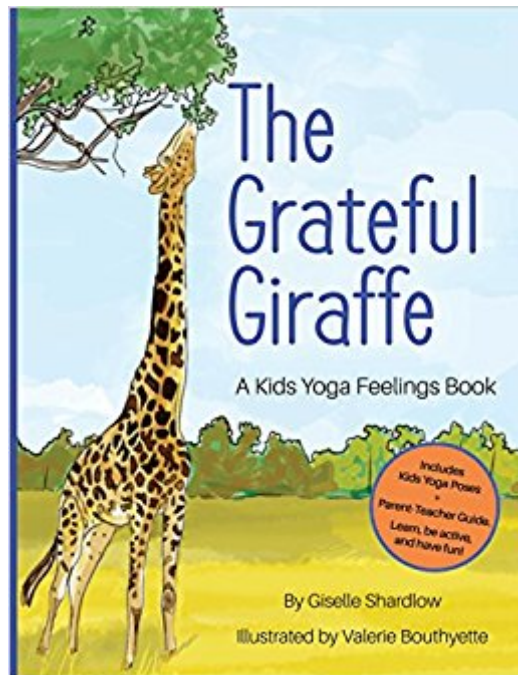




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# The Grateful Giraffe: A Kids Yoga Feelings Book



## Synopsis

Express your feelings through yoga poses for toddlers! Join our six yoga kids from around the world as they learn about various animals and relate their behaviors to our feelings. Be a caring koala, a cranky crocodile, or a curious cat. Visit countries around the world, learn about various animals, and talk about feelings! This feelings yoga book for toddlers and preschoolers includes a list of kids yoga poses and a parent-teacher guide. Kids Yoga Stories introduce you to engaging characters who will get your child laughing, moving, and creating. Reading is good for the mind AND body! The book links several yoga poses to create a coherent and meaningful sequence for very young children. This feelings yoga story for ages 2 to 5 is more than a storybook, but it's also a unique experience for young children.

## Book Information

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## Customer Reviews

As a father and as a kids' yoga teacher, I think this book is simply awesome. It's a wonderful voyage that invites the kids to travel around the world, to learn about several animals, and also it introduces some different emotions by addressing simple feelings. The text is simple, which is very useful when you are reading stories to kids from 2 to 5 years old, but it can be easily expanded. The yoga poses correspond with pictures, and as they are in a good order, it helps a lot with the class flow. Also, you can encourage the children to make animal noises, making the class much more fun and also letting the kids spend more time on the poses. In addition, the feelings listed in the book can give you an excellent opportunity to work with the kids the expression of their own feelings. Finally, the parent-teacher guide is a wonderful tool if you are a parent and you want to introduce yoga to your children, or if you're a kids yoga teacher, it can simply be a source or a

reminder of how to teach yoga to children in a properly and funny way. - Martin

The Grateful Giraffe is a wonderful literacy prompt to encourage even the youngest children to communicate about their feelings. It's beautifully illustrated, and the corresponding pictures of the yoga poses are great visuals to support the mind-body connection. The text is simple, but provides the perfect starting point for both adults and children to be creative in deciding how to integrate music or props to extend the story and the yoga poses. The parent-teacher guide at the end is also a helpful tool for those who don't necessarily have a background in yoga or teaching. The Grateful Giraffe is another great resource by Giselle at Kids Yoga Stories to add to your collection! - Vicki

The Grateful Giraffe is a wonderful book for you and your child. The beautiful illustrations and easy-to-follow yoga poses are a great way to help your child learn and understand different emotions. The yoga sequence is appropriate for children still developing skills and is even more fun when you incorporate the sound effects from the story. The story also includes tips for flowing between the poses and advice for parents or teachers as they guide children on the journey to understand emotions. - Sarah

Giselle Shardlow has created another beautiful book that combines delightful, colorful illustrations with simple yoga poses in a smooth flow. I work with preschoolers with special needs who often have difficulty expressing and managing their emotions. This book will provide a lovely, gentle way to help them express themselves and help them understand what they are feeling. We enjoy all of Giselle's books, and I can't wait to introduce this one to my little kiddos! - Cindy

This is one of my favorite Giselle Shardlow books thus far! I work with preschoolers with special needs, so books with simple, but powerful text and vibrant illustrations are always a hit. I can think of many ways I can use this book in my language therapy sessions, from describing emotions to discussing animal attributes and actions to matching animals with their noises. The yoga poses add a movement element to my sessions for my kinesthetic learners. - Suzie

I wrote this feelings yoga book when my daughter was eighteen months old. It is intended as an introduction to feelings for very young children. I couldn't find many toddler yoga books at the time, so wrote this one for her. She loves animals, and she's a tri-cultural kid, so matching the feelings to animals around the world made sense. ã ã The Grateful Giraffe is meant to be a conversation starter, not a complete in-depth study of emotions. My daughter is an extremely sensitive, spirited child, so introducing these "big" concepts to her in a playful, light-hearted way has been more effective than intense books. Saying all that, my daughter just turned six, and she still loves this feelings yoga book, even though it is aimed at the toddler age group.

