Smithsonian
National Museum of Natural History

Pre-visit Stories
ANIMAL YOGA
animal yoga

When I am at the Natural History Museum, I can do animal yoga.

Animal yoga tells a story using my body.
I will use my body to pretend to be different animals. Some animal poses will be easy for me to do. Some animal poses may be hard for me do.

If an animal pose is hard for me, that is okay. I can ask my mom or dad to help me.
I will stand on a yoga mat during animal yoga. Sometimes I will be very quiet. Sometimes I will make loud noises.
When animal yoga is finished, I will sit on my yoga mat.

I will say “Go in Peace” to all my explorer friends.
When I am at the Natural History Museum, I can do animal yoga. Animal yoga tells a story using my body.

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