



**The Mammoth Site
Division of Education**



Ice Age Yoga For Kids



THE MAMMOTH SITE

The Mammoth Site's Mission

Our mission is the preservation, research, and interpretation of The Mammoth Site of Hot Springs, South Dakota, and development of a broad understanding of the Late Ice Age record across a global framework.

Purpose

- To provide comprehensive educational and public education concerning the Quaternary (Ice Age) record, with an emphasis on The Mammoth Site and surrounding northern Great Plains; and other locales around the globe
- To serve as a world-class center specializing in mammoth and Quaternary research;
- To investigate and interpret The Mammoth Site of Hot Springs, South Dakota;
- To protect, preserve, and manage collections housed at The Mammoth Site of Hot Springs, South Dakota;
- To foster global cooperative efforts in Quaternary research.

Vision

The Mammoth Site is at the forefront of Quaternary research, with a strong emphasis on the study of mammoths and their relatives. Additionally, we aspire to be a leader in scientific education and outreach, with a strong emphasis on educational and public programming, exhibits, and publications. We foster global scientific collaboration through on-site and related field research, and peer-reviewed scientific publications. To continue to be a primary leader in the scientific community, the long-term preservation and curation of The Mammoth Site is essential.

The Mammoth Site of Hot Springs, South Dakota, Inc.

Nonprofit 501(c)(3)

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SITUATION

Yoga For Kids

Both physical and mental health issues have been identified as major concerns for children and adolescents. Recently, yoga has gained popularity in school-based settings. Research on the efficacy of yoga for improving mental, emotional, physical, and behavioral health is a recent but growing field. There is both theoretical, and empirical support for the practice of yoga. Physical benefits include improved flexibility, muscle strength, and balance.

The practice of yoga may improve mental health, including the body's response to stress and increase youth's skills for coping with stress, improve mental focus and mood, reduce anxiety, and aid in self-regulation. Long-term practice of yoga may be related to greater cortical thickness, which might explain the greater ability to focus. Yoga has the potential to play a protective or preventive role in maintaining mental health. Additional social and academic benefits have been reported to improve well-being and quality of life. Yoga may be used with other social and emotional learning activities.

*Note stories in Ice Age Yoga are not scientifically accurate and have been embellished for entertainment.

POSE GUIDE

POSES



Woolly Mammoth Pose



Saber Tooth Tiger Pose



Extinct Llama Pose



Giant Short-faced Bear Pose



Giant Ground Sloth Pose

POSE GUIDE



Clam Pose



Camelops Pose



Columbian Mammoth Pose



Black Hills Pose



Paleontologist Pose

POSES



HOW THE MAMMOTH GOT ITS TRUNK

"Paleontologists have always wondered how **Columbian** and **woolly mammoths** got their trunks. There is an old legend that tells the story and it goes like this.

Once Upon A Time there was a herd of **Columbian mammoths**, wandering the **Black Hills**. All of these first **Columbian mammoths** didn't have trunks so they looked a more like pigs. Well, one day a baby **Columbian mammoth** was taking a walk by the sinkhole. And when he stopped to drink water, a **saber-tooth cat** leaped up out of the water and grabbed the mammoth's nose with its teeth and pulled. The baby **Columbian mammoth** cried for help! Soon along came a **camel** who grabbed on to pull the baby **Columbian mammoth** free, and then a **llama** came to help. But when the **camel** and the **llama** were not strong enough to pull the baby free, a **woolly mammoth** came to help... but even he wasn't strong enough.

Finally, the **giant short-faced bear** came to help. When he pulled with all his might on the **woolly mammoth**, they who pulled on the **llama**, who pulled on the **camel**, who pulled on the baby **Columbian mammoth** to free him from the **saber-tooth cat**. When the **Columbian mammoth** baby fell back, he realized his nose had grown 3 feet long into a trunk! He ran back to the heard of **Columbian mammoths** and showed his long trunk!

When all of the **Columbian mammoths** in the **Black Hills** wanted a long trunk just like him, the **saber-tooth cat** helped! So from that day on, all **Columbian and woolly mammoths** have had long trunks!"

