

Hello, Sun!

Story Time Kit

Host a story time in your library, bookstore, or yoga studio—or engage in these activities at home.

Hello, Sun! is a celebration of the earth and nature while teaching children to wake, breathe, and stretch through yoga poses to greet the new day.



Five activities to integrate sunshine into your day

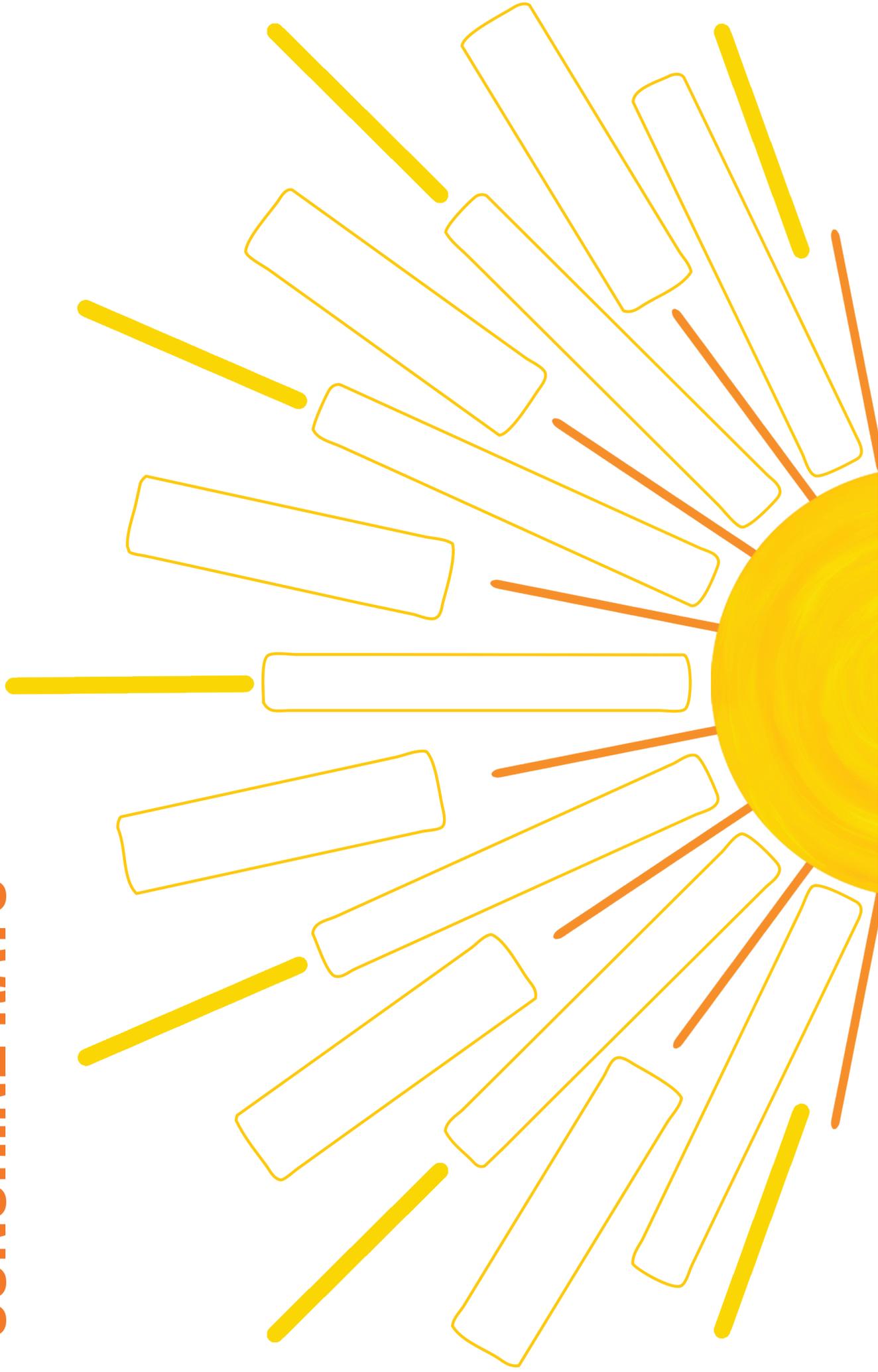
 sounds true
SOUNDSTRUEKIDS.COM

Story Time Tips

- 1. Promote your story time event:** Use the last page for a promotional flyer, poster, or invitation.
- 2. Prepare a story hour space:** An open space with carpeted floor or carpet squares for kids to stand on is ideal. While children's yoga mats are fun, they are not at all necessary.
- 3. Simply read the story first:** Read the book to the children to help them get acquainted with the main character (the author calls her Sunny) and the rhythm of the yoga flow. Allow the children to study the book's illustrations as you read. You can also read the section about sun salutations to give them historical insights.
- 4. Try the poses together:** Read the book again, and this time do the yoga poses together.
 - It's helpful to have one person holding and reading the book and a second person doing the poses with the children
 - Start by taking slow, deep yoga breaths and exhaling long and slow
 - Ask the children if they'd like to read it one more time to try the poses again
- 5. Discuss the yoga story experience:** Invite the children to sit in a circle to talk about it, for example:
 - What was your favorite pose from the book?
 - What was the most difficult pose?
 - How did the yoga flow make you feel?
