

Name/Title: Tree Dancin'

Purpose of Event: To reinforce listening skills as well as balance while holding tree yoga pose.

Prerequisites: Understanding/demonstration of "tree" pose in yoga.

Suggested Grade Level: K-2

Materials Needed: Tickle Tune Typhoon CD "Circle Around" (Tree Dancin' Song)

Description of Idea

Demonstrate the yoga "tree" pose. Balance on one leg while drawing the other leg up and resting it on standing leg by the knee. Arms or "branches" may rise up into the air above head with palms touching, or stretch out to the sides for added balance.

Play the song "Tree Dancin" by Tickle Tune Typhoon. Kids can dance around the room or outside of their yoga mats swaying their "branches" (arms) and tapping their "roots" (toes). When teacher stops the song, children freeze in the yoga "tree" pose and try to keep their balance. Switch legs each time you pause the music. Encourage children to have strong "trunks" and hold their pose steady as a tree.

Submitted by **Lindsay Marquiss** who teaches at Horizon School in Edmonds, WA. Thanks for contributing to PE Central! **Posted on PEC: 6/7/2010.**

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