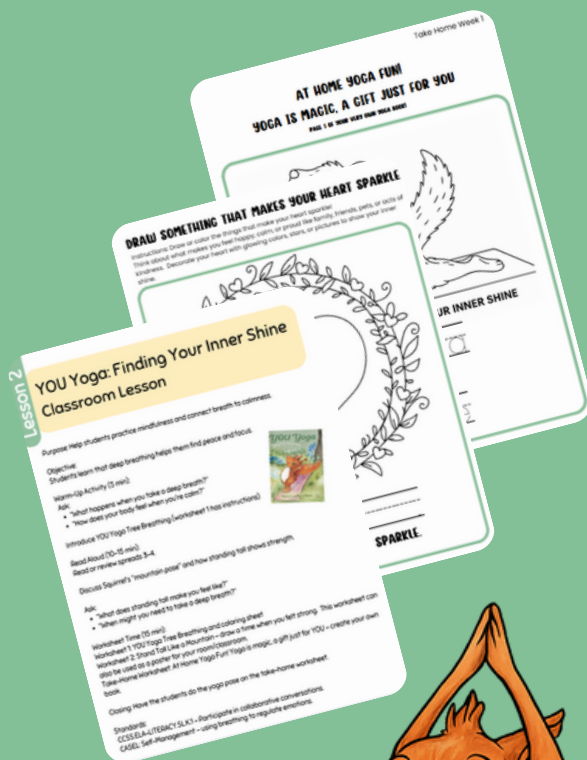




YOU Yoga: Finding Your Inner Shine

Classroom Educator Guide and 6-Week Lesson Plan



BY MARIA CASTELLUCCI MOORE

Created by an Educator and Licensed School Social Worker
In Partnership with Expound Publicity®

YOU Yoga: Finding Your Inner Shine

Introduction and Tips from an Expert

Expert Advice for Teachers & Small Group Leaders:

Before beginning your YOU Yoga: Finding Your Inner Shine Lesson Plan here are a few helpful tips from classroom experts:

Create Student Folders:

Grab a large piece of construction paper and fold it in half to make a folder for each student. Print the worksheets for all six weeks and place them inside. Have each child write their name on the front. Use a different color for each class or group to stay organized.

Prepare Materials in Advance:

Each week, make sure the worksheets and take-home sheets for that unit are printed and ready. Have crayons, markers, and pencils available for writing and drawing activities. (Week 4's lesson would be enhanced with magazines/catalogs to use to create a collage)

Book Access:

Multiple copies of YOU Yoga: Finding Your Inner Shine are helpful for classrooms and small groups, especially if you plan to reference pages during discussions or rereads.

YOU Yoga: Finding Your Inner Shine Classroom Lesson

Purpose: Introduce students to the YOU Yoga world and the idea that everyone has a little light inside them – their “inner shine.”

Objective:

Students identify what makes them feel happy and calm, and learn how yoga can help them feel peaceful and strong.

Warm-Up Activity (5 min):

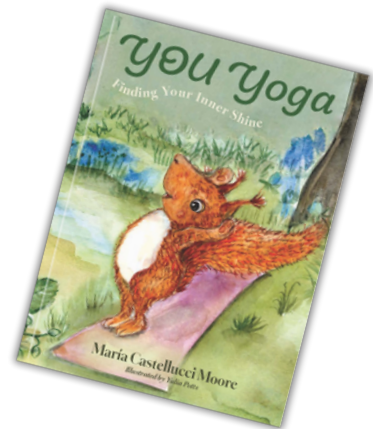
Ask:

- “What makes you feel happy inside?”
- “When do you feel calm or peaceful?”
- “What does it mean to ‘shine’ from the inside?”

Chart responses and connect them to the idea of inner light.

Read Aloud (10–15 min):

Read YOU Yoga: Finding your Inner Shine



Pause to ask:

- “What do you think it means when the book says your body is a temple?”
- “How can we take care of our body and mind?”

Worksheet Time (15 min):

Worksheet 1: My Inner Light – Draw something that makes your heart sparkle.

Worksheet 2: The YOU Song – Write or dictate a short poem about what makes you feel peaceful.