- 6. Engage in complementary activities:** You can then lead the children through a craft, writing, or coloring activity in this kit, which vary for children 4-8. (Supplies needed include writing and coloring utensils, scissors, glue, jars, rocks, and paint supplies.)
- 7. Share the kit with parents and caregivers:** Feel free to provide the URL so that they can download it and engage in the activities with their children at home: soundstruekids.com.
- 8. Watch the book video reading:** This is available on YouTube and at soundstruekids.com.

SUNSHINE RAYS

WHAT MAKES YOU HAPPY? WRITE THEM IN THE RAYS OF THE SUN AND MAKE YOUR DAY SHINE.



Spread a little happiness with

SUNSHINE STONES



Collect some pebbles and decorate with acrylic paints, pens, or collage.

Add a positive word or affirmation.

Paint a layer of varnish/PVA glue to make stones shiny and waterproof.

PLACE YOUR SUNSHINE STONES AROUND YOUR NEIGHBORHOOD

FOR PEOPLE TO FIND AND BRIGHTEN UP THEIR DAY!



Make a
SUNSHINE JAR



DECORATE YOUR JAR TO MAKE IT EXTRA SUNNY.



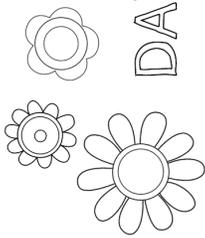
PRINT & CUT OUT.
FOLD & PLACE IN YOUR SUNSHINE JAR.

I am

CREATE YOUR OWN AFFIRMATIONS. PRINT & CUT OUT.
FOLD & PLACE IN YOUR SUNSHINE JAR.

MY SUNSHINE JOURNAL

Hello, Sun!



DAY

Today I will:

.....
.....
.....

List 3 good things about you

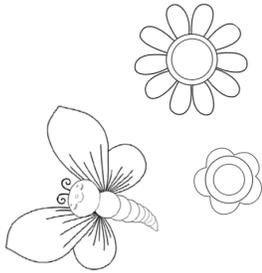
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What will challenge me today?

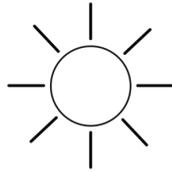
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What could I do to help face my challenge?

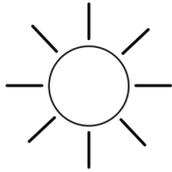
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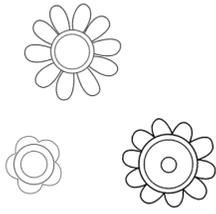
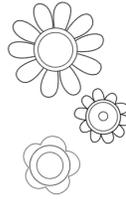
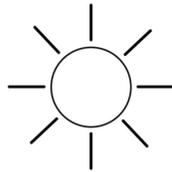
Meditation/Breathing?