This is a sweet book featuring a variety of animals corresponding to yoga poses for children. I read the book and did the yoga flow with my kids one morning, and they really enjoyed it! The author has included tips for how to use the book and how to use yoga in general with kids, and I loved that! There are illustrations of kids performing the poses on each spread, which is very helpful for young ones who need information in as concrete a manner as possible. I also really enjoyed the flow--it was one that I could probably teach to my kids to use without the book eventually. There is an extra layer to this book--it is not just animals and movement. Each animal is also connected to an emotion. This requires context, of course, which can be difficult to create with just two short lines of text and a picture. Occasionally, that context felt awkward or forced. I would probably start with reading the book and showing the pose, and focus just on the animal and action. With repeated readings, we could begin to explore the emotions piece of each context, with or without the yoga aspect. (What does it mean to be grateful? Why was the giraffe grateful?) Animals are always fun and relatable, and since there is no clear theme to the types of animals--i.e., jungle, zoo, farm, etc.--it broadens the opportunities to use the book. To adapt for use in my classroom, I would use yoga chair poses, and if possible, display from my smart board so I would be hands free to demonstrate the full and adapted poses. I would also add some simple, calm music in the background. I'm always about finding multiple ways to use a resource, and Giselle included extra resources at the end for just that sort of extension. Hope you enjoy! There are others in her shop you might want to check out as well.

If you might enjoy cuddling with a child like a koala, galloping around with joy like a horse, or proudly sitting in hero's pose like peacock, the Grateful Giraffe is the perfect book for you and your child. Or maybe, as you lie in savasana, you notice a heaviness in your chest and you're able to compare it to a sad sloth. You and your child will enjoy reading and moving together while exploring how to cope with emotions like frustration and disappointment because we don't always feel happy. Children's moods are constantly changing. The Grateful Giraffe helps children identify feelings and then goes a step further to help them know what to do with the emotions. Yoga movement is an incredibly powerful tool to help teach about emotions both happy and not so happy. The Grateful Giraffe is a beautiful book to help your child understand the connection between feelings and what is going on around their world. A great book for play therapists, yoga teachers, or anyone who enjoys helping children understand that it's okay to feel whatever they are feeling. Thank you Giselle for another fine book.

Although currently out on summer vacation, I cannot wait to get back to the preschool and read *The Grateful Giraffe* to our kiddos. They will love the simple story and beautiful illustrations as well as the yoga poses. On a whim one day I introduced them to yoga (from one of Giselle's posters) after chapel and now if I forget to do it, they let me know. :) The poses in *The Grateful Giraffe* are simple enough that even my 2 yr olds will be able to do some of them. I like that the story opens the door to talk more about both feelings and animals. The instructions from Giselle on how to read and interact with the kids are a bonus. I will also be incorporating the relaxation part at the end - Giselle's explanation of its importance was spot on and can only help our busy preschool students.

We love *The Grateful Giraffe*! from the variety of animals (and sounds) to the yoga flow. The interactive body movements and the short passage are a perfect blend. *The Grateful Giraffe* features animals and yoga postures and feelings. At the end of the story, Ms. Shardlow includes the flags of the country that the animals are from. As a teacher, I know that I can use this helpful reference. Also at the end of the book, all the yoga moves are explained, and the feelings are matched with the animals. Kids love animals, kids love yoga. My students that I shared the story with LOVED this book, too! The animal with noises-yoga connection made it easy for the kids to remember the poses-feelings and animals, too! Great for any story time!

I love *The Grateful Giraffe* as a simple feelings book as it is geared around nature and animals but simply addresses feelings. The illustrator portrays realistic illustrations that are inviting. As with all of her books, Giselle incorporates yoga poses with corresponding pictures. It is beneficial for early readers that each picture or pose be close to the illustration. The text is simple yet the feeling can be expanded. The sound or motion that each animal makes with a rhyming rhythm is good for early readers. Children can be encouraged to make the noises or sounds of the movements with each yoga pose for a multi-sensory aspect. The simple minimal text will allow me to stop and have students spend more time on the poses. I can see students adding a singsong rhyme and pose for other desired animals. The list of poses near the end will be great for follow up Occupational Therapy sessions or for those shorter in length or for those students who need more practice. The parent teacher guide offers important yet not cumbersome information. The list of feelings can also be beneficial to students to help express their own feelings or to utilize in a writing lesson. This book makes a great addition to my collection of yoga books by Giselle. I love the motivational ways to combine movement and learning and adding social/emotional strengths for the benefit of all of my students.

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