

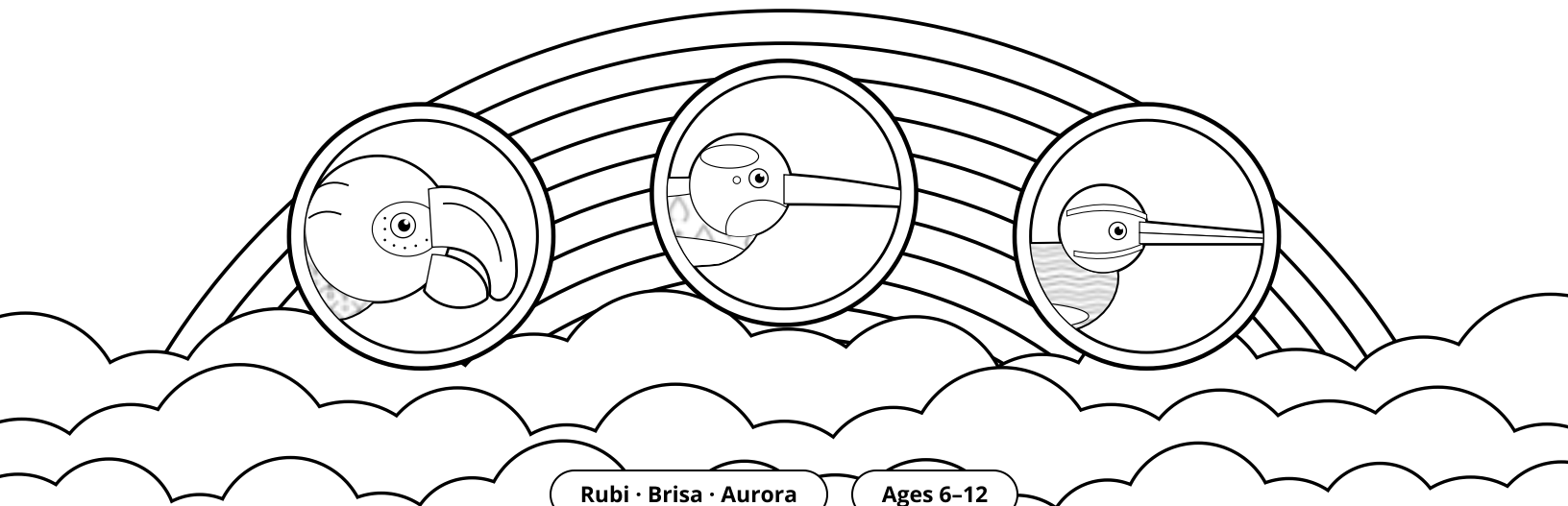
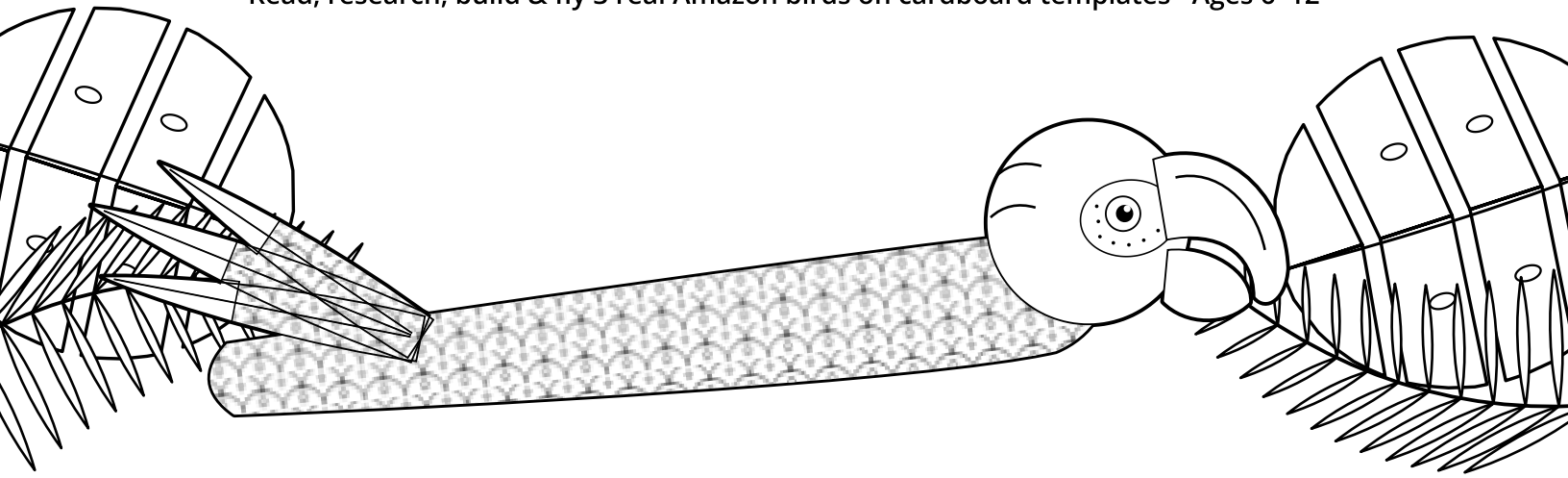
UPSIDE down

