



I AM THE  
**JUNGLE**  
STORY TIME KIT



Celebrate the joys of yoga, imagination, and the natural world.

Host a story time at your library, bookstore, or studio—or engage in these activities at home.

Roar like a lion, flow like a river, and slither like a snake. *I Am the Jungle: A Yoga Adventure* is a full-color, illustrated picture book for ages 4 to 8. In addition to introducing young readers to yoga, it helps them identify and connect to the emotions associated with each pose. *I Am the Jungle* celebrates the joys of yoga, imagination, and the natural world.



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# Story Hour Tips

1. **Promote your story time event:** Use the last page of this kit for a promotional flyer, poster, or invitation.
2. **Prepare a comfortable space with any resources you'll need:** Choose a spot where all the kids can sit in a circle as well as have space for engaging in activities. Some involve materials while others involve only their imagination and presence.
3. **Read the story first:** Read the book to the group to help them get acquainted with the story, the characters, and the yoga poses. There's so much to look at in these pages; take your time!
4. **Try the poses together:** Read the book again, and this time do the yoga poses together.
  - It's helpful to have one person holding and reading the book and a second person doing the poses with the children.
  - Start by taking slow, deep yoga breaths and exhaling long and slow.
  - Ask the children if they'd like to read it one more time to try the poses again.
5. **Discuss the yoga story experience:** Invite the children to talk about their experience, for example:
  - What was your favorite pose from the book?
  - What was the most challenging pose?
  - How did the poses make you feel?
6. **Engage in complementary activities:** If time allows, you can lead the children through the activities in this kit.
7. **Share the kit with parents and caregivers:** Encourage others to visit [soundstruekids.com](http://soundstruekids.com) to download this kit for free, plus watch a video of the author reading the story.



*I Am the Jungle*  
Yoga Positions Card Deck

1. Cut out each card to help children remember each fun pose and its name.
2. For groups, give each child a card before you read the story. Ask them to raise their hand when you read about that pose.
3. Pair children up to teach each other their poses.



**Upward Salute**



**Mountain Pose**



**Tree Pose**



**Half-Moon Pose**



**Goddess Pose**



**Wide-Leg Forward Fold**



**Lion Pose**



**Cobra Pose**



Seated Forward Bend



Fish Pose



Bound Angle Pose



Easy Pose

I feel  
calmest in

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pose.

I feel  
silliest in

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pose.

I feel  
strongest in

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pose.

I feel most  
peaceful in

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pose.

Thanks for  
doing yoga  
with our  
jungle  
friends!



# I Am the Jungle Wildlife Checklist

There is so much to explore in *I Am the Jungle*! As you read the book to children, they can check off the jungle animals and birds they see. If they have their own copy of the book, they can take their time going through each page to explore all the details closely.



forester butterfly



tiger fish



turaco



kingfisher



hornbill



bee-eater



rock python



tree agama



rock agama



red-tailed monkey



golden monkey



black and white colobus



leopard



gorilla



hippopotamus



elephant



lion

# World Animal Days

Every year wildlife organizations honor animals by designating a day to celebrate what they bring to the world—and to raise awareness about protecting them from becoming endangered species. Use this activity to discuss specific animals in the book and what it means to be endangered.

## World Lion Day (August 10)

Each year on August 10, lion lovers around the globe use this day to celebrate one of the most majestic species to walk the earth, and bring awareness to the declining population of lions.

*What do you like most about lions? What are ways we can help protect lions?*



## World Elephant Day (August 12)

World Elephant Day was launched to bring attention to the urgent plight of Asian and African elephants. The elephant is loved, revered, and respected by people and cultures around the world, yet we balance on the brink of seeing the last of this magnificent creature.

*Name three things you know about elephants. If you were an elephant, how would you see the world differently?*



## World Gorilla Day (September 24)

This is a day to take action in the conservation efforts to protect gorillas in the wild. Due to intensive protection, mountain gorillas have improved from critically endangered to endangered. All other subspecies of gorillas are still critically endangered and facing serious decline.

*Did you know that gorillas are some of our closest relatives in the wild? What are ways that humans and gorillas are alike?*



## Create a World Animal Day of your own.

Pick another animal from *I Am the Jungle* and create a day to celebrate it. What do you appreciate about this animal? What special things could you do on this day? Create a poster to announce this day (see next page).