Take-Home Worksheet: At Home Yoga Fun! Yoga is magic, a gift just for YOU – create your own book.

Closing: Have the students do the yoga pose on the take-home worksheet.

Standards:

CCSS.ELA-LITERACY.RL.K.2 – Retell familiar stories, including key details.

CASEL: Self-Awareness – recognizing emotions and strengths.

DRAW SOMETHING THAT MAKES YOUR HEART SPARKLE

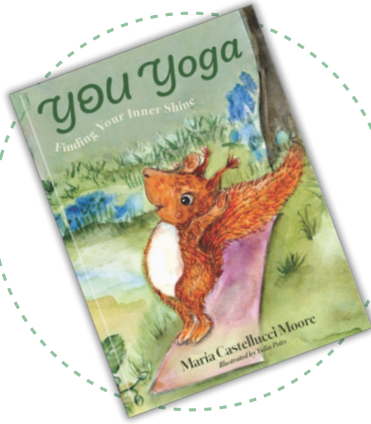
Instructions: Draw or color the things that make your heart sparkle!

Think about what makes you feel happy, calm, or proud like family, friends, pets, or acts of kindness. Decorate your heart with glowing colors, stars, or pictures to show your inner shine.



MAKES MY HEART SPARKLE.

THE YOU SONG



Instructions:

1. Think about the "YOU Song."
2. On your sheet, write (or dictate) a short poem or chant that celebrates YOU!
3. Begin with "I am..." statements (e.g., "I am strong." "I am kind." "I am calm.")
4. Add small illustrations or symbols around your words to represent peace, love, and light – like hearts, stars, or yoga poses.
5. Read your "YOU Song" aloud to a partner or your teacher in a calm voice.

I am

I am

I am

I am

AT HOME YOGA FUN!

YOGA IS MAGIC, A GIFT JUST FOR YOU

PAGE 1 OF YOUR VERY OWN YOGA BOOK!



COBRA POSE – FIND YOUR INNER SHINE

Cobra

Pose

YOU Yoga: Finding Your Inner Shine Classroom Lesson

Purpose: Help students practice mindfulness and connect breath to calmness.

Objective:

Students learn that deep breathing helps them find peace and focus.

Warm-Up Activity (5 min):

Ask:

- “What happens when you take a deep breath?”
- “How does your body feel when you’re calm?”

Introduce YOU Yoga Tree Breathing (worksheet 1 has instructions)

Read Aloud (10–15 min):

Read or review spreads 3–4.

Discuss the book’s “mountain pose” and how standing tall shows strength.

Ask:

- “What does standing tall make you feel like?”
- “When might you need to take a deep breath?”

Worksheet Time (15 min):

Worksheet 1: YOU Yoga Tree Breathing and coloring sheet

Worksheet 2: Stand Tall Like a Mountain – draw a time when you felt strong. This worksheet can also be used as a poster for your room/classroom.

Take-Home Worksheet: At Home Yoga Fun! Yoga is magic, a gift just for YOU – create your own book.

Closing: Have the students do the yoga pose on the take-home worksheet.

Standards:

CCSS.ELA-LITERACY.SL.K.1 – Participate in collaborative conversations.

CASEL: Self-Management – using breathing to regulate emotions.

YOU Yoga: Tree Breathing



1. Stand tall with your arms by your sides, just like a strong tree.
2. Take a deep breath in through your nose as you stretch your arms slowly above your head, reaching for the sky.
3. Hold your breath gently for 5 seconds — feel your body grow tall and peaceful like a tree in the sunshine.
4. Slowly breathe out through your mouth as you lower your arms back down to your sides.
5. Repeat this flow 3 times for calm, balance, and relaxation.

STAND TALL LIKE A MOUNTAIN

Instructions: Draw a time when you felt strong and confident. Share with a classmate or your group when finished.

(your name here)

STANDS TALL!

AT HOME YOGA FUN!

YOGA IS MAGIC, A GIFT JUST FOR YOU

PAGE 2 OF YOUR VERY OWN YOGA BOOK!



Boat Pose

Balance and Breathe

Boat

Pose

YOU Yoga: Finding Your Inner Shine Classroom Lesson

Purpose: Encourage movement and body awareness through yoga-inspired stretching.

