Have students space themselves on the carpet side by side, so they are close to (but not) touching when they are sitting as a seed. Read the narrative and model the yoga sequence step by step as children follow along.

Ask students, “Even though you had enough room as a seed, did you have enough room to grow to your fullest stretch?”

Have students space themselves on the carpet side by side, so they are close to (but not) touching when they are sitting as a seed.

Read the narrative and model the yoga sequence step by step as children follow along.

Ask students, “Even though you had enough room as a seed, did you have enough room to grow to your fullest stretch?”