

FREE PRINTABLE RESOURCE

URSULA THE ROLY POLY UNICORN

A Yoga-For-Kids Adventure About Self-Esteem and Learning to Love Yourself Just as You Are

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Important Reminder:

While great care has been taken to ensure the safety of the poses and activities included, it's essential to remember that every child is unique. Please be mindful of each child's individual abilities, physical condition, and comfort level when attempting the poses.

Yoga is a personal practice, and each child may experience it differently. We recommend encouraging parents and guardians to supervise their children during the yoga sessions (or obtaining a signed waiver from parents and guardians) and adapt the poses as needed. If a child has any existing medical conditions or concerns, we recommend the parent/s or guardians consult with a healthcare professional before engaging in these activities.

Children should always practice yoga in a safe and spacious environment, free from any potential hazards. Clear the space of any objects that could cause tripping or injury, and ensure that the surface is comfortable for sitting and lying down. Monitor the children during the class.

This book is intended to inspire a love for movement, mindfulness, and well-being in children. However, it is not a substitute for professional guidance. If there are any doubts or questions about a child's ability to participate in certain yoga activities, please seek advice from a healthcare professional.

This document has been designed to be used in conjunction with the book. The book can be purchased from Amazon, 42yoga.com.au, or Sminkworksbooks.com

Ursula the roly poly unicorn has rainbow hair and she can fly.

Ursula is very roly poly, so we are going to be roly poly too.

[Wind-relieving pose] Let's be roly poly. This one is called wind-relieving pose. Yes, really! Feel free to let go! Lie on your back and squeeze your knees in towards you. Bring your head to your knees. Roll around on your back

Ursula doesn't like herself. She doesn't know any other unicorns and she doesn't like being different to everyone else.

So, we are going to fly across the world with Ursula to look for other unicorns.

*[Modified Warrior 3]
Stand up to fly
Lift the arms by the ears
Lift one leg
Swap to the other leg*

This is a BIG adventure around the WHOLE WORLD,

*[Mountain Pose modified] Stay standing to be like a big world
Hold the arms out wide and step the feet out wide
Bring the hands together above the head*

*[Easy Pose] Come down to the ground to sit.
Sit cross-legged with the back nice and long. This one is called Easy Pose.
How tall can you be while still sitting down?*

so we are going to need to take some deep breaths.

*[Pranayama - breath/energy work] We are going to take some big deep breaths so
we can be calm and peaceful to be ready to go on our big adventure. You can take
big breaths like this every day ... especially when something feels hard or scary.
Can you make your belly like a big balloon?
Now blow out the air like you are blowing out candles on your birthday cake.
Do more big balloons and birthday candle blowing!*

Ursula the roly poly unicorn doesn't think she can fly
across the world, so she is hiding behind a rock.

*[Child's Pose] Come to the ground and onto your hands and knees. Reach your
hands forward and reach your backside back towards your feet.
Put your head on the floor, or you can bring your hands under your head and rest
your head on your hands.*

Come out Ursula. You can do it. It's okay. We will
come with you.

*[Balancing Table modified] Come onto the hands and knees from child's pose
(slowly like you are coming out from behind a rock) Bring one foot forward in
between your hands
Lift the arm on the opposite side (so you can balance) and bring your thumb to
your nose to create a Unicorn horn
Swap to the other leg and the other hand*

We fly across the world with Ursula the roly poly unicorn.

*[Balancing Table modified] Let's be Ursula! Stay on the hands and knees
Bring one foot forward in between your hands
Lift the arm on the opposite side (so you can balance) and bring your thumb to your nose
to create a Unicorn horn. Swap to the other leg and the other hand*

*[Modified Warrior 3] We are going to fly like Ursula. Stand up to fly across the world with
Ursula. Lift the arms by the ears, then lift one leg. Swap to other side – lift the other leg*

What can we see?