Objective:

Students identify how movement helps their body feel energized and calm.

Warm-Up Activity (5 min):

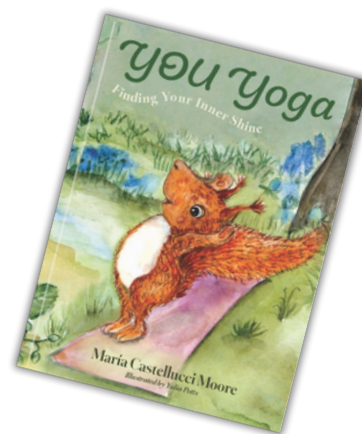
Practice YOU Yoga Tree Breathing

Ask:

- “How does your body feel when you stretch?”
- “What are some ways you move when you’re happy?”

Read Aloud (10–15 min):

Read or review spreads 5–6.



Ask:

- “What helps your light shine brighter?”
- “How can we use our body to show kindness?”

Worksheet Time (15 min):

Worksheet 1: Guided Imagery. Read the guided imagery script then have students draw a picture of what they saw while listening.

Worksheet 2: One Foot in Front of the Other – Trace your foot and decorate it with things that help you feel grounded.

Take-Home Worksheet: At Home Yoga Fun! Yoga is magic, a gift just for YOU – create your own book.

Closing: Have the students do the yoga pose on the take-home worksheet.

Standards:

CCSS.ELA-LITERACY.RL.1.1 – Ask and answer questions about key details in a text.

CASEL: Self-Awareness – recognizing feelings through movement.

YOU YOGA: FINDING YOUR INNER SHINE-LONG VERSION

GUIDED IMAGERY SCRIPT

INSPIRED BY YOU YOGA: FINDING YOUR INNER SHINE BY MARÍA CASTELLUCCI MOORE

(Read slowly, in a calm and warm voice)

Take a deep breath in... and let it out slowly.

Feel your body relax into the floor or your chair.

Close your eyes if that feels comfortable.

We're going to go on a little journey like we see in the book.

Imagine you're sitting on your soft purple yoga mat.

The sun is shining through the trees, and a gentle breeze moves through the leaves.

You can hear the sound of the wind and the whisper of nature all around you.

It feels calm. Peaceful. Safe.

Imagine a little squirrel scampers up beside you, smiling.

They place a tiny paw on their heart and say,

"Inside you, there's a light — your own special sparkle."

You place your hand over your heart too and feel it — warm, glowing, peaceful.

Now, take a deep breath in through your nose...

As you breathe in, imagine that light in your heart glowing brighter.

Hold it gently, feeling the warmth spread through your chest.

Now breathe out slowly through your mouth, sending that light out into the world.

Let's do that again — just like the squirrel showed us:

Breathe in — your light grows brighter.

Hold — your heart feels full of peace.

Breathe out — your light spreads to others around you.

Now imagine that light traveling all through your body —

down your arms, through your legs, all the way to your toes.

You are glowing with kindness, courage, and calm.

Imagine the squirrel smiles and says,

"Your story is unfolding, and your light shines through everything you do."

You nod, feeling your light shimmer and grow —

just like in the story, when you find peace, strength, and love inside YOU.

Now, take one last deep breath in...

and breathe out slowly.

Wiggle your fingers and toes.

When you're ready, open your eyes.

You've just found your inner shine —

and it's always right there, in your heart, whenever you need it.



YOU YOGA: FINDING YOUR INNER SHINE-

SHORT VERSION

GUIDED IMAGERY SCRIPT

INSPIRED BY YOU YOGA: FINDING YOUR INNER SHINE BY MARÍA CASTELLUCCI MOORE

(Read in a calm, gentle voice — pause between sentences.)

Take a deep breath in through your nose... and let it out slowly.

Feel your body relax, your shoulders drop, and your heart calm.

Close your eyes if that feels comfortable.

(reader: pause here)

Now imagine you're sitting on your soft purple yoga mat beside our squirrel friend from the book.

The sun shines through the trees, and a soft breeze brushes your face.

You can hear the leaves dance and the birds sing quietly.