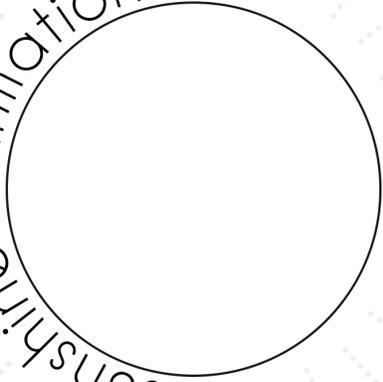
Sun Salutations?



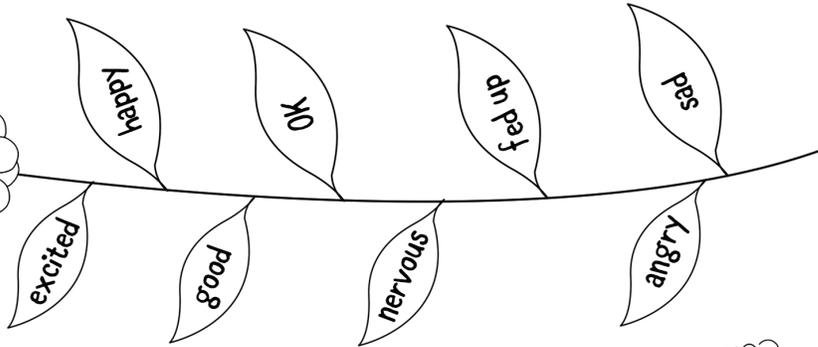
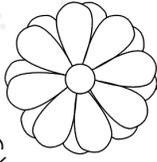
Mindfulness?



