



Mike the Cosmic Space Monkey Kids Yoga Class Plan



In this adventure we learn about EMPATHY and RESPECT for others. We help Mike rescue our friends from the evil alien mudfish Snarge. But we also put ourselves in Snarge's position and learn to see things from his point of view. This is a fun space story which I find works best with kids aged 5+. Enjoy!

Jaime x



Set in Space!



Empathy
Respect for others



Best for
4 to 8 year olds



[Watch Jaime leading this adventure on YouTube](#)

green television screen on his tummy, **rubbing our tummies with our hands** to help to find which part has gone to sleep to get myself switched on.

Can you tell when you feel tired?
What helps you refresh and feel energised again?

We will hear a funny sound as an extra warning! BEEP BEEP BEEP
NAA (Demo your chosen sound effect now!)

know about Spartz-24 and his battery warning, we can go on to a **lying car (yoga train/roller coaster)** - if you're in a class you can sit behind the other or with the children **individually** and we take a city tour. Wow it's so cool as we whizz round on the train, leaning all the way back, and **downhill**, leaning forward from the back and up!

and we see tall buildings in the river and fluffy clouds in the sky.

dog pose
Spartz-24 spins
and bows (guppy
pose) to say a
happy Robodog
Thank you!

front paws?
they still twist

Maybe it's his
shoulders? Going
up, down, down...
Well they seem to
work.

Maybe it's his
ears?
Let's lean forward
on all fours and say
"Hello... Spartz-24!"
- Nothing! It's his
EARS!

We switch on his
special **ear switch**
(rub ears) and all of
a sudden he can
hear again!

Spartz-24 leads us
to the yum yum
telephone. We say
what we'd like.

Once again we hear
the **funny noise**. His
tummy has turned
red! We check
his **back paws**.

Yes! - Let's
switch our eye
camera.

