

“What’s The Weather?”

The following yoga poses are meant to go along with the words in the song. As you sing the song, the child assumes the pose for each of the weather words: sunny, cloudy, rainy, windy, and snowy. The only pose missing is “stormy”. That is when we ask the children to come up with their own pose.

Description of each pose:

- Sunny = children reach up with both hands keeping their feet flat on the floor or going up / down on their toes.
- Cloudy = follows “sunny” and the children reach down to the floor, keeping their knees straight.
- Windy = arms and legs are spread and then the children twist to place hand on opposite foot and then repeat with other hand.
- Rainy = children stand straight placing hands up over their heads, keeping their eyes on their hands, and arching their backs.
- Snowy = children stand and spread their arms and legs like a “snow angel” and can wiggle their fingers and feet while in this position.

SUNNY (sunrise) & CLOUDY (sunset)



WINDY (windmill)



RAINY (waterfall)



SNOWY (star)