sunshine affirmation

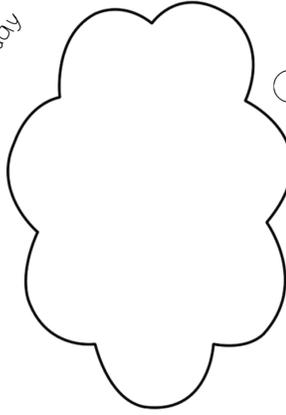


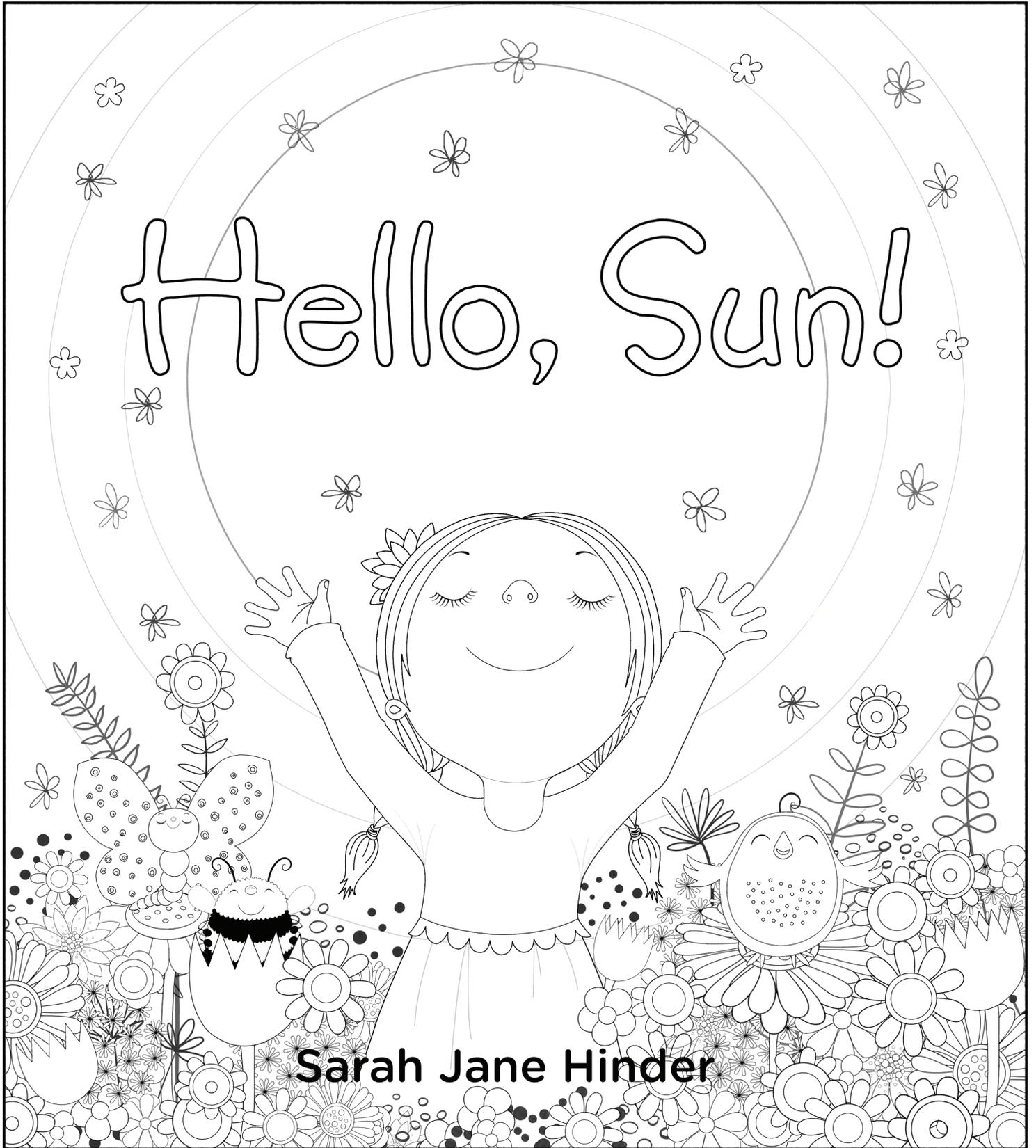
Feeling Flower

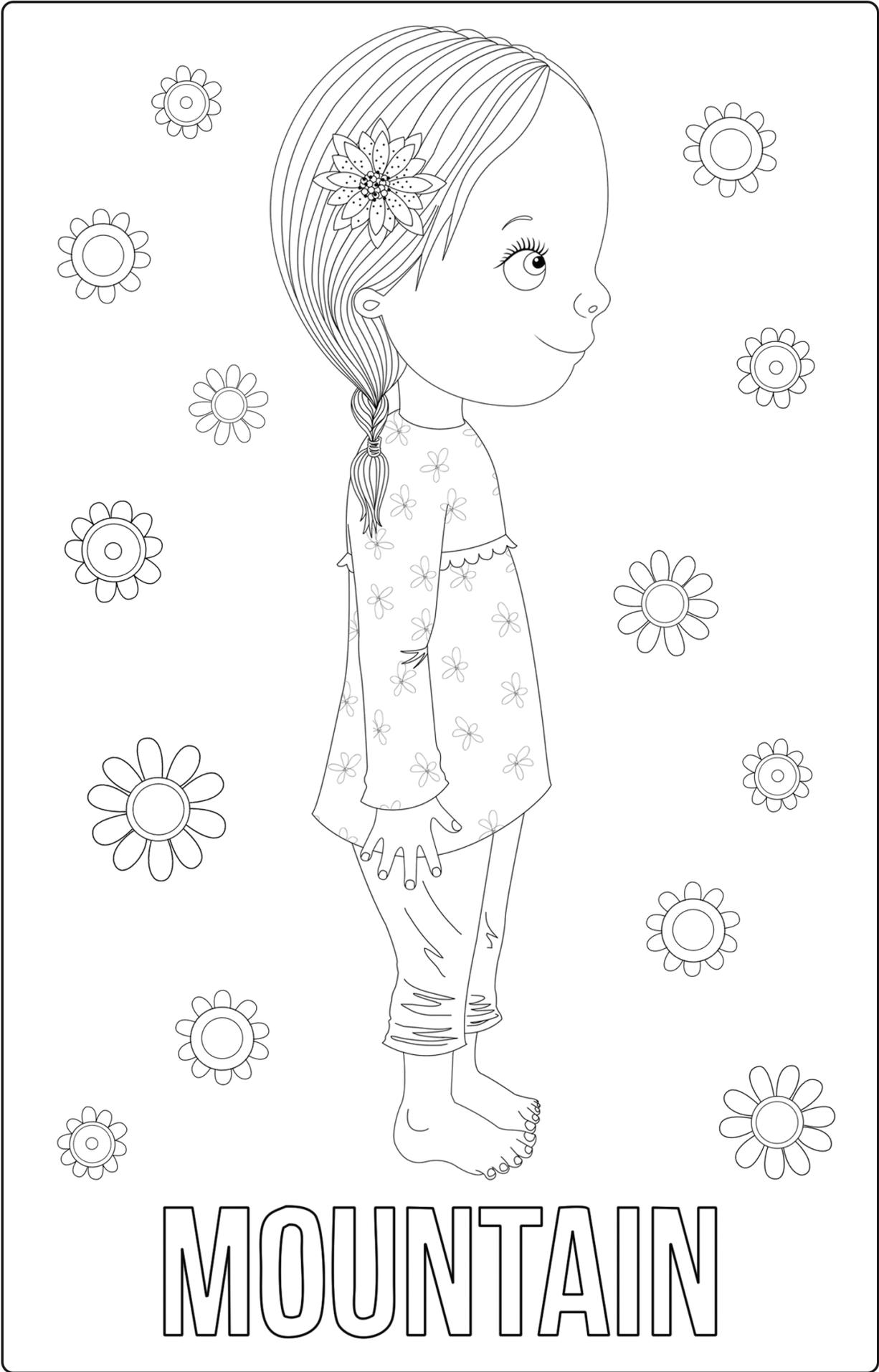


