



## **PURIM YOGA BREAKS**

BLISS, Song or Game, Meditation

### **SUGGESTIONS FOR A BLISS**

#### **PURIM**

It is almost the holiday of Purim. On Purim we read the scroll of Esther. A SCROLL (tootsie roll) is a rolled-up story. A SCROLL is how they wrote their stories before there were BOOKS. Now I read my stories from books (Book Routine) and this was way before there were TVs to WATCH stories on. In the story there are lots of TWISTS and TURNS. However, there are no DOGS or CATS or COWS. We are told of a cruel decree from the evil Haman that WARRIORS should destroy all of the Jews in the kingdom. Fortunately, beautiful Queen Esther convinces the king to change his mind and she saves the Jews from the WARRIORS of the wicked Haman. Haman himself was tied to a TREE and did not bother the Jews again.

#### **MISHLOACH MANOT**

It's time to make Mishloach Manot, our Purim Baskets to give to our friends. (Sit legs wide, backs straight.) What should we include? (Grab items for the basket- ask the children in your group for suggestions...reach up, alternating hands cookies? Hamantaschen? Fruit? Juice? Toys?..... ) Our basket is beautiful!!! Let's wrap it up. (Take a deep breath, wrapping your arms around your knees.... roll your knees in circles/ right & left.) Now let's share our baskets with our friends. (Everyone leans to the right, extending their arms & leans to the left, extending their arms.) Chag Sameach! Let's all put our baskets on the TABLE. Now let's sit in our favorite CHAIR and relax.

#### **NOSH, NOSH A HAMENTASH**

Who loves hamentashen? Me too! Let's make some right now! Grab the ingredients and put them in our bowl (legs wide, backs straight). What do we need? (Let children shout out ingredients.) Mix it all up, stir left then stir right. (Remind them to keep their tummies tight when they lean back). Ok, I think it's perfect. Let's roll out the dough (TOOTSIE ROLL).

What are we going to put in the center of our hamentashen? (Legs wide, backs straight & reach for ingredients.) Apricot! Poppy seed! Cherry! Yum! I think it's time to fold the dough. (Standing up.) What shape is a hamentashen? Is it a square? (Menorah pose.) That is SO SILLY! Of course, it is a TRIANGLE! Let's sit in our CHAIR & eat our yummy hamentashen!

## **SUGGESTIONS FOR SONGS & GAMES**

Songs:

- Yogi Shake (get your Purim Costumes on & shake it up!!)
- The Yoga Slide
- Yoga Nagila

Games:

- Toe-ga
- I Went to Visit my Bubbe  
(*what did you put in your Mishloach Manot basket?*)
- Yoga Nosh
- Yoga-lympics/ Maccabiah Games (create a yoga/Purim carnival)

## **SUGGESTIONS FOR BREATHING & MEDITATIONS**

### **Breathing**

- Aleph Bet Breathing
- Hoberman Sphere (*open the sphere as you inhale through your nose, close it as you exhale. If you have a large sphere, work as a group*)

*to open & close it together. If you have a small sphere, pass it around the circle & let each child try it 2 - 3 times)*

### **Yoga Story**

*(a little longer than a BLISS, but GREAT for getting kids up and moving)*

### **Purim Story**

There once was a king of Persia name Ahasveros who sat in his **THRONE (CHAIR)**. The king had a big party for all his subjects with **TABLES** full of food and drinks. His Queen's name was Vashti. She would not come when the king called so he got rid of her. *(penguin walk up & down the mat)*

Living in the kingdom was Esther and she was as beautiful as a **FLOWER**. Esther's cousin Mordecai, who was as gentle as a **CAT**, raised her because she did not have parents. Mordecai brought Esther to Shushan where the King lived in his castle and sat in his **THRONE (CHAIR)**. The King loved her so much that he had **STARS** his eyes and thought she was as beautiful as a **LOTUS** flower.

He married her and made her Queen so she also sat on a **THRONE**. The king then appointed Haman (boooooHsssss) to be one of his ministers and he wore a **TRIANGLE** shaped hat. He was a bad man who was as mean as an angry **LION** and told everyone what to do. Haman (booooohsssss) with his **TRIANGLE (OTHER SIDE)** hat went walking through town, he wanted everyone to kneel and bow down to him like a **CHILD** going to sleep. He noticed that Mordecai would not kneel like a **CHILD**. He would not even bow with his hands together like in **WISHIN' POSITION**, because Mordecai was a Jew and he would only bow to Hashem. Haman (booooohsssss) with his **TRIANGLE** hat was so angry he wanted to get rid of Mordecai and all of the Jewish people. All the Jews were scared when they saw his **TRIANGLE (OTHER SIDE)** hat.

Esther was the **HERO** in her **THRONE** because being Jewish herself, she told the king to get rid of Haman (boooHsss) and his **TRIANGLE** hat so Haman (boooHsss) and his **TRIANGLE (OTHER SIDE)** hat so could go on with their party. We like to celebrate Purim with **TABLES** full of food, dancing with **DANCERS** and more dancing with **DANCERS (OTHER SIDE)** and live peacefully. So we celebrate Purim every year where we dress up in

costumes and hear this great story. **PICK AN ANIMAL POSE** that might be a fun costume you will wear this year on Purim.

### **Meditation**

- Have everyone lay on their tummy and gaze at a flameless candle while breathing deeply in through the nose and out through the mouth. Reflect on the beauty of the light.
- Shalom Begins With Me
- Beanie Baby meditation/Beanie on head
- Walking meditation, then a discussion...what did you notice? How can you use your 5 senses to connect with nature

### **More Resources for Purim**

- [Teaching Purim to Kids](#)
- [Purim Resources for Children](#)