STORY





THE MAMMOTH SITE

"Over 140,000 years ago, during the Pleistocene Ice Age a wide assortment of animals lived in the **Black Hills** of South Dakota. Predators such as the **giant short-faced bear**, and the **saber-tooth cat** roamed the hills looking for dinner. The largest animals were the **Columbian mammoth** and the **woolly mammoth**. These elephant cousins were herbivores and only ate plants. During this Ice Age time in the **Black Hills**, a large sinkhole formed when a limestone cave collapsed and warm water began to fill the sinkhole. **Columbian mammoths** and other animals such as the **llama**, **Camelops**, and the **giant short-faced bear** visited the sinkhole, which had become a steep-sided pool of water. **Woolly mammoths** and **Columbian mammoths** entered the steep-sided pond to eat grass and became trapped. Slowly the sediment and rocks of the **Black Hills** covered the sinkhole leaving **Woolly** and **Columbian Mammoth** bones for **Paleontologists** to discover. **Paleontologists** such as Dr. Jim Mead, and Dr. Larry Agenbroad study the bones of these creatures to tell us about life in the **Black Hills** thousands of years ago. These scientists discovered more animals including the **giant ground sloth**. The **paleontologists** also find **clams** and other invertebrates to explain how warm the sinkhole water was. Today, you can see both **Columbian** and **Woolly mammoths** along with other animals at The Mammoth Site of Hot Springs, South Dakota. This incredible museum holds the greatest hidden treasure of the **Black Hills**! The Mammoth Site is always changing with each discovery! Thank you for visiting us today and come back often to see how the dig site changes!"



WOOLLY MAMMOTH

Directions:

1. From Black Hills pose bend forward from the hips; be sure not to lock your knees.
2. Loosen your neck and let your neck, head, and arms hang down.
3. Slowly straighten back up when standing up.



SABER-TOOTH CAT

Directions:

1. Come onto the floor into Tabletop pose.
2. Arch your back up toward the ceiling. Tuck your tailbone under and bring your pelvis forward.
3. Tuck your chin into your chest.



POSE 2





POSE 3

EXTINCT LLAMA

Directions:

1. Begin the pose on your knees, then slide one leg back in a lunge, so you can place your knee on the floor.
2. Create a 90 degree angle with your other knee.
3. Raise your arms over your head, palms inward.
4. Repeat on the other side.



POSE 4



GIANT SHORT-FACED BEAR

Directions:

1. From Black Hills pose raise your arms over your head close to your ears.
2. With your feet no wider than hip-width apart, push your hips and bottom back like you are sitting on a chair.
3. Keep your back flat.
4. Use your hands to make bear claws.



GIANT GROUND SLOTH

Directions:

1. Lay down, position your legs and arms until you are completely relaxed.





CLAM

Directions:

1. Sit on the floor with your back straight, knees bent, and feet flat on the floor. Rest your hands on the floor behind you.
3. Keeping your knees bent and your back straight, shift your weight to your hands and raise your feet and legs off the floor.
4. Reach your arms out in front of you, palms facing inward, so that you are balancing on your tailbone.





EXTINCT CAMELOPS

Directions:

1. Pose on your knees with your legs and knees hip-width apart.
2. Press the tops of your feet into the floor and push your thighs forward, bring your hands to your lower back and lift your chest.
3. Keep lifting your chest and bring your hands to your heels.
4. Let your head drop back into a comfortable position.



POSE 8



COLUMBIAN MAMMOTH

Directions:

1. Come onto the floor into Tabletop.
2. Lift your head, chest, and tailbone towards the ceiling, allowing your stomach to arch toward the floor.





THE BLACK HILLS

Directions:

1. Stand tall, feet hip-width apart, shoulders relaxed chest lifted.
2. Flex your toes to engage your legs.
3. Let your arms hang beside your thighs.



PALEONTOLOGIST

POSE 10

Directions:

1. Sit on the floor.
2. Cross your shins.
3. Bend and widen your knees, bringing your feet closer to your body, and rest each foot under the opposite knee.
4. Rest your hands on your knees.