YOGA · KIDS

Explorer Wings

Amazon Bird Glider Kit · Colouring edition

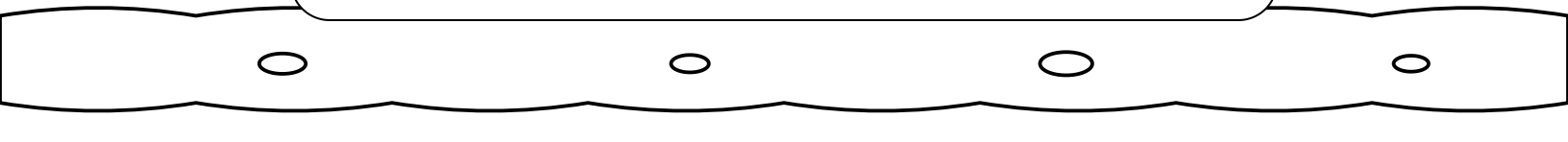
Read, research, build & fly 3 real Amazon birds on cardboard templates · Ages 6-12



Rubi · Brisa · Aurora

Ages 6-12

Move. Breathe. Feel. Create. Heal.



Curious minds, calm bodies

Three real Amazon birds, **Rubi the scarlet macaw**, **Brisa the fork-tailed woodnymph** and **Aurora the sunbittern**, become detailed paper gliders: long tail feathers, a forked tail, a tail fan and fine bills that call for careful cutting. Children read richer stories, explore real-bird science with field notes and wonder questions, and practise longer breathing techniques for **sharing, calming a busy mind** and **staying steady when scared**.

Why we create

Upside Down Yoga Kids products are created to **support children's development and emotional regulation through art expression**. Colouring, cutting and building are calm, rhythmic activities: they invite focus, slow the breath and give big feelings a safe place to go. When art is paired with stories, breathing and movement, children practise noticing what they feel, naming it, and choosing a tool that helps. Every bird in this kit carries one of those tools.

What children practise

Fine motor & focus

colouring inside shapes, cutting, gluing, folding

Emotional awareness

each bird names a feeling children know

Self-regulation

a breathing practice and body pose with every bird

Imagination & language

stories, guided imagining and talk prompts

Curiosity about nature

true facts and wonder questions about real birds

We use cardboard templates

Our gliders are built on **cardboard templates**. You print the bird, wing and tail, trace them onto the plain side of a **cereal box** (or any thin card), cut the cardboard, and glue the printed skins on top. Cardboard makes the glider **strong enough to fly again and again**, it is free and easy to find at home or school, and it teaches children that something we would throw away can become something beautiful. Reuse, create, fly!

How to use this kit

1. Read the story and discuss the “Think deeper” question.
2. Do the guided imagining, then complete the field notes.
3. Build the glider (a grown-up cuts the slits) and run the flight challenge.
4. Record flights and reflections in the Flight Journal.

Session plan & curriculum links

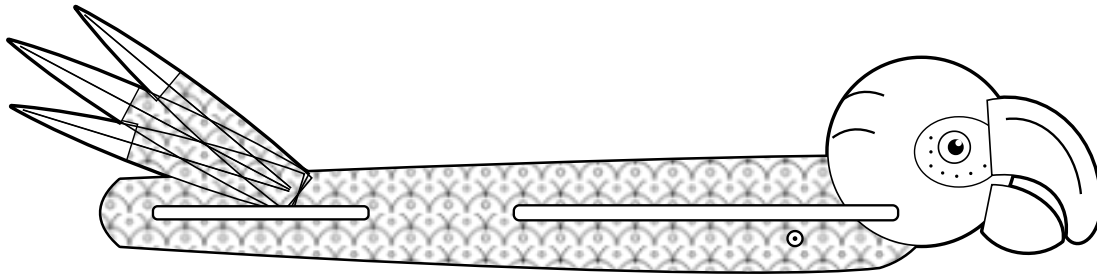
About **45–60 minutes per bird**: 5 min arrival breath · 10 min story & imagining · 25 min build · 10 min flight tests · 5–10 min journal.

Connects to life science (adaptations, camouflage, habitats), geography (the Amazon), physics (lift, balance, drag) and social-emotional learning.

What you need · safety

This kit printed at 100% on US Letter · a cereal box or thin card · glue stick · scissors · 1–3 paper clips · crayons or markers. Only grown-ups use the craft knife for the slits. Fly gliders away from faces. If anyone feels dizzy during a breath, stop and breathe normally.

