little Yoga Frogs

Hilary Robinson and Mandy Stanley

Yoga Frogs love to have fun trying all the different yoga poses. Can you count the different yoga frogs, and try out all the yoga poses?

Let's try yoga!

You will need:

- You and your toddler.

What to do:

1. Together with your toddler, try some of the different yoga poses like the frogs in the story.
2. Count along with the frogs. Can you do all ten poses?
3. Remember that you may not get the pose right the first time, but you will get better with practice!
4. Focus on your breathing when trying the yoga poses together. This can be a way to develop your child's focus, concentration and flexibility. It can also help you both slow down after a busy day.

More ideas

Children need healthy food, quality sleep and lots of exercise to help both their bodies and brains develop. Practicing yoga or going on regular walks together helps develop a regular exercise routine. Setting up the right behaviours in early childhood can lead to less health problems later in life.

STEM Focus

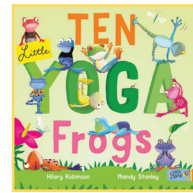
Mathematics is all around us. Many everyday activities allow children to explore mathematical concepts and have fun with numbers, shapes and sorting. Experiences like getting dressed, eating and going to the park, provide opportunities to talk about numbers and counting.

Songs to sing

Five Little Ducks, 1, 2, 3, 4, 5 Once I Caught A Fish Alive and *Five Little Speckled Frogs*.

Key message

Children's well-being is critical to brain development and learning.



Adult supervision is essential. Involve and talk with your child as much as possible.



***You can introduce simple Science Technology, Engineering & Maths (STEM) concepts to children aged 2+ years through every day play.**