



*We Take Mindfulness & Play Seriously~ 513-432-4887~www.cezarinatrone.com*

## The Story of the Apple Star

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### Yoga Story ~ Lesson Plan



Image source: <https://shanongrey.wordpress.com/legends/legend-of-the-apples-star-2/>

**Cezarina's Personal Note:** Any story you read or perhaps discover by accident can be adapted and retold in a way that allows for yoga movements, songs, fun creative activities that could be blended into the whole child experience...Always look for magical possibilities ☺

**Materials:** Yoga mat, music (a selection of energizing and calming kids yoga songs), meditation bells, optional: bring in a couple of FALL Storybooks or children's poetry books to show the brilliant colors (if time allows)

#### Coaching Notes & Discussion Starters:

- What are the four seasons? What is your favorite? Why?

- When does Summer end? When does Fall start?
- Mention Spring & Fall Equinox ...Summer and Winter Solstice

**Connecting Circle:** Circle time is not for PreK & Kindergarten only. It is an ancient symbol of wholeness and unity in diversity. I see it as a sacred template of bringing energy together to harmonize everyone's unique presence into a vibration of acceptance, love, a feeling of belonging, being heard and not judged. I would go further into saying that the circle is the three dimensional symbol of the spiral of Life itself...the endless cycle of creation... I always use a circle for my yoga sessions to seal my intention for harmony and unconditional love.

**Body Awareness:** Tell the children to come into their Yoga Body (back straight, easy pose...half or full lotus). Sing the Namaste Greeting and acknowledge the LIGHT in all hearts.

**Breath Awareness:** Remind them that being calm is powerful...If needed, use arms to bring the energy down and center everyone. Harmonize the group with your inner focus and intention... scans each child's body with your eyes and sends them a peaceful vibration from within your own heart.

**Storytelling Flair:** Introduce the story...and the topic...The Story of the Apple Star (find it retold at: <http://www.cometogetherkids.com/2012/09/the-story-of-apple-star.html>)

**Start in tree pose...as an apple tree**

A young apple tree was growing in an orchard and she would stare at the sky every evening into night...stare at the twinkling stars and wished that she would have her own star one day!

**If you were a star right now, how would it feel?**

STAR POSE variations... standing or lying down. Here you can hum "Twinkle, Twinkle Little Star" song here. THEN go into mindfulness time...Ask again how each one feels if they were a star right now. Wait for a few answers, then continue with a guided meditation...

**Let us close our eyes and pretend to be stars shining brightly and beaming our lights into the world around us.** But first, let's make sure we are RADIANT and Filled with LIGHT to have enough to give to others. As you sit crisscross and with your back straight, open palms towards the center of the circle and feel light radiating out; feel your heart beaming light as well as your forehead and top of your head. GIVE them a little time to practice this state of being the Light Source. (I also take time here to ask them whom we should be sending light and love to...so we can use this tool for self-empowerment & healing purposes).

Then continue with the story...



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One night, a special wish grating fairy came by as the apple tree's heart was filled with desire for her own star...FAIRY YOGA POSE (can be similar to butterfly pose or let the children create a pose of their own). She told the tree that she can easily grant her this wish if she would grow strong and full of red ripe apples. TREE POSE (again, if you wish...this pose brings calmness and centering to all children and adults alike.)

So the tree focused each day on receiving the Light from the sun, growing big strong branches... USE yoga movements to show the growing process from a young tree to a tall tree. And every time rain came, she made sure her roots went deep into the earth to soak up the water. Use yoga movements for rain and rooting down. After several seasons passed, our apple tree became a glorious one, tall and heavy with red ripe apples. APPLE POSE (modified butterfly pose with arms above head connecting fingertips). She waited and waited for the fairy to return and grant her the wish she had asked for long ago. And sure enough, the fairy arrived...

YOGA Fairy Dance...around the tree (children can take turns to be a tall steady tree.) Use music that is allowing for a gentle dance routine.

The apple tree asked again, 'Am I ready to have my wish granted now?' The fairy said now... 'Oh, my lovely dear tree friend, your magical wish has already been granted! You have now among your branches not only one, but as many stars as you have admired into the night sky!' 'But where?' asked the tree... 'All I see are these branches and these ripe apples!' The fairy answered... 'just peek inside any of those apples. There you will find a special hidden star. And now it's ready to be discovered by the lucky person who chooses one of the apples you've made yourself!'

**Transition to Breath Awareness** time and relaxation. Use the 'Fire: Journey into the Sun' guided meditation track from Chitra Sukhu's CD here (if possible)...

**Closing Circle:** Using the meditation bell, gently remind the kids to roll unto their right side...some of them are quick to jump up from relaxation...practice and repeat until they slow down...Ask them if they went to magical places inside themselves and let them share the favorite part of the yoga lesson (if time allows). Have a creative activity (coloring a star book, etc) then sing the Namaste closing song. Continue to hold a vibration of calmness during the pick-up time (as parents bring their rushing energies in...)