

## ***Activity: Farm Animal Yoga***

**Activity Level: Basic**

Source: Iowa Ag Literacy Foundation

### **Purpose**

Students explore the many animals that live on a farm through the instruction of yoga poses.

### **Example Topics It Supplements**

Following directions

### **Activity Snapshot**

1. Organize and Prepare Supplies
2. Read Background Information
3. Interest Approach
4. Conduct Activity  
Read the story "Farm Animal Yoga." Have students follow your lead for practice and repeat the steps to act out the steps. Hold each pose for 30 to 60 seconds and then relax and transition to the next pose.
5. Ask follow up questions and make the connection to agriculture.
  - a. What kind of animals live on a farm?
  - b. What jobs does a farmer do on a farm?

### **State Standards It Supports**

LA 1.3.2a Develop active and attentive listening skills (e.g., eye contact, nonverbal cues, recalling) for multiple situations and modalities.  
LA 1.3.2c Complete a task following one/two-step directions.

### **Materials**

- Farm Yoga Story

### **What's the Connection to Agriculture?**

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**PROCEDURES:**

1. Organize and Prepare Supplies

Read through the Farm Animal Yoga Story. Print the story to share with the class.

2. Background Information

Yoga may not be for everyone, but can provide improved flexibility, better posture, increased blood flow, and increased focus.

Practice healthy living with yoga poses based on things you would see at a farm.

3. Conduct Activity

- a) Hold each pose for 30 to 60 seconds and then relax and transition to the next pose as the story continues.

4. Ask Follow Up Questions and Make the Connection to Agriculture

- a) What was the scarecrows main job?
- *To keep the birds away from eating the corn.*
- b) What did the farmer use the pitchfork for?
- *To clean the old straw and bedding from the cows barn.*
- c) Why does the farmer use the tractor?
- *To plant seeds in the field or move big bales of hay.*
- d) What kind of animals live on a farm according to the story?
- *Duck, dog, cat, cow, mouse, and pig.*
- e) What kind of tools does a farmer use to work according to the story?
- *Scarecrow, pitchfork, tractor, and gate.*

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**Activity Card #1—Play Dough**

**Materials:**

|                                  |                    |
|----------------------------------|--------------------|
| 2 containers (one microwaveable) | 2 cups water       |
| 2 ½ cups flour                   | 2 Tbsp. liquid oil |
| ½ cup salt                       | Food Coloring      |
| 1 Tbsp. alum                     |                    |

**Procedure:**

1. Mix flour, salt, and alum in a container (container 1)
2. Mix water, liquid oil, and food coloring in the second container (container 2)
3. Place container 2 in the microwave until boiling
4. Pour heated liquid (container 2) over the dry ingredients (container 1)
5. Mix with a spoon
6. When cooled, knead the play dough with hands. Add more flour if the dough sticks to your hands.
7. Have fun!

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**Activity Card #2—Rainsticks**

**Materials:**

|                              |                    |
|------------------------------|--------------------|
| Paper towel tube             | Construction paper |
| Seeds (corn, soybeans, etc.) | Glue/Tape          |
| Aluminum foil                | Scissors           |

**Procedure:**

1. Glue or tape construction paper to cover one end of the tube
2. Twist two thin pieces of aluminum foil that are 1 ½ times the length of the paper towel tube into a spring shape
3. Put the aluminum foil in the tube and add 1/10 full of seeds
4. Glue or tape construction paper to cover the other end of the tube
5. Decorate the tube
6. Turn the tube back and forth to create the sound of rain! Discuss why rain is important in agriculture.

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**Activity Card #3—Corn Putty**

**Materials:**

1 cup cornstarch  
1 ¼ Tbsp. water  
Food coloring  
Container/bowl

**Procedure:**

1. Put all the materials in a container or bowl
2. Blend mixture with fork
3. Mixture should flow when the bowl is tipped, but feel solid when you touch it
4. If it is too thick, add a little water/if too runny, add a little cornstarch. Enjoy!

