

Seed to Tree Yoga

Learning objectives:

Experience simple body movements linked to nature.

Develop balance, body awareness, and listening skills.

Begin to notice trees and plants in their world.



Practitioner knowledge:

Trees grow from tiny seeds. They need soil, water, and sunlight to grow. Trees help us by giving us clean air to breathe and by providing homes for animals. They also give us fruit and help keep our planet healthy.

We have included suggested words and actions; these can be added to or developed to explore more tree movements.

Step 1 - Little Seed

Gather the children in a circle or in an area where they can have a little space. Encourage them to gently crouch or sit down and make themselves small.

“Let’s be a tiny seed.”

“Curl up small... little seed... sleeping.”

(Children may copy, sit, squat, or just watch, all are fine.)

Step 2 - Growing

Ask the children to start to stand up slowly, lifting their body little by little. Encourage the children to rise in their own time.

“Wiggle fingers gently like rain”

“Rain comes down.. Drip, drip”

“The sun comes up... hello sun!”



Step 3 - Standing Like a Tree

Stand with feet on the floor. Raise arms up slowly.

“Now we are a tree.”

“Stretch your arms up high like a big tree.”

Step 4 - Tree Sway

Ask the children to gently sway from side to side with arms raised or out wide, keeping the movement slow and soft. Encourage deep breathing by modelling it.

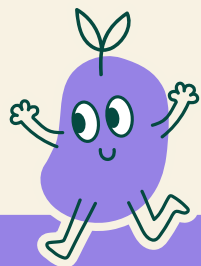
“Wind is blowing.”

“Breathe in... and out.”

Step 5 - Wobbly Tree

See if the children can raise one leg off the ground and balance on one foot. They can hold on to something if they need support.

“Storm is coming, hold on tight!”



Step 6 - Happy Tree

Take one gentle breath in together and smile. Lower arms slowly.

“The storm has passed, sun comes out.”

“Trees help us breathe.”

Step 7 - Back to Rest

Encourage the children to slowly crouch or sit again.

“An acorn has fallen from the tree, ready to grow a new tree from seed.”

“Well done, you’ve grown all the way from a seed to a beautiful tree!”



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