*[Modified Warrior 3] Stay standing. This time we are going to lift one leg, and lift the
opposite arm so the hand comes above the eyes. Like we are protecting our eyes from the
sun so we can see far into the distance. Swap to other leg and lift the other hand above the
eyes to look around.*

Mountains,

*[Mountain Pose] Stand tall and strong
like a mountain with the head reaching up towards the sky and the hands beside the body.
Try lifting your arms above your head and bringing your hands together.*

trees,

*[Tree Pose] Stand like a tree by standing on one leg and bending the other leg and bringing
it out to the side – bring the foot to the leg (but not on the knee), or you can put your toes
on the ground if you feel wobbly.*

the ocean,

*[Warrior 2] Stand like a surfer. Step one foot backwards. Have the front foot pointing
forwards, and the back foot pointing out to the side. Bend the front knee. Have the arms
out wide in line with the shoulders. Look forwards. Rock forwards and backwards like you
are surfing on ocean waves.*

and all sorts of animals...

We have arrived in China.
Ursula meets a panda.

[Chair Pose] Let's pretend to be a panda. Stand with the feet together but a little bit apart. Bend your knees forwards. Bring your arms in the air next to your ears.

“Am I a panda?” Ursula asks.
“Are you roly poly?” asks the panda.
“Yes, I am,” says Ursula.

*[Wind-relieving pose] Let's be roly poly! This one is called wind-relieving pose. Yes, really! Feel free to let go!
Lie on your back and squeeze your knees in towards you
Bring your head to your knees. Roll around on your back*

Ursula is excited. She might be a panda. Then she would definitely like herself.

[Chair Pose] Let's pretend to be a panda again. Stand up. Bring the feet together but a little bit apart. Bend your knees forwards. Bring your arms in the air next to your ears.

“Do you like eating bamboo?” asks the panda.
“No. I don't think I'm a panda,” Ursula says sadly.

[Easy Pose. Kali Mudra] Come to sit on the ground and cross your legs. Clasp your hands together, leave your pointing fingers out and point them up towards the sky like bamboo. Pretend to eat them (and not like eating them!)

“You might not be a panda,” says the panda, “but you are adventurous and you are YOU!”

We fly across the world with Ursula the roly poly unicorn.

[Balancing Table modified] Let's be Ursula! Get on the hands and knees

Bring one foot forward in between your hands

Lift the arm on the opposite side (so you can balance) and bring your thumb to your nose to create a Unicorn horn. Swap to the other leg and the other hand

[Modified Warrior 3] We are going to fly like Ursula. Stand up to fly across the world with Ursula. Lift the arms by the ears, then lift one leg. Swap to other side – lift the other leg

What can we see?

[Modified Warrior 3] Stay standing. This time we are going to lift one leg, and lift the opposite arm so the hand comes above the eyes. Like we are protecting our eyes from the sun so we can see far into the distance. Swap to other leg and lift the other hand above the eyes to look around.

Mountains,

[Mountain Pose] Stand tall and strong

like a mountain with the head reaching up towards the sky and the hands beside the body. Try lifting your arms above your head and bringing your hands together.

trees,

[Tree Pose] Stand like a tree by standing on one leg and bending the other leg and bringing it out to the side – bring the foot to the leg (but not on the knee), or you can put your toes on the ground if you feel wobbly.

the ocean,

[Warrior 2] Stand like a surfer. Step one foot backwards. Have the front foot pointing forwards, and the back foot pointing out to the side. Bend the front knee. Have the arms out wide in line with the shoulders. Look forwards. Rock forwards and backwards like you are surfing on ocean waves.

and all sorts of animals...

We have arrived in Uganda in Africa.
Ursula meets a gorilla.

[Goddess Pose/Horse Pose] Let's be like a gorilla. Take your feet out wide, toes out. Knees bent. Knees point on an angle. Make fists with the hands and beat chest very softly like a gorilla.

“Am I a gorilla?” Ursula asks.

“Do you like eating leaves?” the gorilla asks.

[Goddess Pose/Horse Pose] Stay like a gorilla, but now, pretend to eat leaves. You like eating the pretend leaves!