(reader: pause here)

Our friend says,

“Inside you, there's a light — your own special sparkle.”

You place your hand over your heart and feel it — warm and glowing.

Breathe in deeply, feeling your light grow brighter.

Hold it gently, like sunshine in your heart.

Breathe out slowly, letting your light reach out to the world.

You are calm. You are strong. You are shining.

(reader: pause here)

Your light is always there — even on cloudy days.

Now take one more deep breath in... and let it out with a smile.

Wiggle your fingers and toes.

When you're ready, open your eyes and whisper to yourself:

“The light in me honors the light in you.”

Namaste, little yogi.



WHAT DID YOU SEE?

Instructions: Draw you in the scene you imagined.

ONE FOOT IN FRONT OF THE OTHER

Instructions: Trace your foot then draw different things that make you feel peaceful.

AT HOME YOGA FUN!
YOGA IS MAGIC, A GIFT JUST FOR YOU

PAGE 3 OF YOUR VERY OWN YOGA BOOK!



**Mountain
Pose**

Mountain Pose

YOU Yoga: Finding Your Inner Shine Classroom Lesson

Purpose: Help students identify a safe, calm space in their body and mind.

Objective:

Students visualize a place that brings peace and comfort.

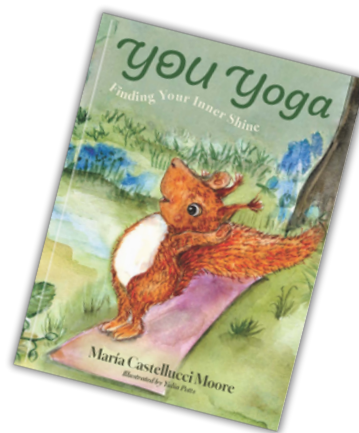
Warm-Up Activity (5 min):

Ask:

- “Where do you feel calm?”
- “What colors or sounds remind you of peace?”

Read Aloud (10–15 min):

Read or review spreads 7–8



Ask:

- “What does our friend from the book do when the world feels loud?”
- “What helps you feel calm when you’re upset?”

Worksheet Time (15 min):

Worksheet 1: My Peace Place – Cut out or draw pictures to create your very own calm space.

Worksheet 2: Leaf Breathing – Read the educator instruction sheet and have kids color their leaf

Take-Home Worksheet: At Home Yoga Fun! Yoga is magic, a gift just for YOU – create your own book.

Closing: Have the students do the yoga pose on the take-home worksheet.

Standards:

CCSS.ELA-LITERACY.RL.K.3 – Identify characters, settings, and events.

CASEL: Self-Management – using mindfulness for calm focus.

MY PEACE PLACE

Instructions: Cut out pictures from magazines/catalogs or draw pictures to create your very own calm space.

