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AUDUBON
 society

Bird Yoga


Goal: Allow the children to refresh their minds and get their wiggles out with some bird-themed stretches.

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- a. The American Bittern: Stretch with both hands in the air, palms together. Bend slightly at the waist to the left and right, as though you are a bittern standing in tall marsh grass. Sway with the wind so predators don't see you!
 - b. The Chilly Chickadee: Stand with your hands on your hips. Tuck one foot up beneath you, as though you were tucking it up into your belly feathers. Switch legs: the other one is chilly too.
 - c. The Turkey Vulture: Stand with both arms straight out to the side, then raise them slightly into a "V". Vultures fly with their wings held in a strong dihedral (v-shape). Now teeter from side to side like you a riding a thermal.
 - d. The Bald Eagle: Stand with both arms straight out to the side. Bald Eagles fly with their wings in a straight line. Hold this position as though you are soaring.
 - e. The American Crow: Stand with both arms straight out to the side. Crows flap as they are flying, and never soar. Flap your arms up and down like a crow.
 - f. The Prairie Chicken: Mimic their lekking dance! Stand straight, then bend at the waist. Hold your hands against the top of your head (like ears) and point them forward. Slowly shift your weight back and forth to either foot.
 - g. The baby bird: kneel down, but stretch your head up as tall as you can. Open your mouth to the sky, and sway your head in circles. Wiggle your hands at your side, and try to convince mamma bird that you need a bug to eat!

**create more bird motions, and do whatever feels right to you. Sometimes having the kids soar in a circle works well, sometimes having them pretend to be their favorite bird is great too. Be creative! **