“Yes,” Ursula says. She is excited because she might be a gorilla. Then she would definitely like herself.

[Gorilla Pose] Bend forward. Have the knees bent enough that you can put the backs of the hands on the ground with the fingers facing your toes. Slide your hands under feet. Stand lightly on your hands.

“Do you climb fruit trees?” the gorilla asks.

“No. I fly. I don't think I'm a gorilla,” Ursula says sadly.

“You might not be a gorilla,” says the gorilla, “but you can fly and you are YOU!”

[Modified Warrior 3] Stand up to fly like Ursula. Lift the arms by the ears, then lift one leg. Swap to other side – lift the other leg.

We fly across the world with Ursula the roly poly unicorn.

[Balancing Table modified] Let's be Ursula! Get on the hands and knees

Bring one foot forward in between your hands

Lift the arm on the opposite side (so you can balance) and bring your thumb to your nose to create a Unicorn horn. Swap to the other leg and the other hand

[Modified Warrior 3] We are going to fly like Ursula. Stand up to fly across the world with Ursula. Lift the arms by the ears, then lift one leg. Swap to other side – lift the other leg

What can we see?

[Modified Warrior 3] Stay standing. This time we are going to lift one leg, and lift the opposite arm so the hand comes above the eyes. Like we are protecting our eyes from the sun so we can see far into the distance. Swap to other leg and lift the other hand above the eyes to look around.

Mountains,

[Mountain Pose] Stand tall and strong

like a mountain with the head reaching up towards the sky and the hands beside the body. Try lifting your arms above your head and bringing your hands together.

trees,

[Tree Pose] Stand like a tree by standing on one leg and bending the other leg and bringing it out to the side – bring the foot to the leg (but not on the knee), or you can put your toes on the ground if you feel wobbly.

the ocean,

[Warrior 2] Stand like a surfer. Step one foot backwards. Have the front foot pointing forwards, and the back foot pointing out to the side. Bend the front knee. Have the arms out wide in line with the shoulders. Look forwards. Rock forwards and backwards like you are surfing on ocean waves.

and all sorts of animals...

We have arrived in the ocean near Papua New Guinea.

[Warrior 2] Keep being like a surfer. Step one foot backwards. Have the front foot pointing forwards, and the back foot pointing out to the side. Bend the front knee. Have the arms out wide in line with the shoulders. Look forwards. Rock forwards and backwards like you are surfing on ocean waves.

Ursula sees a sea turtle.

[Turtle Pose] Sit down on the ground. Put your legs out wide to the side and bend the knees. Fold forward enough so you can slide your arms under legs with the palms of the hands up.

“Am I a sea turtle?” Ursula asks.

“Are you big?” asks the sea turtle.

“Yes,” says Ursula. Ursula is excited. She might be a sea turtle. Then she would definitely like herself.

“Do you swim in the ocean,” asks the sea turtle.

[Locust Pose - modified] Let's try swimming in the ocean! Lie on your belly have your arms out in front. Move your arms and your legs up and down like you are swimming.

“No, I don't. I fly. I don't think I am a sea turtle,”

Ursula says sadly.

“You might not be a sea turtle,” says the sea turtle,

“but you are friendly, and you are YOU!”

[Modified Warrior 3] Stand up to fly like Ursula. Lift the arms by the ears, then lift one leg. Swap to other side – lift the other leg. (If there is another person nearby you can hold hands then lift one leg then the other leg)

We fly across the world with Ursula the roly poly unicorn.

[Balancing Table modified] Let's be Ursula! Get on the hands and knees

Bring one foot forward in between your hands

Lift the arm on the opposite side (so you can balance) and bring your thumb to your nose to create a Unicorn horn. Swap to the other leg and the other hand

[Modified Warrior 3] We are going to fly like Ursula. Stand up to fly across the world with Ursula. Lift the arms by the ears, then lift one leg. Swap to other side – lift the other leg

What can we see?

