

Reader Guide



Surf Soup TV Presents: Prana the Piranha – Namaste, Little Yogis!

By Donna Kay Lau

Fun Activity: Laughing Yoga Poses

Materials Needed: Yoga mat or towel, space to move, pose cards

Introduce 3–5 fun, safe yoga poses and pair each with a silly laugh or sound.

Let kids create their own “Pose + Laugh” combo (e.g., “Downward Dog with a giggle”).

End with calm breathing and a positive affirmation.

Reading Guide:

Before reading: Have you ever done yoga or stretching?

What did it feel like?

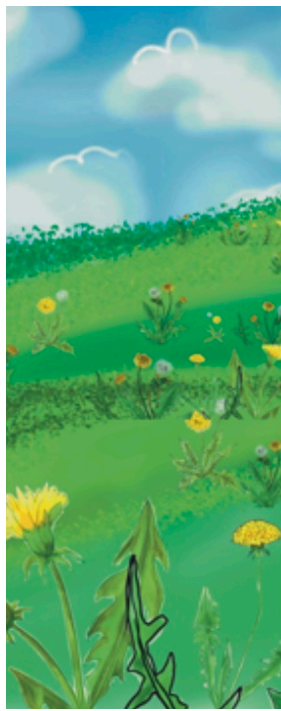
During reading: Notice how Prana shares yoga with others.

After reading discussion:

How can yoga or laughter help us feel better?

What was your favorite pose or character?

How does movement help our bodies and minds?





Extension: Keep a “Namaste Journal” for one week — draw how you feel each day after moving or laughing.