Color your flower as tall as you feel

Happy thought of the day



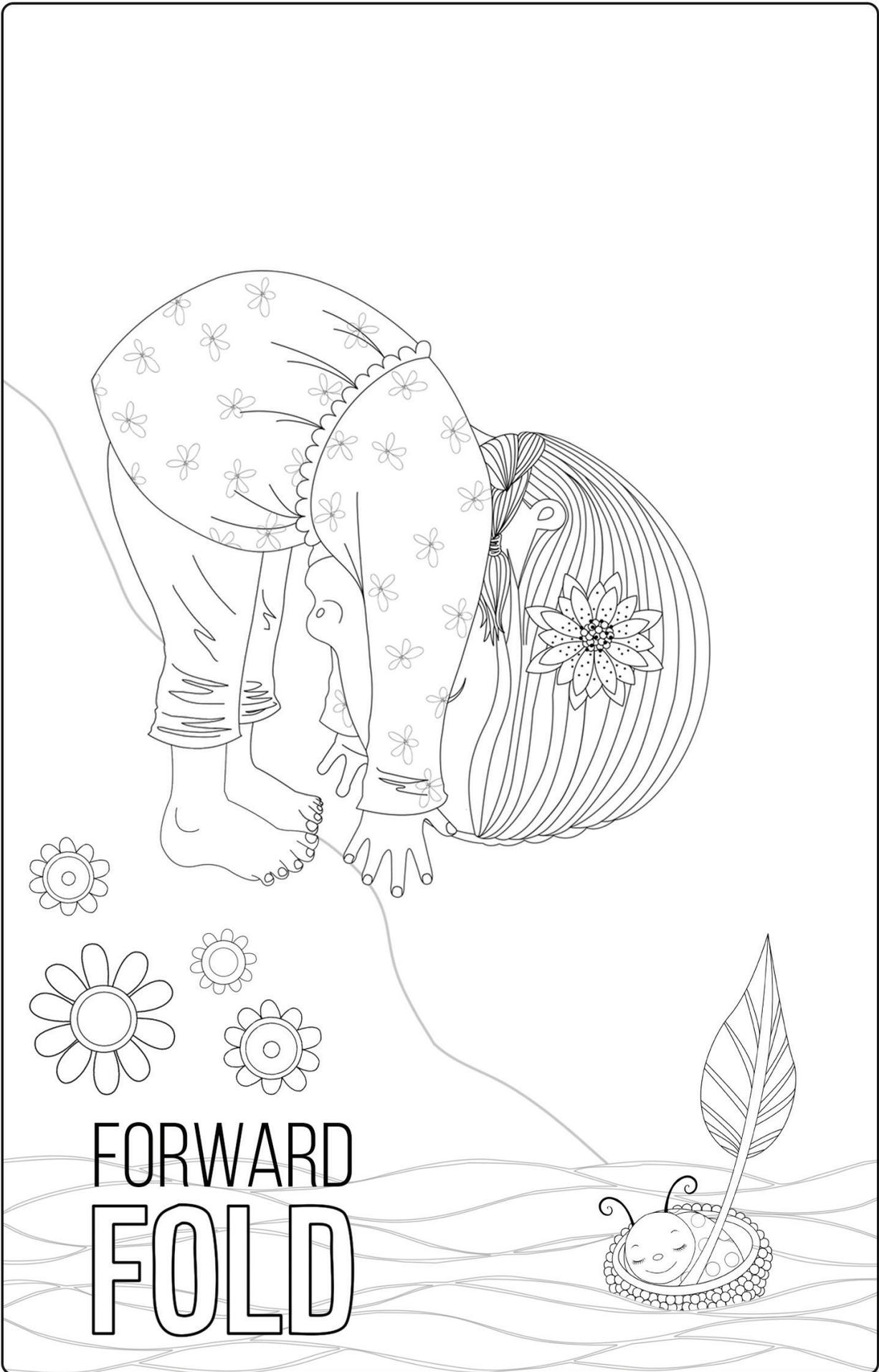




MOUNTAIN



EXTENDED