[Modified Warrior 3] Stay standing. This time we are going to lift one leg, and lift the opposite arm so the hand comes above the eyes. Like we are protecting our eyes from the sun so we can see far into the distance. Swap to other leg and lift the other hand above the eyes to look around.

Mountains,

[Mountain Pose] Stand tall and strong

like a mountain with the head reaching up towards the sky and the hands beside the body. Try lifting your arms above your head and bringing your hands together.

trees,

[Tree Pose] Stand like a tree by standing on one leg and bending the other leg and bringing it out to the side – bring the foot to the leg (but not on the knee), or you can put your toes on the ground if you feel wobbly.

the ocean,

[Warrior 2] Stand like a surfer. Step one foot backwards. Have the front foot pointing forwards, and the back foot pointing out to the side. Bend the front knee. Have the arms out wide in line with the shoulders. Look forwards. Rock forwards and backwards like you are surfing on ocean waves.

and all sorts of animals...

We have arrived in the Himalaya Mountains in Nepal.

[Mountain Pose] Stand tall and strong like a mountain with the head reaching up towards the sky and the hands beside the body. Try lifting your arms above your head and bringing your hands together to make a mountain top.

Ursula sees an elephant.

[Wide-Legged Forward Fold – modified] Bring your legs out wide. Fold forward (You can bend your knees if you like. Clasp your hands together so your arms are like a trunk. Swing your trunk from side to side.

“Am I an elephant?” Ursula asks.

“Are you big?” asks the elephant.

[Mountain Pose– modified] Stand up tall. Take your arms out wide. Be as big and tall as you can!

“Yes, I am.” Ursula is excited. She might be an elephant. Then she would definitely like herself.

[Table Top – modified] Come down to the ground and onto your hands and knees. Stay there, or tuck your toes and lift your knees. Lift one arm and swing it from side to side like an elephant trunk

“Do you have a long trunk?” the elephant asks.

“No, I have a horn. I don’t think I’m an elephant,” Ursula says sadly.

“Your horn is great,” says the elephant. “You might not be an elephant, but you are curious, and you are YOU!”

[Balancing Table modified] Let’s be Ursula! Get on the hands and knees. Bring one foot forward in between your hands. Lift the arm on the opposite side (so you can balance) and bring your thumb to your nose to create a Unicorn horn. Swap to the other leg and the other hand.

We fly across the world with Ursula the roly poly unicorn.

[Balancing Table modified] Let's continue to be Ursula! Bring one foot forward in between your hands. Lift the arm on the opposite side (so you can balance) and bring your thumb to your nose to create a Unicorn horn. Swap to the other leg and the other hand

[Modified Warrior 3] We are going to fly like Ursula. Stand up to fly across the world with Ursula. Lift the arms by the ears, then lift one leg. Swap to other side – lift the other leg

What can we see?

[Modified Warrior 3] Stay standing. This time we are going to lift one leg, and lift the opposite arm so the hand comes above the eyes. Like we are protecting our eyes from the sun so we can see far into the distance. Swap to other leg and lift the other hand above the eyes to look around.

Mountains,

[Mountain Pose] Stand tall and strong like a mountain with the head reaching up towards the sky and the hands beside the body. Try lifting your arms above your head and bringing your hands together.

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[Tree Pose.] Stand like a tree by standing on one leg and bending the other leg and bringing it out to the side – bring the foot to the leg (but not on the knee), or you can put your toes on the ground if you feel wobbly.

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[Warrior 2] Stand like a surfer. Step one foot backwards. Have the front foot pointing forwards, and the back foot pointing out to the side. Bend the front knee. Have the arms out wide in line with the shoulders. Look forwards. Rock forwards and backwards like you are surfing on ocean waves.

and all sorts of animals...

We have arrived in the Russian Far East.
Ursula meets a Siberian tiger.