From cardboard to sky in 6 steps



tail goes through the tail slit

wing goes through the wing slit

1 Cut

Cut out Side A, Side B, the wing skin and the tail skin along the outer line. Take your time around the feathers and bill.

2 Trace

Lay Side A, the wing and the tail on the plain side of a cereal box. Trace around them and cut the cardboard.

3 Glue

Glue Side A on one side of the cardboard body and Side B on the other. Glue the wing and tail skins on their cardboard.

4 Slits

A grown-up cuts the two dashed slits through the body, each as wide as the cardboard is thick.

5 Slide

Slide the wing through the wing slit until its centre line is in the middle. Slide the tail through the tail slit.

6 Fold & balance

Fold the wing tips up a little. Add paper clips to the beak until the glider balances on the red dot.

The science of gliding

Lift: air flowing over the wing pushes it up. **Weight:** paper clips move the balance point forward so the nose stays down. **Drag:** air slows the glider. **Stability:** the tail and wing tips stop it wobbling, just like a real bird's tail.

Flight tuning

- **Dives?** Bend the back of the tail up a tiny bit.
- **Climbs then drops?** Add a paper clip.
- **Turns?** Bend the tail feathers the other way, like a rudder.

Why cardboard?

Our gliders are built on **cardboard templates**. You print the bird, wing and tail, trace them onto the plain side of a **cereal box** (or any thin card), cut the cardboard, and glue the printed skins on top. Cardboard makes the glider **strong enough to fly again and again**, it is free and easy to find at home or school, and it teaches children that something we would throw away can become something beautiful. Reuse, create, fly!

Six wonders of the rainforest

Every pattern in this kit comes from something real in the Amazon. Read one wonder before each build.



Clay licks

Macaws gather on riverbanks to nibble clay. Scientists think it gives them salt that fruit and seeds lack.

Pattern of Rubi



Flying rivers

Amazon trees breathe out water vapour that travels across the sky as invisible 'rivers' and falls as rain far away.

Pattern of Brisa



Igarapés

Small forest streams called igarapés, 'canoe paths' in Tupi, connect villages, fish and forest like veins.

Pattern of Aurora



Meeting of the Waters

Near Manaus a dark river and a sandy river flow side by side for kilometres before they mix.

Ask: why don't they mix?



Giant trees

The samaúma (kapok) tree can grow taller than a 15-storey building. Its roots look like walls.

Ask: what lives in it?



So many lives

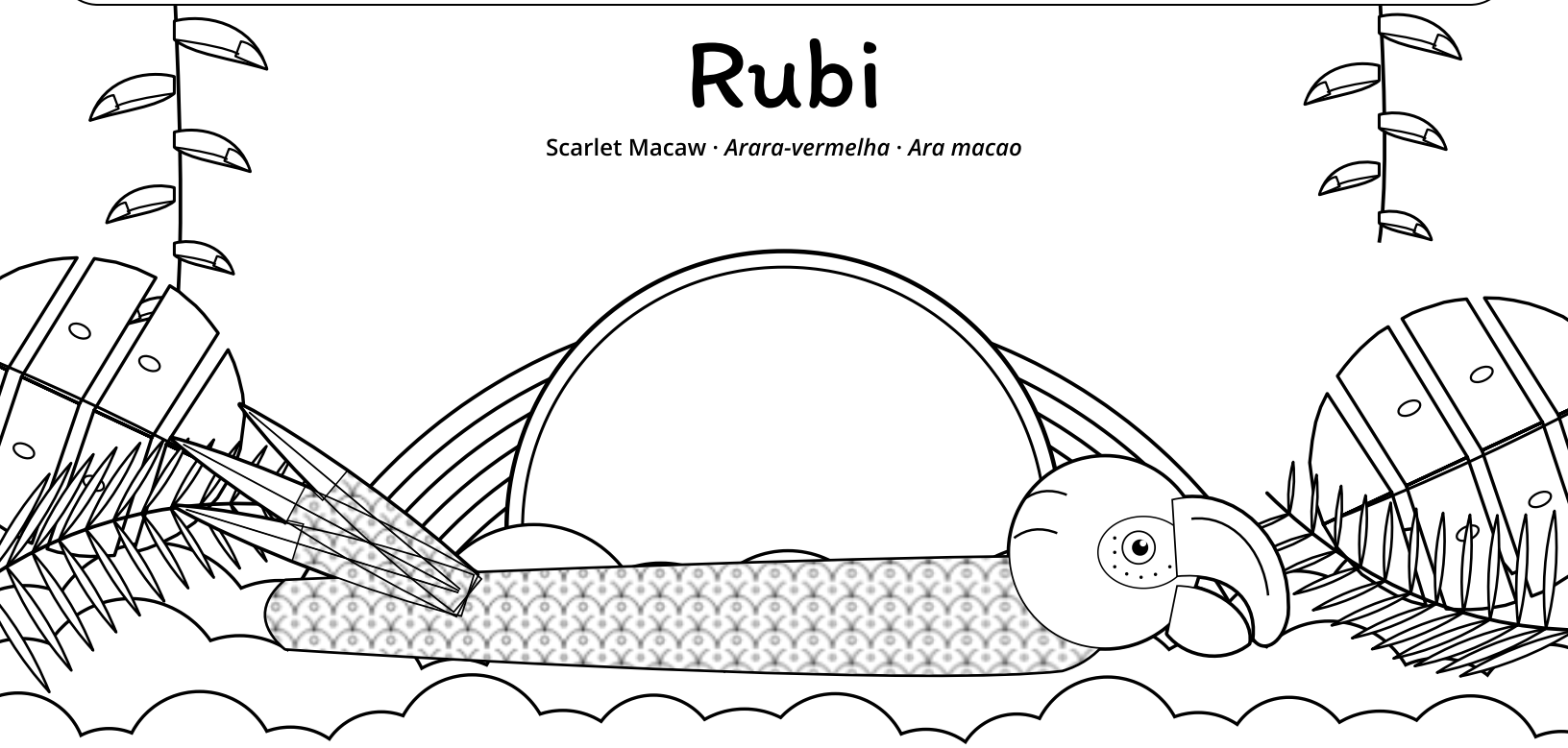
About 1 in 10 of all known kinds of plants and animals live in the Amazon, including more than 1,300 kinds of birds.