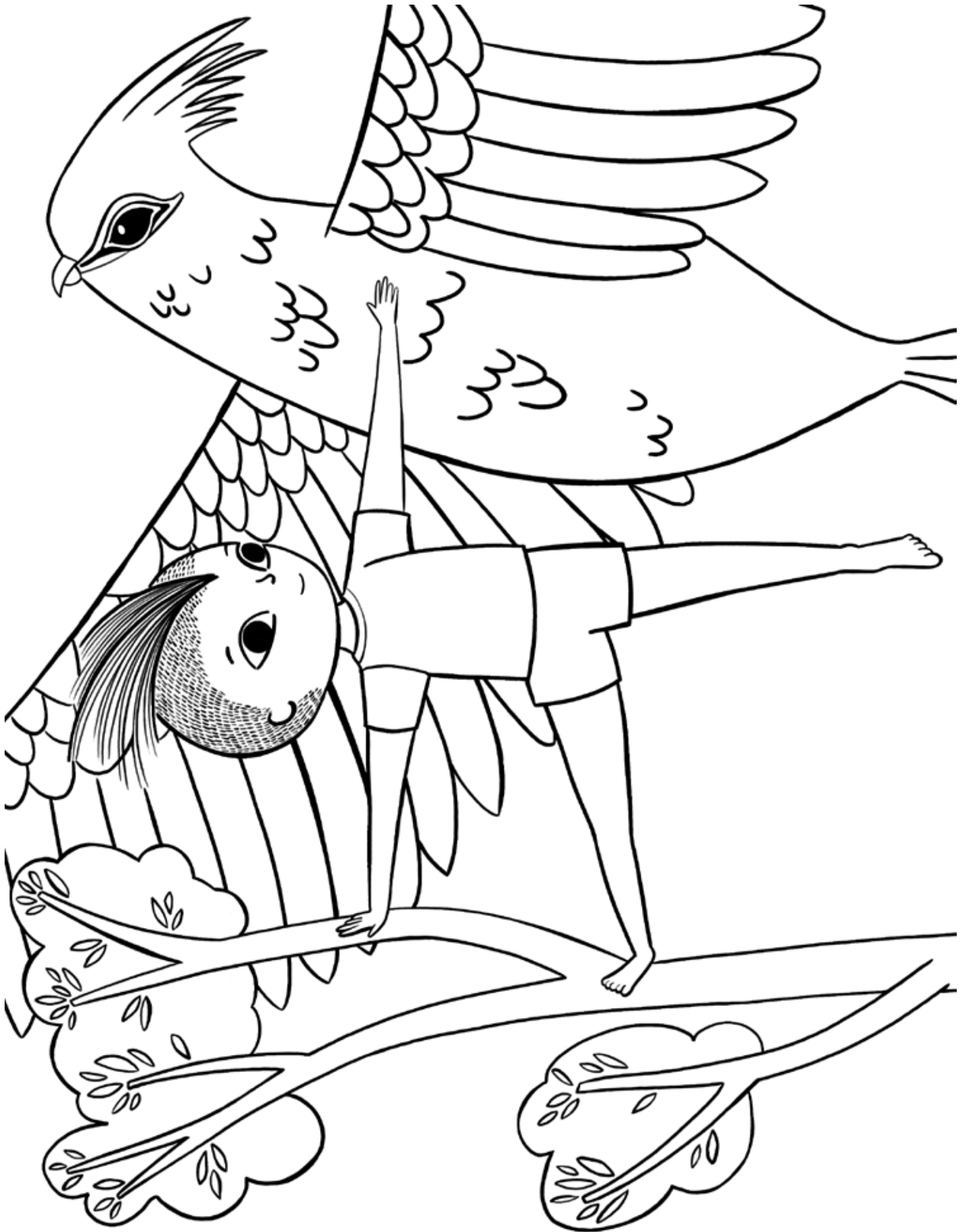
# World

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# Day









## About Melissa & Katy



### **Melissa Hurt, *I Am the Jungle* Author**

- Really good amateur baker
- Swimmer, yogi, strength trainer
- Sister to two lovely ladies (she's an identical twin as well!)
- Has two graduate degrees in theatre (MFA and PhD)
- Certified voice, speech, and movement trainer
- Will bust into a dance to a good song playing ANYWHERE
- Has lived on the East Coast, South, Pacific Northwest, and Midwest of the USA as well as in Sydney, Australia



### **Katy Tanis, *I Am the Jungle* Illustrator**

- Children's book writer and illustrator
- Jungle explorer
- Slightly obsessed with her nieces, nephews, and many other small primates
- Masters student in biology taking many of her classes at the Bronx Zoo
- Iced tea connoisseur
- Roller sport enthusiast
- Wannabe nomad who spends most of her time in California & New Jersey

# Come to Our Jungle Story Hour!

We'll set off on a wild jungle adventure  
and try some fun yoga poses.

Date and time:

Location:



We can roar like a lion, slither like  
a snake, and flow like a river.