



Activity: Pollinator Yoga

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Grade	K-5th grade
Time Allotted	10-15 minutes
Activity Outcome	Children learn about different pollinators while participating in a physical activity and mimicking the process of pollination.
Instructions	<p>Mimic a variety of pollinators while you lead them in a themed exercise, talking about each pollinator/pollination word in a calm, relaxed voice as the children go through the exercises. The first one could be “bee pose” where you have the kids stretch their arms out and lean to each side, acting like a bee moving from flower to flower. Other simple poses could include “bat pose” where the kids bend at the waist and hang their heads and arms down loosely. “Butterfly pose” has you leading the kids in sitting on the ground, bringing the soles of their feet together and folding their knees into what look like wings. From there, move in to “flower pose” by taking a deep breath and balancing on your seat bones; cross your arms crosswise under your legs with your palms facing up</p>
Supplies per Participant	<ul style="list-style-type: none"> • None needed