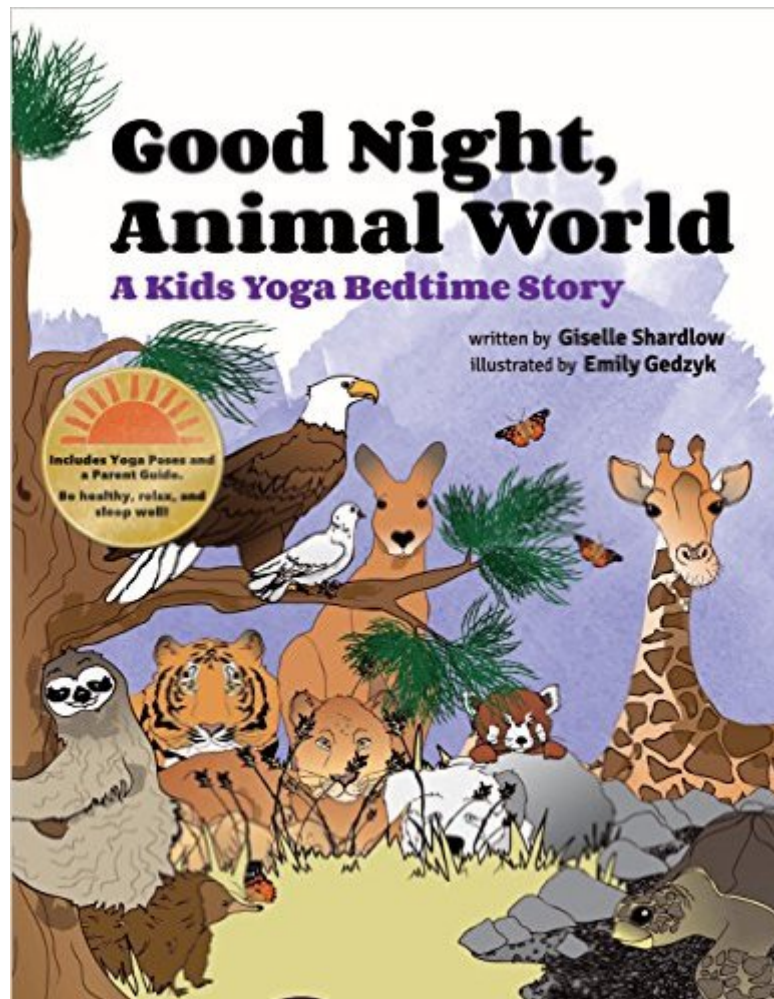


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# Good Night, Animal World: A Kids Yoga Bedtime Story (Kids Yoga Stories)



## Synopsis

Calm your mind and body before bedtime by taking a journey around the world with this kids yoga storybook. Say good night to the animals of the world! Join six Kids Yoga Stories characters as you perch like a bald eagle, crouch like a tiger, and curl up like a sloth. The book includes a list of Kids Yoga Poses and a Parent Guide with tips on creating a successful bedtime experience.

Recommended for toddlers and preschoolers (ages 2 to 5). Learn something new, explore movement, and unwind together before bedtime! Buy the matching Good Night, Animal World Bedtime Yoga Cards on KidsYogaStories.com!

## Book Information

Series: Kids Yoga Stories

Paperback: 30 pages

Publisher: CreateSpace Independent Publishing Platform (September 20, 2013)

Language: English

ISBN-10: 1492210447

ISBN-13: 978-1492210443

Product Dimensions: 8.5 x 0.1 x 11 inches

Shipping Weight: 4.5 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (37 customer reviews)

Best Sellers Rank: #131,293 in Books (See Top 100 in Books) #27 in [Books > Children's Books > Growing Up & Facts of Life > Health > Fitness](#) #39 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#) #448 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

This title is one of about 10 books in the Yoga Kids Stories. These books integrate yoga poses into stories that provide information, about animals, other countries and often present educational concepts such as shapes, colors and seasons. Some titles in the series teach life lessons such as embracing diversity. The author, Giselle Shardlow, uses her educational expertise from her Masters of International Education; her eight years of experience teaching grades K-5 in Guatemala, Australia, Canada and United States; and her certification as a yoga instructor to bring multiple layers of learning to each book. Each title is a rich experience, creating various educational applications for both school and home. The yoga component itself is a wonderful tool. Many educators and parents use yoga to help children calm themselves. As an adult who has recently

started yoga, I truly understand how effective yoga can be to reduce stress. While concentrating on maintaining the yoga position, breathing, and tightening or softening appropriate muscles, the mind is so busy it cannot focus on the stressor that occurred. Yoga is an easy and effective tool to help children in dealing with their emotions and stresses. Each book contains helpful end notes to guide the parent or educator to safely and successfully introduce yoga to children and making it a more meaningful and enjoyable experience for everyone. But in addition to the yoga component, the stories present information about animals, seasons and concepts such as colors. For example in *Good Night, Animal World* introduces the reader to children from different parts of the world. Each child has a name common in their country and says hello in their native language.

*Kids Yoga Stories* by Giselle Shardlow are a series of picture books that integrate two of my very favorite things: books and yoga! The goal behind the books are to "get [children] laughing, moving, and creating" and these books do just that. Through the use of beautiful, calming illustrations and using a soft palette of colors, *Good Night, Animal World* introduces readers to a diverse group of "yoga kids" (i.e., representing diverse ethnicities and gender). The yoga kids guide the reader around the world exploring geography, local fauna, and of course, simple yoga poses. Additionally, this book is intended to be a bedtime book, so while the kids are holding their yoga pose, they are encouraged to say "good night" to each individual animal. This reminded me of the sweetness of *Goodnight Moon* by Margaret Wise Brown "one of our very favorite board books. The yoga poses themselves are simple and mirror the animal that is portrayed in the book. For example, there is the "Kangaroo Pose" which, you guessed it, involves a shallow squat with arms together like a kangaroo. In addition to each page featuring an animal modeling a specific yoga post, there is a list of kids yoga poses with the name of the animal, the name of the pose, and an illustrated demonstration of each pose in the back of the book. Those of us who have done yoga before know that there are safety guidelines and these are stressed in an introduction to the book as well as a "Kids Yoga Stories Guide" in the back of the book which provides tips for the safe and proper way to introduce yoga to children. The guide in the back is particularly well done (it's four pages long).

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