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**Activity #4—From Milk to Glue**

**Materials:**

|                    |                   |
|--------------------|-------------------|
| ½ cup milk         | Small cooking pot |
| 2 tsp. vinegar     | Small mixing bowl |
| ¼ tsp. baking soda |                   |

**Procedure:**

1. Pour ½ cup milk into a small cooking pot
2. Heat the milk slowly, stirring the milk until it is hot, but not boiling
3. Remove the pot from heat
4. Add 2 tsp. vinegar and stir; lumps will begin to form
5. Pour off the liquid and rinse the lumps in cold water. These lumps are called casein, which is milk protein
6. Pour the lumps into a small mixing bowl and add ¼ tsp. of baking soda
7. Slowly add a little water and stir until mixture becomes pasty
8. You have made milk glue!
9. Store in a covered container in the refrigerator to keep from drying out

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**Activity #5—Fruity Fundough**

**Materials:**

|                         |  |
|-------------------------|--|
| ¾ cup all-purpose flour | 1 envelope (.15 oz) soft drink mix (e.g. Kool-Aid) |
| ½ cup salt              | ¾ cup boiling water                                |
| ½ cup cornstarch        | Medium mixing bowl                                 |
|                         | Dishcloth  |

**Procedure:**

1. In a medium mixing bowl thoroughly blend flour, salt, cornstarch, and drink mix
2. Gradually add boiling water, stirring constantly with a wooden spoon until mixture forms a ball (mixture will not look blended)
3. Cover dough with a damp dishcloth and let stand five minutes
4. Knead warm mixture until smooth and blended, about three minutes
5. Cover dough with a damp dishcloth and let stand for 10-15 minutes until completely cooled. Play!
6. Store dough in a sealed container

Farm Animal Yoga

Iowa Ag Literacy Foundation

Hold each pose for 30 to 60 seconds and then relax and transition to the next pose, as the story continues.

*There once was a **SCARECROW** that stood overlooking a field and a farm. From his vantage point he could see all of the farm. His main job was to keep the birds away from eating the corn. He was so good at his job that there weren't very many birds around. He had a lot of time to watch the farmer go about his daily chores.*



*The farmer woke up bright and early (before the sunrise!). After feeding the cattle, he grabbed his **PITCHFORK** and headed inside the barn. He had to remove all of the old straw and bedding that the cows slept on. Then he replaced it with fresh, clean straw. He knew that big farms do this with tractors and machinery. But he only has a few cows and still has time to do it by hand.*



*The farmer does have a tractor and he uses it to plant seeds in the field or move big bales of hay around. The scarecrow saw the farmer **DRIVING-A-TRACTOR** toward the haystack. The farmer loaded up a big bale of hay. He will mix that with corn, soybeans and other ingredients to make a delicious dinner for the cattle.*



*After mixing the cattle's dinner, the farmer drove the tractor back through the farm **GATE** and into the machine shed.*



From the machine shed he could see a lone **DUCK** swimming in the pond. The duck swam round and round in circles creating ripples in the still water.



The **DOG** sat at the edge of the pond watching the duck. The dog knew that if he tried to chase the duck the duck would just fly away.



The **HAPPY CAT** sat on the porch of the house. He was content in knowing that the dog was occupied with watching the duck. The happy cat had the house all to himself.

The farmer made his way back to the barn to see if the cattle were done with their breakfast. One **COW** was mooing loudly. It was as if she was telling the farmer that it was time to start milking. The farmer guided her into the stall and hooked up the automatic milker. He knew that this delicious milk might be in grocery stores by the very next day.



One after another the farmer guided the cows into the stall to be milked. When the milk truck came to pick up the milk from the farm, the farmer opened up the door to help guide the trucker. A tiny **MOUSE** scurried across his boot.

*When the milk truck drove away the farmer went to check on his pigs. Usually pigs live inside where they are protected from cold, sun, and predators. But today was such a nice day that the farmer had opened up the barn to allow them to roam in an outdoor pen. One large **PIG-IN-MUD** was rolling around and having a great time!*



*The farmer swore the pig was trying to make a **MUD-ANGEL**.*



*After a long day of caring for his animals, the farmer laid down in the cool grass. He looked up*



*at the dark sky for a little **STAR GAZING***