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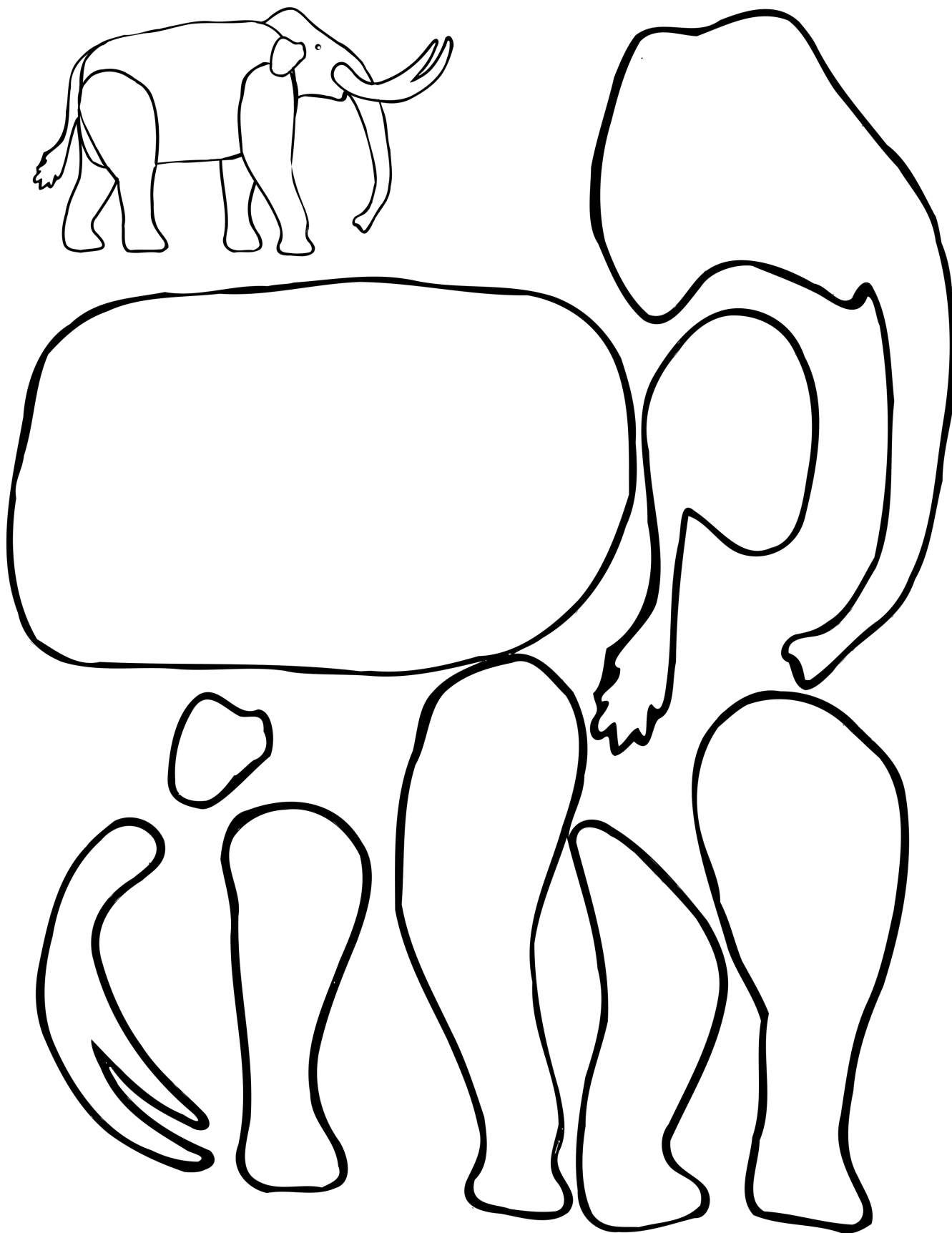
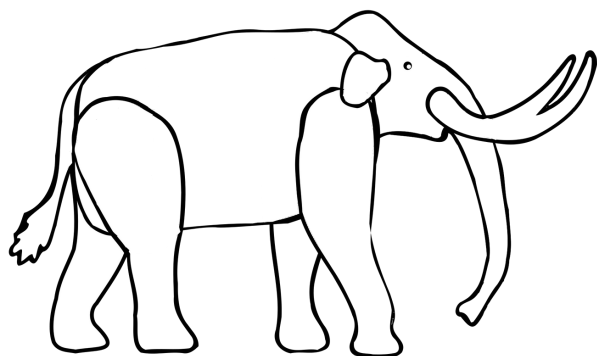
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Make Your Own Mammoth

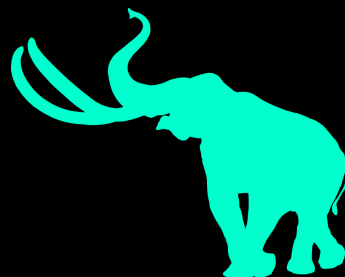




The Mammoth Site of Hot Springs South Dakota takes visitors back over 140,000 years into the Ice Age. Named the 'Best Museum in South Dakota' by USA Today, The Mammoth Site offers a 30-minute guided tour. Walk by the edges of a sinkhole where Columbian and woolly mammoths, camels, wolves and giant short-faced bears became trapped, leaving an ancient treasure trove of fossil remains. This active working excavation site features the fossils of over 60 mammoths and more! Apart from active excavation and research, the Mammoth Site offers a wide variety of educational programming to all ages.

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