Character image

Mike's Maze

Things to remember

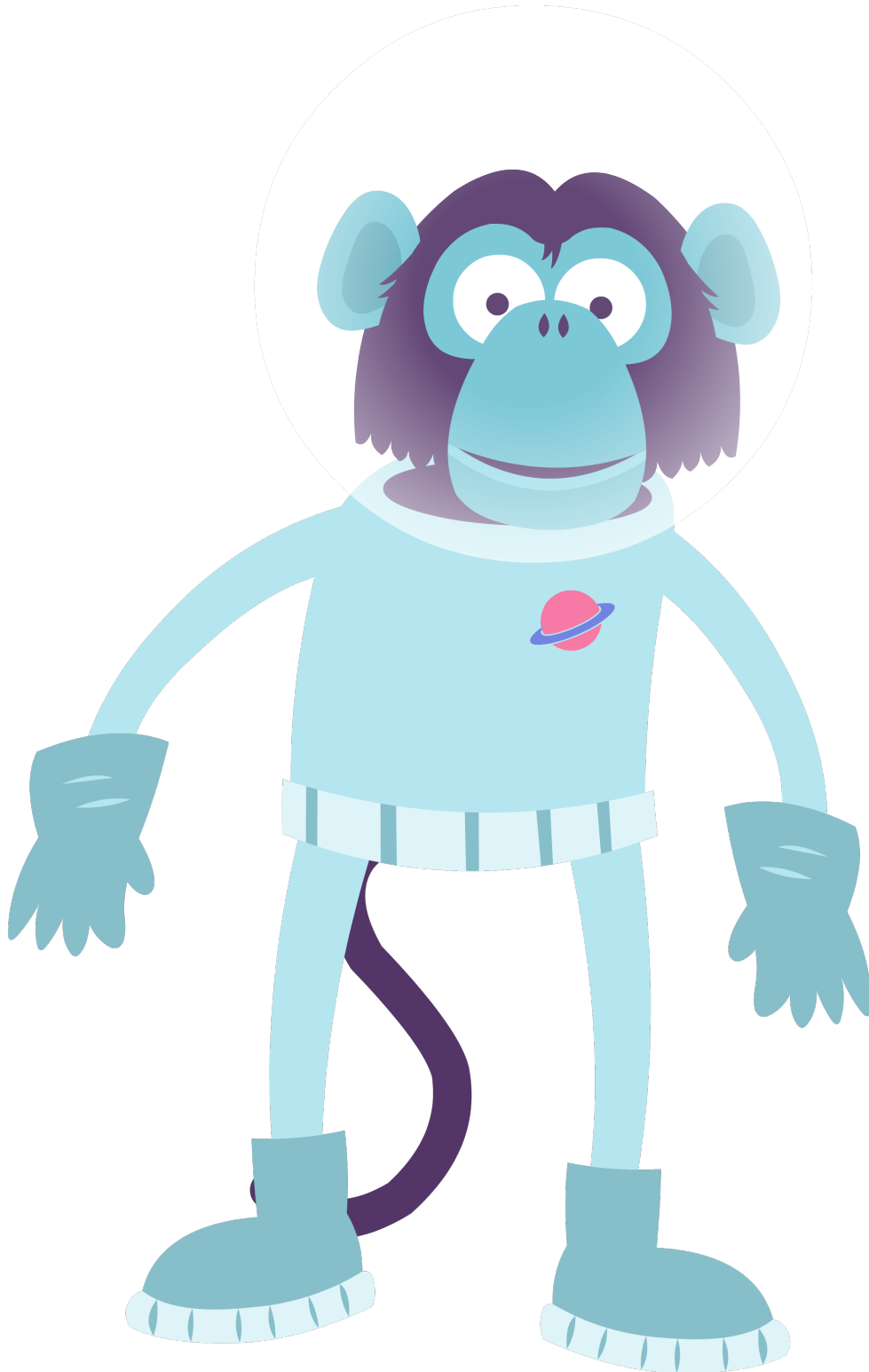


A print out of the character image and the picture of the future, to inspire the kids!



Paper and pencils if you plan to draw and colour in in the session.

Mike the Cosmic Space Monkey



Mike the Cosmic Space Monkey - Story Script

Today we are embarking on a special space mission with a super cool friend. His name is Mike and he is a monkey... a chimpanzee. Let's do **10 monkey jumps** to get ready to meet him!

Mike is no ordinary chimp... He is an astrochimp! Mike is getting ready to be launched into space in his very own **rocket**. We are going to meet him at the space base as he prepares for his mission.

We make a **sandwich** for our journey, twisting each way to get our yummy fillings. (Ask the children what they'd like in their sandwiches.) Then we board a **train** (on the spot individually or as a group around the room). The train clickety clacks us all the way to the airport.

We fly on an **aeroplane** first on **one side** and then on the **other!** *Neeeeooooow!* And when we arrive we are met by Mike at the Space Base who gives us a great big **hug**. Mike needs our help and support to complete his mission successfully. He feels brave and confident and is ready to get to work. We follow him, down through the **tunnels (dog pose)** into a secret bunker. In a grey room which has no windows we see a **table**. On the table, a **red telephone rings** and flashes... *Bbbrrringg bbbrrring!* Mike **answers it** (picking up one of our feet and holding it to our ear.) He hears the following message: "Your friends have been captured by the evil alien mudfish Snarge on the space station. You must rescue them at once!". Mike puts the phone down. Then the **blue telephone rings** *Bbbrrringg bbbrrring!* Mike **answers...**(pick up other foot). "Your friend Muttnik the astro dog will be there to meet you and help with Snarge. Hurry!" Mike puts the blue phone down and we waste no time!

We jump into Mike's **rocket**. He closes the rocket door. Jump your feet together, **fold forward and sit down**. We put on our earpiece so we can hear important messages from the Space Base - **rubbing our ears** to set it in place. Then our **mouth piece (massaging our jaws)** so we can speak to the Space Base and be heard loud and clear. Mike checks the control panel **twiddling all the knobs (using our toes as the knobs)** ready for take off. **Countdown** now begins. Into position - we bend our knees, hands behind our bottom and lift our hips as we count. 5,4,3,2,1 BLAST OFF!!!!

We rumble and jumble (**jiggling in seated wide leg forward bend**) with the speed and power sending us into orbit. Then silence as the rocket coasts (**candle pose**). Legs up straight, arms out to the sides. Mike steers using the **pedals (bicycle pose)**, hands behind your head pedalling slow then fast, slow then fast.

We're here! We tuck into a **little ball (mouse pose)** and land on the space station. GGGUuuw. Coming forward into **snake pose** onto our tummies, hands under our shoulders, we wiggle up, lifting our chest to peer through the rocket window **forwards and side to side** to see what's going on.

Shall we go and explore? Yesss!!

We lift up into **dog pose**, walk our feet forward to meet our hands in **ragdoll pose**, then bending our knees a little we roll up, opening the rocket door reaching to the stars and waving **"Hello Space!"** Mike wiggles into his space suit **wiggle, wiggle, wiggle, wiggle, wiggle**, and takes **one small step (step walk twist)** for monkeys, looking to the side, then **one giant step (other side - big sticky mud walk step)** for monkey kind, looking the other way.

