



TU B'SHEVAT YOGA BREAKS

BLISS, Song or Game, Meditation

SUGGESTIONS FOR A BLISS

Tu B'Shevat: The New Year for Trees

Tu B'shevat is sometimes called "The New Year for Trees". Let's celebrate by planting lots of new seeds! First we have to PLOW the field and then we can PLANT OUR SEEDS (touch wiggling toes to get your "seeds"). That's great! Keep it up! PLOW & PLANT! PLOW & PLANT! (*make planting your seeds very silly*) What types of seeds do you think we planted? FLOWERS?! (ask yogis what types of flowers they are) What a beautiful gift for the BUTTERFLIES in our garden this spring!!! What else did we grow? Of course! TREES!! (slowly stand up and grow into tree pose) Tu B'Shevat is the New Year for TREES!

SUGGESTIONS FOR SONGS & GAMES

Kidding Around Yoga

- Yoga Nagila
- Orange You Grateful

Jewish Folk Music

- It is a Tree of Life

Games:

- Mayim, Mayim, Gadal/ Water, Water, Grow! (duck, duck, goose)
- Pass the Orange

- Red Light, Green Light, Tree / Adom Or, Yah-Rok Or, Etz

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*)
- Partner Tree Pose: Have everyone stand in TREE, hands touching. Someone tries to blow them down. (don't forget to breathe through your nose!)

Meditation

- Shalom Begins With Me
- Beanie Baby meditation/Beanie on head
- Walking meditation: focus on the details of trees (size, color, texture, scent...)

More Resources for Tu B'shevat

- [What is Tu B'Shevat](#)
- [Tu B'shevat Resources and Activities](#)
- [More Information about Tu B'Shevat](#)