

MUSHROOM IN THE RAIN by, Mirra Ginsburg

STORY LINE to read	POSTURE to do with kids
Start off by tuning in and doing a purposeful breath to help kids find balance and calm	Balloon Breath (3x)
Once upon a time in YOGALAND, there was a small happy mushroom growing in the ground.	Child's pose
The rain began slowly to fall from the sky.	Camel, rain cloud, rain drops to child's/mouse
A little bird hopped by and squeezed under the mushroom to get out of the rain.	Flying bird
A cat came by. "Can I please come under the mushroom with you?" The bird didn't think that there was enough room. The cat asked "Please can I squeeze in? It is cold in the rain!" The bird moved over to let the cat in.	Cat/cow pose
A turtle came by. "Can I please come in from the rain?" "We will try," said the cat and the bird.	Turtle pose
A Butterfly came by. "Can I please come in from the rain?" "We will try," said the 3 animals.	Butterfly pose
A Bumble bee came by. "Can I please come in from the rain?" "We will try," said the group.	Bee pose
A Crab came by. "Can I please come in from the rain?" "We will try," said the cluster of bodies.	Crab pose
A Flamingo came by. "Can I please come in from the rain?" "We will try," said the crowd.	Flamingo pose
A Monkey came by. "Can I please come in from the rain?" "We will try," said the dry yet, cramped animals.	Monkey pose
A Rabbit came running by. "Please let me in...a fox is chasing me!" The other animals didn't know how the rabbit could possibly fit in, but they squeezed together and the rabbit hid from the fox.	Rabbit pose
The fox ran past the mushroom and did not see the rabbit.	Make a sigh of relief! 3 deep balloon breaths
The rain stopped and the sun came out.	3 sun salutations
A huge rainbow appeared in the sky.	Rainbow pose - Side plank
The animals came out from the mushroom. "How did we all fit under that little mushroom?" The frog started to laugh, "Don't you know? " The animals all shook their head that did not know. The frog shouted out "A mushroom grows in the rain and shelters it's friends with the kindness of their hearts!"	Hop around like a frog Reach for the sky
All the animals remained friends and met under mushrooms whenever it rained.	Lay dow or, sit in a chair quietly and take 10 deep breaths imagining what you saw and did in your story today. Then, slowly sit back up and share your favorite animal.
Remember the kindness and joy from this story and share it with all the friends in your daily life... your classroom at school, your families at home. Let your hearts be as open as the mushroom in the rain. Make NAMASTE a part of your day!	