[Cow Pose/Cat pose] Get on the floor, back onto the hands and knees. Drop your belly down towards the floor, look up, take a big breath in, fill your belly. Now, let's be a tiger! We are going to do cat pose because tiger is a big cat. Round the back like a cat and say 'RAH' like a big lion cat, while breathing out. [Repeat both poses in sequence a few times, or more]

“Am I a Siberian tiger?” Ursula asks.

[Cow Pose modified] This time, let's lift one leg and bend at the knee, then drop your belly down towards the floor and look up, breathe in.

[Cat Pose modified] This time when you round your back like a cat, bring your knee on the leg that is lifted, in. See if you can touch your nose, or maybe your chin.

[Repeat both poses in sequence a few times, or more]

“Do you live in the forest and the snow?” asks the
Siberian tiger. “No,” Ursula says.

[Easy Pose modified] Come to sit cross-legged now. What do you do when you are cold? Maybe wrapping your arms around yourself like a big hug and pretending to shiver.

“Are you the biggest of the big cats?” asks the Siberian
tiger.

[cow/cat and/or modified cow/cat]

“No. I don't think I'm a cat at all. I don't think I'm a
Siberian tiger,” Ursula says sadly.

“You might not be a tiger, but usually animals are scared
of me,” says the Siberian tiger. “You are brave, and you
are YOU!”

*[Balancing Table modified] Let's be Ursula! Get on the hands and knees
Bring one foot forward in between your hands. Lift the arm on the opposite side (so you
can balance) and bring your thumb to your nose to create a Unicorn horn. Swap to the
other leg and the other hand. Say YAAAAAH like a brave Ursula.*

We fly across the world with Ursula the roly poly unicorn.

[Balancing Table modified] Let's still be Ursula!

[Modified Warrior 3] We are going to fly like Ursula. Stand up to fly across the world with Ursula. Lift the arms by the ears, then lift one leg. Swap to other side – lift the other leg

What can we see?

[Modified Warrior 3] Stay standing. This time we are going to lift one leg, and lift the opposite arm so the hand comes above the eyes. Like we are protecting our eyes from the sun so we can see far into the distance. Swap to other leg and lift the other hand above the eyes to look around.

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[Mountain Pose] Stand tall and strong like a mountain with the head reaching up towards the sky and the hands beside the body. Try lifting your arms above your head and bringing your hands together.

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[Warrior 2] Stand like a surfer. Step one foot backwards. Have the front foot pointing forwards, and the back foot pointing out to the side. Bend the front knee. Have the arms out wide in line with the shoulders. Look forwards. Rock forwards and backwards like you are surfing on ocean waves.

and all sorts of animals...

We have arrived in Kenya in Africa.
Ursula meets a Northern white rhinoceros.

[Balancing Table modified] Let's be Ursula AND a rhinoceros! Get on the hands and knees. Bring one foot forward in between your hands. Lift the arm on the opposite side and bring your thumb to your nose to create a Unicorn/Rhinoceros horn. Swap to the other leg and the other hand.

Northern white rhinoceros are very rare.
"Am I a Northern white rhinoceros?" asks Ursula.
"Do you like to eat fresh vegetables and grass?" asks the Northern white rhinoceros.

[Balancing Table modified] This time pretend to eat vegetables and grass. Swap to the other leg and the other hand.

"Yes," says Ursula.
"Are you roly poly like us?"
"Yes!" says Ursula.

[Wind-relieving pose] Let's be roly poly. We are doing wind-relieving pose again! Feel free to let go! Lie on your back and squeeze your knees in towards you. Bring your head to your knees. Roll around on your back.

"You are a lot like us," says the Northern white rhinoceros, "but you have hair that is all the colors of the rainbow. You are adventurous. You are curious. You are brave. You are caring, kind and friendly, and you can fly! Most of all, you are YOU. That is amazing."

[Mountain Pose – modified] Stand like a big star. Arms in the air. Legs out wide.

Ursula thinks about what the rhinoceros said.
“I think I will just be me. I don’t have to be like anyone else. I just have to be ME!”

[Savasana] Come down to the ground and lie like a big star. Be very still. Be You!

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