LEAF BREATHING ACTIVITY- EDUCATOR INSTRUCTIONS

YOU Yoga: Leaf Breathing Activity

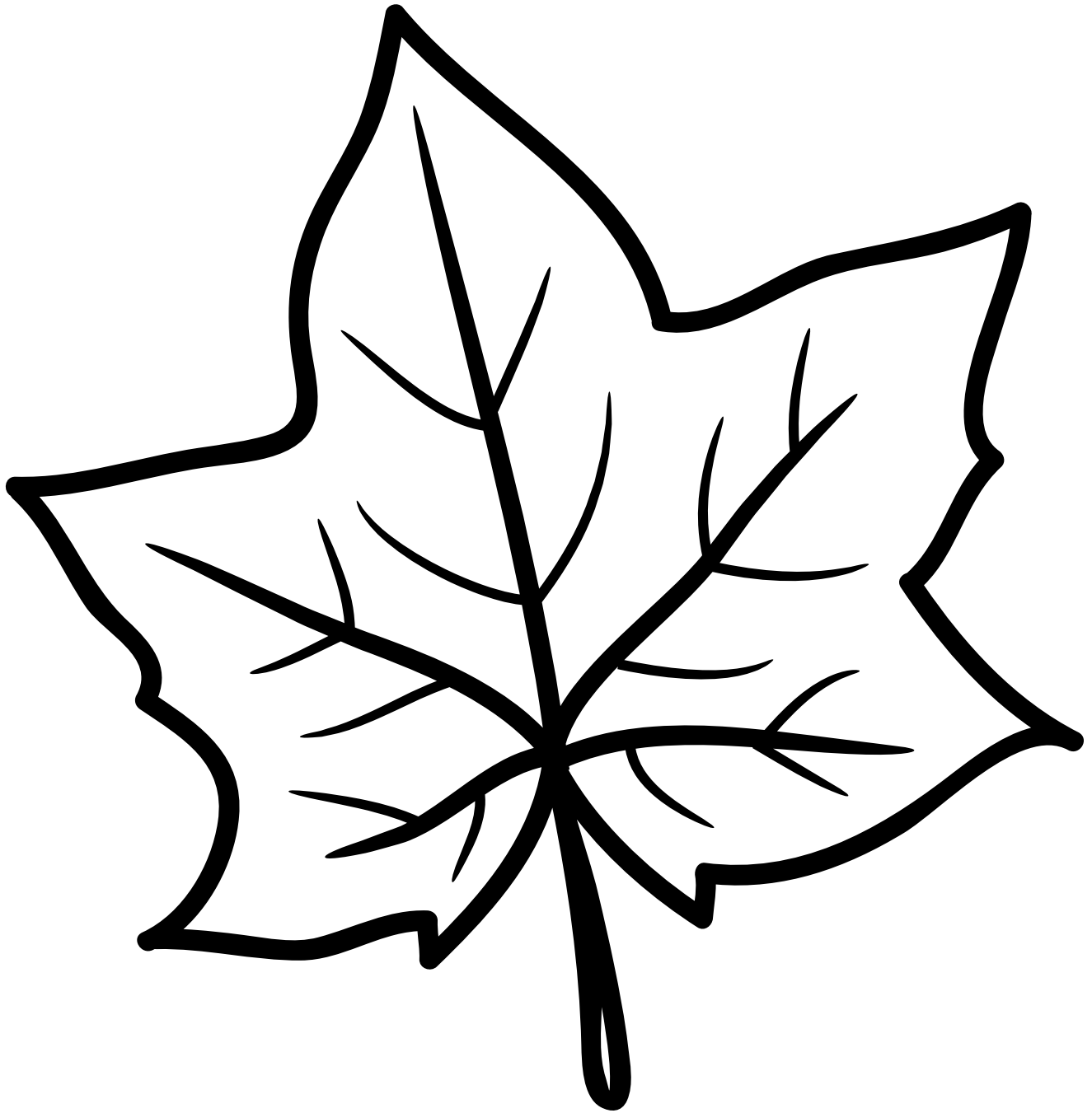
Purpose: Practice calm, focused breathing through a fun and mindful leaf exercise.

Instructions for Students:

1. Color Your Leaf
2. Use crayons, colored pencils, or markers to design your special leaf.
3. Think about calm colors — greens, yellows, oranges, or any color that makes you feel peaceful.
4. Cut Out Your Leaf
5. Carefully cut along the outline of your leaf.
6. This will be your breathing leaf — a reminder to slow down and breathe whenever you need a moment of calm.
7. Practice Leaf Breathing
8. Place your leaf on your desk or the floor in front of you.
9. Now, take a deep breath in through your nose for 5 seconds, feeling your belly fill with air.
10. Hold your breath gently for 5 seconds — imagine your leaf soaking in sunshine.
11. Then breathe out slowly through your mouth for 5 seconds, blowing softly to make your leaf move.
12. Relax and Repeat
13. Watch how your breath moves the leaf each time.
14. Repeat this calm breathing three times, feeling your body relax more with each breath.
15. Mindful Challenge (Optional)
16. Draw a line on your desk or the floor and see if you can gently blow your leaf across the line using slow, steady breaths.
17. Remember: it's not a race — the goal is slow, mindful breathing, not fast blowing!

LEAF BREATHING ACTIVITY

Instructions: Color and cut out your leaf.



AT HOME YOGA FUN!

YOGA IS MAGIC, A GIFT JUST FOR YOU

PAGE 4 OF YOUR VERY OWN YOGA BOOK!