MOUNTAIN



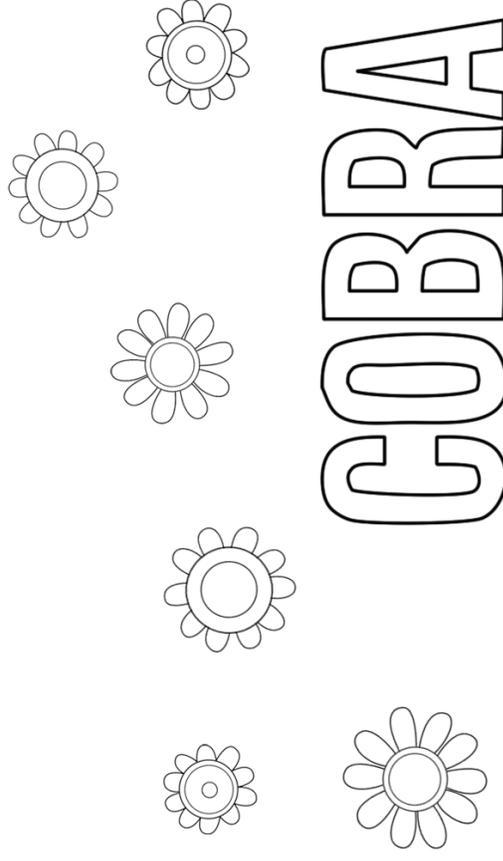
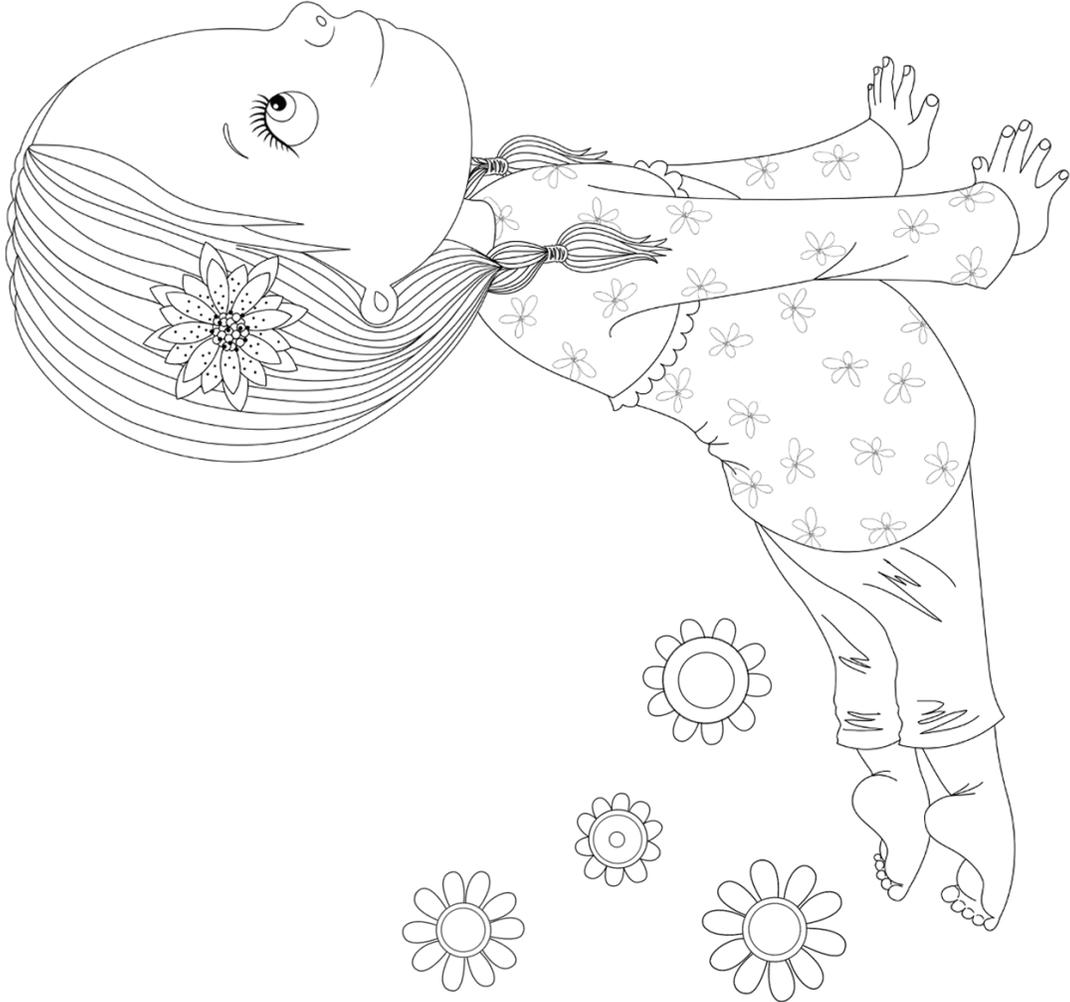
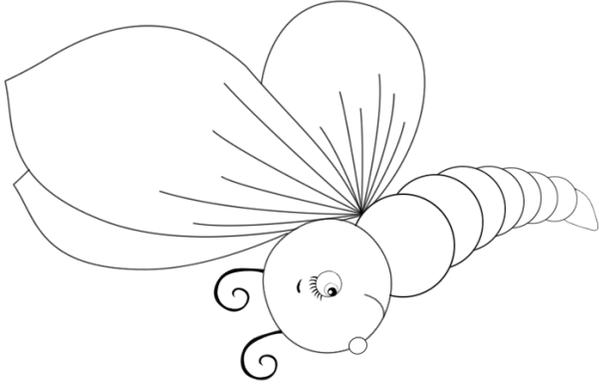
FORWARD FOLD



LOW LUNGE

PLANK





GOBBA



Come to our Yoga Story Hour!

Let's wake, stretch, and breathe
while we celebrate the sun!

Date and Time:

Location:

