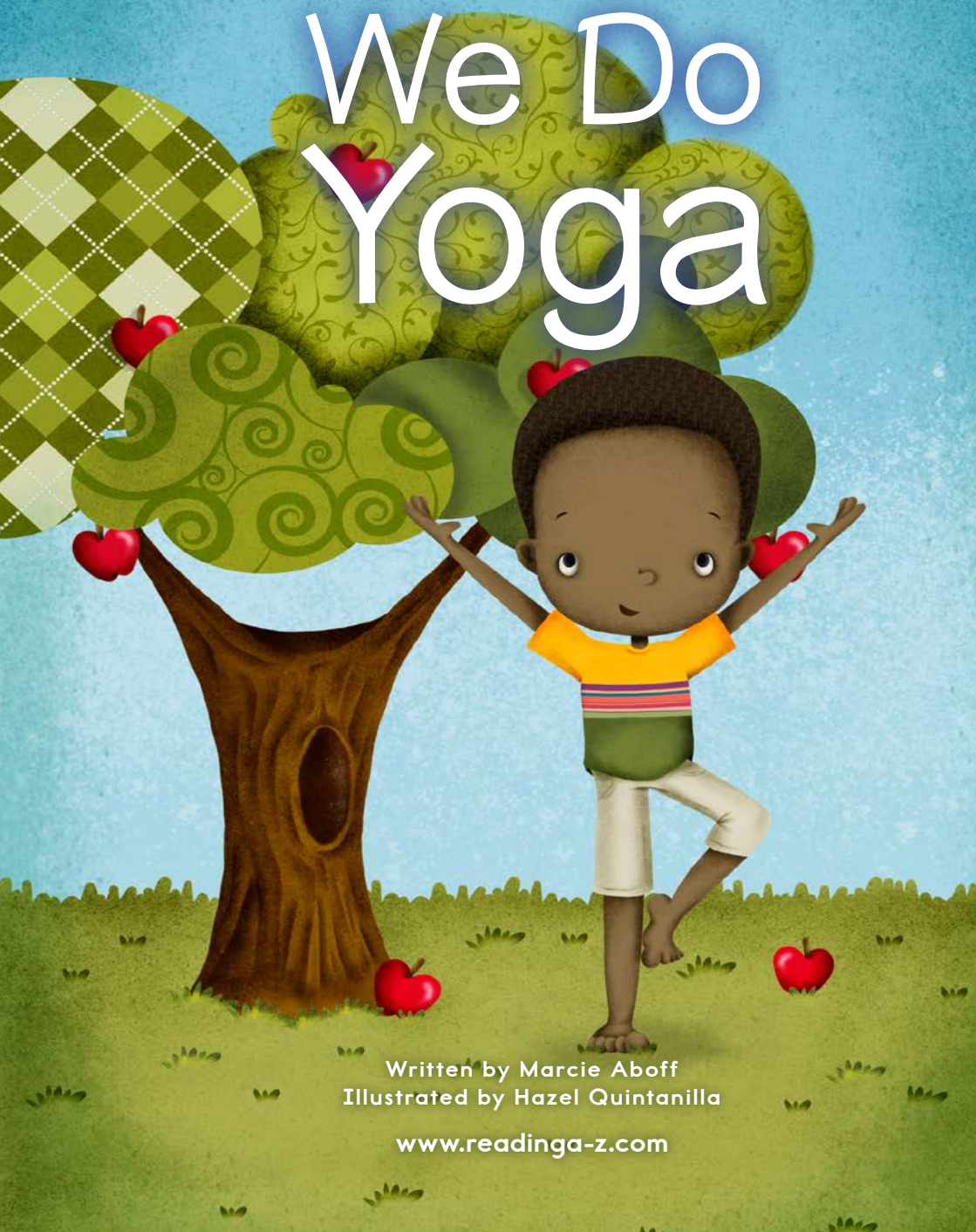


LEVELED BOOK • F

We Do Yoga



Written by Marcie Aboff
Illustrated by Hazel Quintanilla

www.readinga-z.com

We Do Yoga



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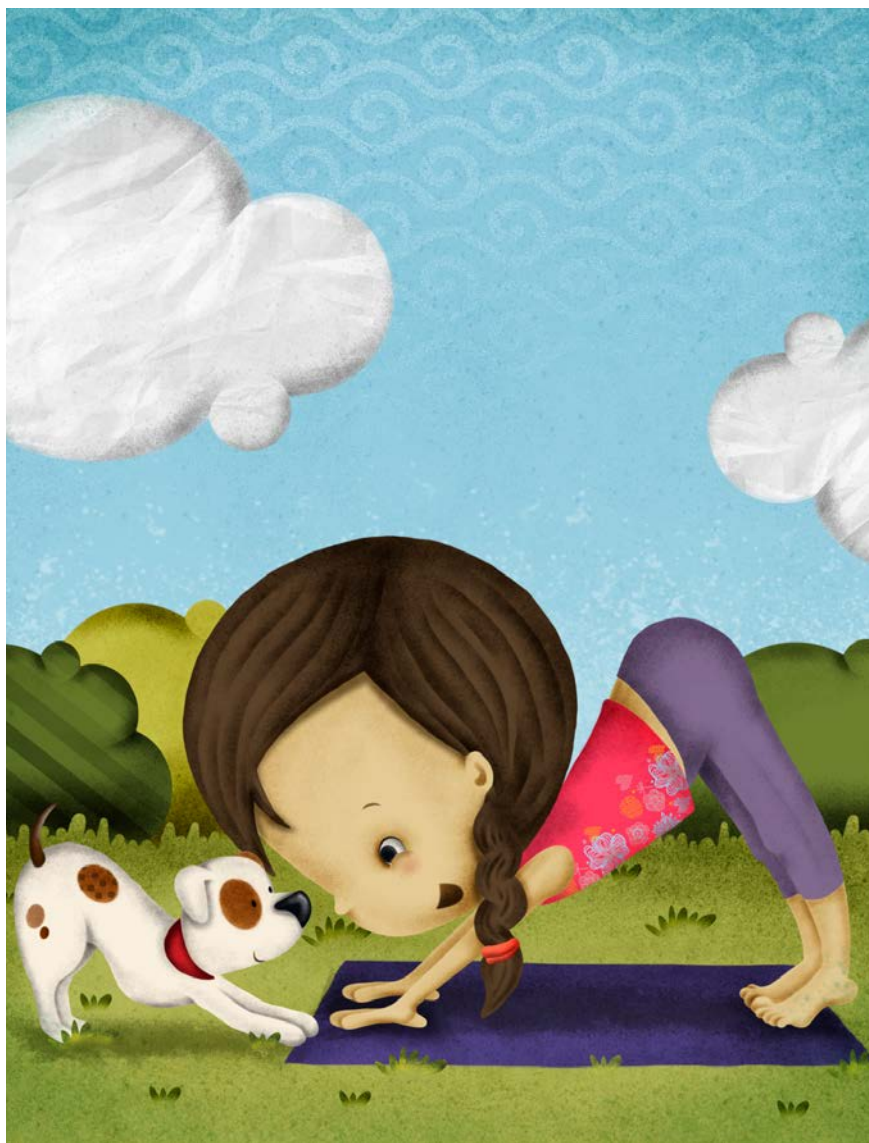
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Focus Question

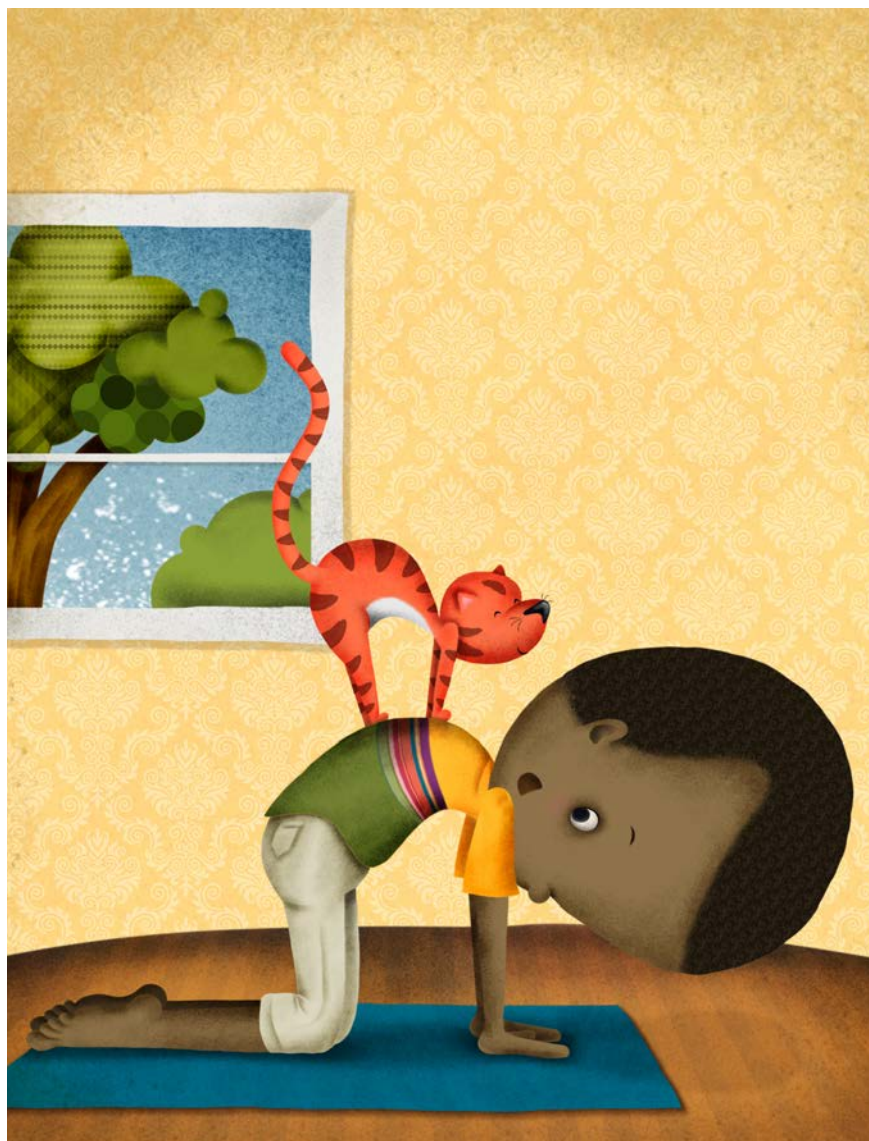
How are yoga poses similar to things you see around you?



We move and bend
and breathe.
Yoga makes us strong.



I do a dog pose.
I try to stretch down
like my dog.



