



# Storybook Yoga

## A Moving Book Report

**Background:** Storybook Yoga is a great way to incorporate your student's reading, writing, and comprehension skills. It will introduce or reinforce the skills students will need to pull out text to back up their ideas during book reports, as well as teach the kids how to work co-operatively in a group to create a yoga routine. This activity is great if your students are all

reading the same book in class, or you can just use any short story you choose. This activity is primarily for fourth and fifth grades but can be adapted for younger or older students.

**Equipment:** This activity requires pen & paper as well as yoga mats and/or a soft surface for students to practice and perform their poses, and a clipboard or other hard surface for the students to write on.

**Activity:** Students will work co-operatively to create a yoga routine that spotlights specific events in a story or text. They will use the attached storyboard worksheet to help design the routine. The storyboard must include a drawing (stick figure) of the yoga pose as well as a written description of the pose and how it relates to the story. The students will then practice their routine until it can be smoothly performed for the entire class.

### Common Core Standards Met:

Fourth Grade	Fifth Grade
ELA.4.RL.3	ELA.5.RL.3
ELA.4.RL.7	ELA.5.RL.5
ELA.4.RI.2	ELA.5.RI.1
ELA.4.RF.4	ELA.5.RF.4
ELA.4.W.2	ELA.5.W.2
ELA.4.SL.2	ELA.5.SL.2

### Fourth Grade

**ELA.4.RL.3:** Describe in depth a character, setting, or event in a story or drama, drawing on specific details in the text (e.g., a character's thoughts, words, or actions).

**ELA.4.RL.7** Make connections between the text of a story or drama and a visual or oral presentation of the text, identifying where each version reflects specific descriptions and directions in the text.

**ELA.4.RI.2** Determine the main idea of a text and explain how it is supported by key details; summarize the text.

**ELA.4.RF.4** Read with sufficient accuracy and fluency to support comprehension.

- a. Read on-level text with purpose and understanding.
- b. Read on-level prose and poetry orally with accuracy, appropriate rate, and expression on successive readings.
- c. Use context to confirm or self-correct word recognition and understanding, rereading as necessary.

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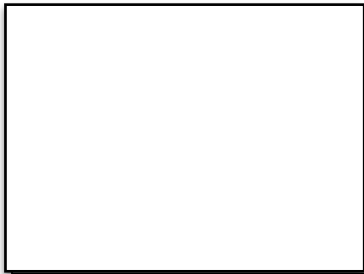
### Fourth Grade (cont.)

- ELA.4.W.2:** Write informative/explanatory texts to examine a topic and convey ideas and information clearly.
- Introduce a topic clearly and group related information in paragraphs and sections; include formatting (e.g., headings), illustrations, and multimedia when useful to aiding comprehension.
  - Develop the topic with facts, definitions, concrete details, quotations, or other information and examples related to the topic.
  - Link ideas within categories of information using words and phrases (e.g., *another*, *for example*, *also*, *because*).
  - Use precise language and domain-specific vocabulary to inform about or explain the topic.
  - Provide a concluding statement or section related to the information or explanation presented.
- ELA.4.SL.2** Paraphrase portions of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

### Fifth Grade

- ELA.5.RL.3:** Compare and contrast two or more characters, settings, or events in a story or drama, drawing on specific details in the text (e.g., how characters interact).
- ELA.5.RL.5:** Explain how a series of chapters, scenes, or stanzas fits together to provide the overall structure of a particular story, drama, or poem.
- ELA.5.RI.1:** Quote accurately from a text when explaining what the text says explicitly and when drawing inferences from the text.
- ELA.5.RF.4:** Read with sufficient accuracy and fluency to support comprehension.
- Read on-level text with purpose and understanding.
  - Read on-level prose and poetry orally with accuracy, appropriate rate, and expression on successive readings.
  - Use context to confirm or self-correct word recognition and understanding, rereading as necessary.
- ELA.5.W.2:** Write informative/explanatory texts to examine a topic and convey ideas and information clearly.
- Introduce a topic clearly, provide a general observation and focus, and group related information logically; include formatting (e.g., headings), illustrations, and multimedia when useful to aiding comprehension.
  - Develop the topic with facts, definitions, concrete details, quotations, or other information and examples related to the topic.
  - Link ideas within and across categories of information using words, phrases, and clauses (e.g., *in contrast*, *especially*).
  - Use precise language and domain-specific vocabulary to inform about or explain the topic.
  - Provide a concluding statement or section related to the information or explanation presented.
- ELA.5.SL.2:** Summarize a written text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.

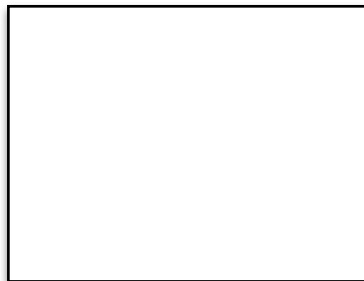
# Storybook Yoga Draw and Describe Worksheet



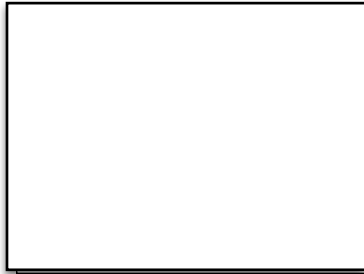
Five horizontal lines for writing a description of the yoga pose.



Five horizontal lines for writing a description of the yoga pose.



Five horizontal lines for writing a description of the yoga pose.



Five horizontal lines for writing a description of the yoga pose.



Five horizontal lines for writing a description of the yoga pose.



Five horizontal lines for writing a description of the yoga pose.