Meditation Pose

Meditation Pose

YOU Yoga: Finding Your Inner Shine Classroom Lesson

Purpose: Guide students to recognize their own strengths, kindness, and creativity.

Objective:

Students reflect on their “inner shine” and how it helps others.

Warm-Up Activity (5 min):

Ask:

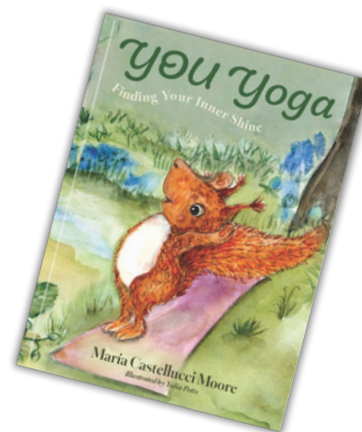
- “What makes you special?”
- “How can your light help someone else?”

Read Aloud (10–15 min):

Read or review spreads 9–10.

Ask:

- “How does it mean to use your light to help others?”
- “What does your light look like inside you?”



Worksheet Time (15 min):

Worksheet 1: Charades: Print two copies of the yoga pose cards:

- One copy for the teacher or facilitator to use as a reference sheet.
- One copy to cut out for students to draw from during the game.

Worksheet 2: Create your story quote and activity sheet.

Take-Home Worksheet: At Home Yoga Fun! Yoga is magic, a gift just for YOU – create your own book.

Closing: Have the students do the yoga pose on the take-home worksheet.

Standards:

CCSS.ELA-LITERACY.W.K.2 – Use drawing, dictating, or writing to express ideas.

CASEL: Relationship Skills – showing kindness and empathy.

How to Play:

- Mix up the cut-out yoga pose cards and place them in a basket or bowl.
- One student at a time draws a card and acts out the pose — without speaking!
- The rest of the group watches carefully and tries to guess which yoga pose it is (Tree Pose, Warrior, Boat Pose, etc.).

After Each Round:

- Once the pose is guessed, the whole group can try doing that yoga pose together!
- Take a deep breath in and out before the next turn to reset and refocus.

Mindful Reminder:

- Move slowly and safely.
- Focus on balance, breathing, and having fun!



**Meditation
Pose**



Tree Pose



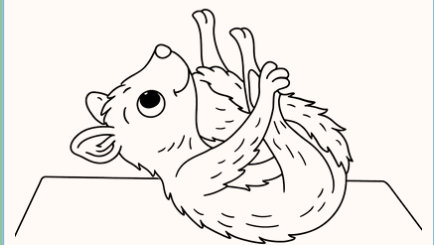
**Downward
Dog Pose**



Warrior Pose



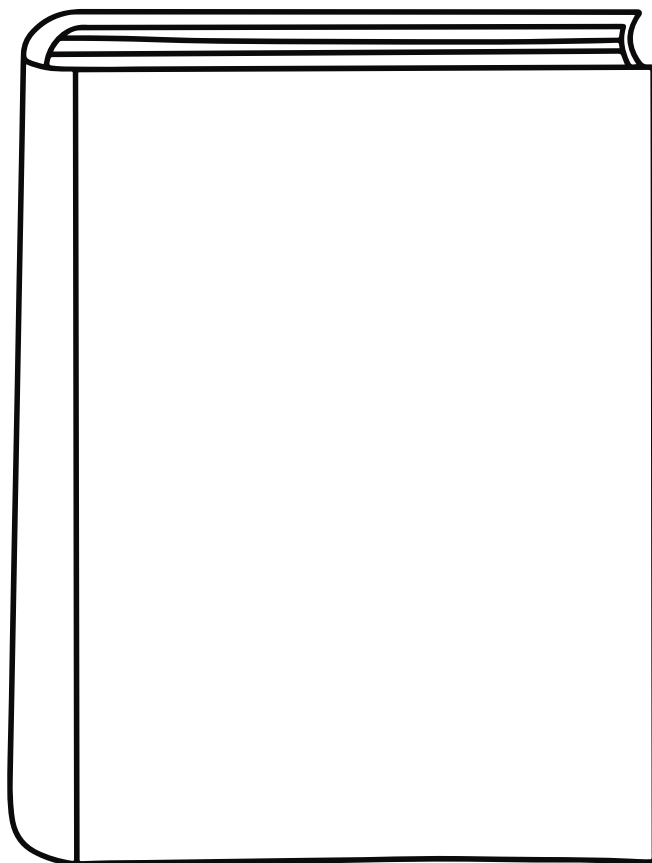
Boat Pose



**HAPPY BABY
POSE**

Instructions: Color the quote and create a cover for the story of your life.