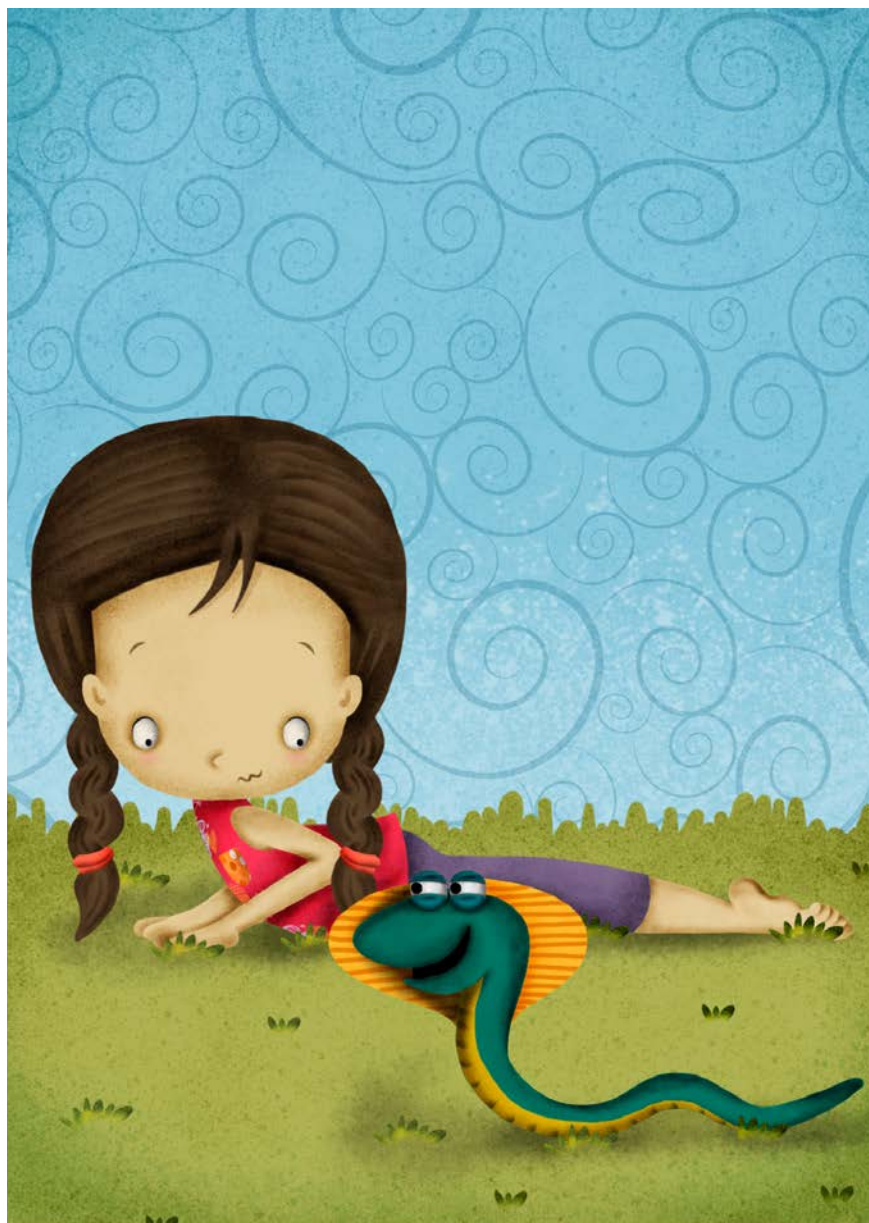
I do a cat pose.
My cat and I both arch
our backs.



I do a frog pose.
I am ready to hop
on my hands and feet.



I do a tree pose.
My arms are like branches
that reach up high.



I do a cobra pose.
I won't bite if you won't!



I do a stork pose.
I balance on one leg.



I do an airplane pose.

Zoom!

My arms are like wings
in the clouds.



I do a table pose.
Come join me as dinner
is served!



Yoga makes us strong.
Yoga is fun.
We can be so many things!

Words to Know

arch

balance

cobra

pose

reach

yoga

Thanks to yoga instructor Ellen Campbell
for her feedback on this book.

We Do Yoga
Level F Leveled Book
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Correlation

LEVEL F	
Fountas & Pinnell	F
Reading Recovery	9-10
DRA	10

We Do Yoga

A Reading A-Z Level F Leveled Book

Word Count: 125



Connections

Writing and Art

How can people stay healthy?
Create a poster that includes five tips about eating healthy and exercising. Hang up your poster in your classroom.

Science

Create a new yoga pose based on something you see every day. Show your yoga pose to a partner.

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