All of a sudden a **door** in the side of the space station opens (**door pose**). Out comes Muttnik the Russian astro **dog**! Hands down, press your feet and lift your bottom and let's hear Muttnik's Woof, woof, woof. Mike is pleased that we have Muttnik to help us rescue our friends. We look through our **Cosminoculars** joining your finger and thumbs together, to see if we can spot Snarge. There he is, in his mud **bowl**. Lying on your tummy, lift your feet to your bottom and reach and grab your ankles making a bowl shape.

Muttnik **donkey kicks** his back legs to release hover boards for us. They are a bit like **skateboards** but without the wheels! Like **surfers**, we jump on, one foot forward, one foot back, arms out wide and whoosh off we go. We **jump our feet round the other way** to go round a corner and stop outside Snarge's mud bowl. Time to take **3 deep breaths (dragon fire breaths)**, to clear our minds and prepare to meet Snarge. Criss cross your fingers, put them under your chin, now take a big breath all the way in! Lift your elbows to frame your face, and now breath out up to the sky. And again, breath in, lift your elbows, breath out. Last time, breath in all the strength we can, and now breath out any worry.

When we are facing a challenge, we can breathe to steady our nerves and feel calm.



It's time. With Mike and Muttnik we take a **big squelchy step into the mud**, and another on the other side. Snarge sees us and says: *"Good evening Mr Mike, Mr Muttnik... Come to save your friends? Mwa Mwa Mwa Mwa Mwa!"* Trapped in a cage are poor Gladys the **spider**, tikka, tikka, tikka, tikka tikka your fingers like a spider back and round the outside of your feet. With Gladys is **Tommy the bedtime turtle**. Sitting on our bottoms, legs out wide and knees bent, sliding our arms under our knees and folding forward. These are Mike's friends - they are also our friends - and Mike doesn't like seeing them so afraid. Mike, **stands tall (power pose)** and says *"Please Snarge, see how they fear you. Let them go!"*



We are brave and will speak up for what is right

"Silence!!!" Cries Snarge... *"I don't care how they feel, I only care about me and my feelings"*

At that moment the whole mud bowl begins to **rumble and shake! (legs and arms wide we shake our body)**. It's a Cosmic Storm! **Millions of mini meteors (raining)** rattle against the space station and it starts to **spin (standing spin)**. Time to get out of here!

Snarge is rolling in the mud, lying on his back holding his feet like a **(happy) baby**, crying 'HEEEELLLL!'. Mike **crawls on all fours** (reaching opposite foot and arm on each side) over to the cage and pops it open. Gladys and Tommy scuttle free! We all **run (slow motion on the spot)** towards the exit. We cross over the **bridge** heading to the escape pod when Mike suddenly stops....

"We can't leave Snarge behind. He's helpless and is really frightened. We have to forgive him. I'm going back!" Mike runs back to find Snarge in **mouse pose** crying with fear. On seeing Mike, Snarge sits up kneeling and says "I'm so sorry. Please forgive me. I promise I'll be nice from now on. Please don't leave me." Mike believes Snarge and using **woodchopper pose** he lifts the alien mud fish onto his back. With Snarge on his back, Mike **clomps (dinosaur pose without holding ankles)** through the mud to the escape pod.



Can we imagine what a situation looks like from another's point of view?
How do they feel?

All squashed together, **huddled up (knee hugging)**, in the escape pod, we zoom back to the space base, **rocking and rolling all the way**. When we get back everyone gives us a great **cheer!**

And Snarge, keeping his promise, agrees to help the space base learn all about alien mud fish.

Mike is very happy that Snarge realises the error of his ways and is ready to have a rest. So are we! He leads us to his favourite place, a big comfy couch and there's one for us too. We **lie down and close our eyes**.

Relaxation

We feel our body become soft and heavy. Our feet drooping out to the sides and our arms now peacefully placed down by our sides. Inside our heart beats and we feel the breath moving in and out of our tummies. What a lovely snuggly feeling and a very happy ending. It was great that Mike could forgive Snarge and keep a calm head in all that scariness. Sometimes we just need to breath and think about how others are feeling, just like Mike the Cosmic Space Monkey did. It's lovely to take a few moments to be still and calm. Slowing down and finding some peace inside.

Let's think of someone we know... it maybe someone in our families or a friend or someone in the room with you now. Let's send a happy wish their way and see if we can imagine how they might feel receiving this happiness. Being aware of how others feel will help you in all that you are and do. This is called empathy.

Let's breath now a few more times and raise our arms above our heads and stretch our legs and feet down and long making our bodies as long as spaghetti. Ahh. Now curl your knees up and nuzzle up to them, rolling over onto our side.

Here is a count of 10 before we'll slowly come back up to sitting.

Follow-on Activity (Mike the Monkey's Maze Puzzle)

Print and handout copies of Mike the Monkey's Maze along with pencils to draw the route through the mud to the rocket.