"YOUR STORY'S
UNFOLDING, AND YOUR
LIGHT SHINES
THROUGH EVERYTHING
YOU DO."



AT HOME YOGA FUN!

YOGA IS MAGIC, A GIFT JUST FOR YOU

PAGE 5 OF YOUR VERY OWN YOGA BOOK!



Tree Pose

Grow with Balance

Tree Pose

YOU Yoga: Finding Your Inner Shine Classroom Lesson

Purpose: Celebrate growth, peace, and connection after the yoga journey.

Objective:

Students reflect on what they've learned about themselves and others through yoga and mindfulness.

Warm-Up Activity (5 min):

Ask:

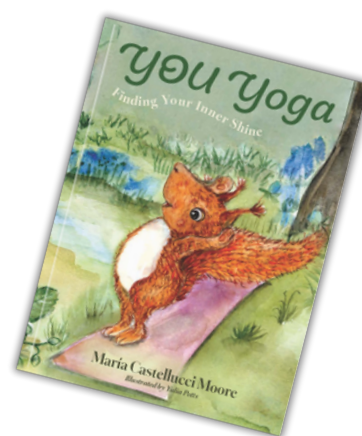
- "What does 'Namaste' mean?"
- "How does yoga help your body and heart?"

Read Aloud (10–15 min):

Read or review spreads 11–13.

Ask:

- "What does it mean by honoring the light in others?"
- "What can you do when your light feels dim?"



Worksheet Time (15 min):

Worksheet 1: Memory Match Game – Cut and color yoga poses, then play the matching game

Worksheet 2: Matching activity sheet

Take-Home Worksheet: At Home Yoga Fun! Yoga is magic, a gift just for YOU – create your own book

Closing: Have the students do the yoga pose on the take-home worksheet.

Standards:

CCSS.ELA-LITERACY.SL.K.4 – Describe familiar experiences with detail.

CASEL: Self-Awareness – recognizing strengths and celebrating growth.

YOU YOGA: FINDING YOUR INNER SHINE MEMORY GAME

Instructions:

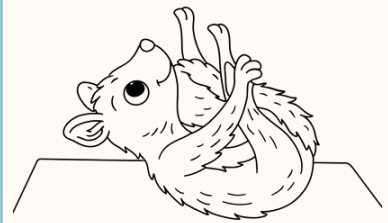
- Print these pages on card stock or thick paper.
- Cut out the pieces.
- Match the pairs and describe them.



Warrior Pose



Boat Pose



**HAPPY BABY
POSE**



**Meditation
Pose**



Tree Pose



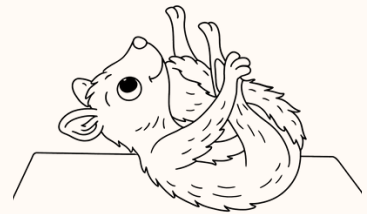
**Downward
Dog Pose**



Warrior Pose



Boat Pose



**HAPPY BABY
POSE**



**Meditation
Pose**



Tree Pose



**Downward
Dog Pose**

AT HOME YOGA FUN!

YOGA IS MAGIC, A GIFT JUST FOR YOU

PAGE 6 OF YOUR VERY OWN YOGA BOOK!



Downward Dog Pose

Stretch and Flow

Downward Dog

Pose

AT HOME YOGA FUN!
YOGA IS MAGIC, A GIFT JUST FOR YOU



Warrior Pose

Be Strong and Brave

Warrior Pose

AT HOME YOGA FUN!
YOGA IS MAGIC, A GIFT JUST FOR YOU
CREATE YOUR OWN YOGA POSE

Pose