Maze puzzles take concentration and patience to work out which way to go, so they are a lovely peaceful but focused activity to do at the end of class.

If time doesn't allow, the children can take their puzzles home to enjoy doing later.



Mike the Cosmic Space Monkey - Pose Summary



Let's do **10 monkey jumps** to get ready for our mission today.



Mike is getting ready to be launched into space in his very own **rocket**.



We are going to meet him at the space base. We make a **sandwich** for our journey...



...twisting each way to get our yummy fillings.



Then we board a **train (group pose if poss)** which clickety clacks to the airport



We fly on an **aeroplane** first on **one side** and then on the **other!**
Neeeeooooow!



Mike meets us at the Space Base with a big **hug**.



We follow him, down through **tunnels (dog pose)** into a secret bunker.



In a grey room which has no windows we see a **table..**



A **red** and then a **blue telephone rings**. Mike **answers** it (and hears about Snarge and Muttnik!)



We jump into Mike's **rocket** and close the door.



Jump your feet together, **fold forward**



and sit down.



We put on our earpiece so we can hear the Space Base - **rubbing our ears** to set it in place.



Then our **mouth piece (massaging our jaws)** so we can speak to the Space Base



Mike checks the control panel **twiddling all the knobs (using our toes as the knobs)** ready for take off.



Countdown now begins. We **lift our hips** as we count. 5,4,3,2,1 BLAST OFF!!!!



We rumble and jumble into orbit (**jiggling in seated wide leg forward bend**)



Then silence as the rocket coasts (**candle pose**).



Mike steers using the **pedals (bicycle pose)**



We're here! We tuck into a **little ball (mouse pose)** and land on the space station.



We peer through the rocket window (**snake pose**) looking forwards



and **looking side to side**



We lift up into **dog pose**,



...and walk our feet forward to meet our hands in **ragdoll pose**.



And roll up, opening the rocket door reaching to the stars and waving "Hello Space!"



Mike wiggles into his space suit **wiggle, wiggle, wiggle, wiggle**



and takes **one small step (step walk twist)** for monkeys, looking to the side,



and **one giant step (other side - big sticky mud walk step)** for monkey kind, looking the other way



All of a sudden a **door** in the side of the space station opens (**door pose**).



Out comes Muttnik the Russian astro **dog!** Woof woof!



We look through our **Cosminoculars** to see if we can spot Snarge.



There he is, in his mud **bowl**.



Muttnik **donkey** **kicks** his back legs to release hover boards for us.



Like **surfers**, we jump on (**both ways**) and ride to Snarge's mud bowl



We take **3 deep breaths (dragon fire breaths)**, to clear our minds



We take a **big squelchy step** into the mud. Snarge laughs, "Here to save your friends?"



Trapped in a cage is poor Gladys the **spider**



and **Tommy the bedtime turtle**. Mike doesn't like seeing them so afraid!



Mike, **stands tall (power pose)** and says *"Please Snarge, let them go!"*



Silence!!! Cries Snarge. Suddenly the whole mud bowl begins to **rumble and shake!**



Millions of mini meteors (raining) rattle against the space station



and it starts to **spin (standing spin)**. Time to get out of here!



Snarge is rolling in the mud, lying on his back holding his feet like a (**happy**) **baby**, crying 'HEEEELLLP!'.



Mike **crawls on all fours** over to the cage and pops it open. Gladys and Tommy scuttle free!



We all **run (slow motion on the spot)** towards the exit.



We cross over the **bridge** heading to the escape pod when Mike suddenly stops...." *We can't leave Snarge behind."*



Mike runs back to find Snarge in **mouse pose** crying with fear. Snarge says, *"I'm so sorry. Please forgive me."*



Using **woodchopper pose** Mike lifts the alien mud fish onto his back.



With Snarge on his back, Mike **clomps (dinosaur pose without holding ankles)** through the mud to the escape pod.



Huddled up (knee hugging), in the escape pod, we **rock and roll** back to the space base.



When we get back everyone gives us a great **cheer!** And Snarge, keeps his promise, to help the space base learn all about alien mud fish.



Mike leads us to a big comfy couch and we **lie down and close our eyes.**



For more detailed guidance on how to instruct the poses, download our 253 page [The Big Book of Kids Yoga Postures](#)

- 220 kids yoga poses, including partner poses and breathing exercises
- 400 high quality pose images
- Clear, child friendly instructions into each posture
- Anatomical focus, benefits and contra-indications for each pose
- Teaching tips to make the poses work for kids
- A linking index to each pose

Help Mike find his way through the mud back to his rocket!