Ask: how can we protect it?

Research mission Pick one wonder. Find one more fact about it with a grown-up, a library book or a trusted website, and add it to your Flight Journal.

Rubi

Scarlet Macaw · Arara-vermelha · Ara macao



The Clay Bank at Sunrise

Before the sun has climbed over the canopy, Rubi is already awake. Below her the river curls like a brown ribbon, and on the far bank a cliff of clay glows red, gold and cream in the first light.

The flock arrives in pairs. Macaw partners fly so close that their wingtips almost touch. The noise is enormous: squawks, screeches, the rush of a hundred wings. Rubi's chest buzzes with excitement. She wants the best spot, *right now*.

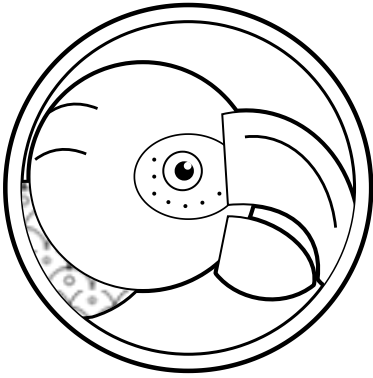
But the clay bank has a rhythm. Some birds land while others wait in the trees, watching. Rubi notices an old macaw on a branch, his feathers faded at the edges. She could push ahead. Instead, she slides aside and makes room.

They eat side by side. The clay is salty and good. And something surprising happens: Rubi's excitement settles into something warmer and steadier. **Sharing hasn't made her smaller. It has made her part of something bigger.**

When the flock lifts off, Rubi's long tail streams behind her like a red and blue flag. Wingtip to wingtip, she flies home.

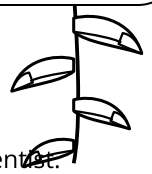
Think deeper

What is one thing you could share this week? Notice how sharing feels in your body.



Field notes: Scarlet Macaw

Ara macao · Arara-vermelha in Portuguese. Read, imagine, then become a scientist.



Guided imagining (read slowly, 2 minutes)

Close your eyes. Feel the cool, damp air of early morning on a riverbank deep in the Amazon. Hear the water moving below you. From far away comes a sound: harsh, joyful squawks, growing louder. Look up: flashes of red, yellow and blue cross the pale sky, two by two. Feel the clay under your fingers, smooth, cool and a little gritty. Breathe in the smell of wet earth... breathe out slowly. Open your eyes and sketch one thing you saw.

Field card

Length	up to about 90 cm (nearly 3 ft), more than half of it tail
Voice	loud, harsh squawks that carry far across the forest
Food	seeds, nuts, fruit and flowers; its beak can crack very hard nuts
Home	tall trees near rivers; nests inside tree holes
Superpower	two toes forward, two back: it holds food in its foot like a hand

Wonder questions

Why might macaws need to eat clay?

Explore: Think about what they eat. Seeds and fruit far from the ocean contain very little salt.

Why do macaws fly in pairs inside a big flock?

Explore: Partners often stay together for life. What are the benefits of a big group?

How could a long tail help a bird fly?

Explore: Try your glider with the tail feathers bent a little. What changes?

Breathe · Riverbank Square Breath

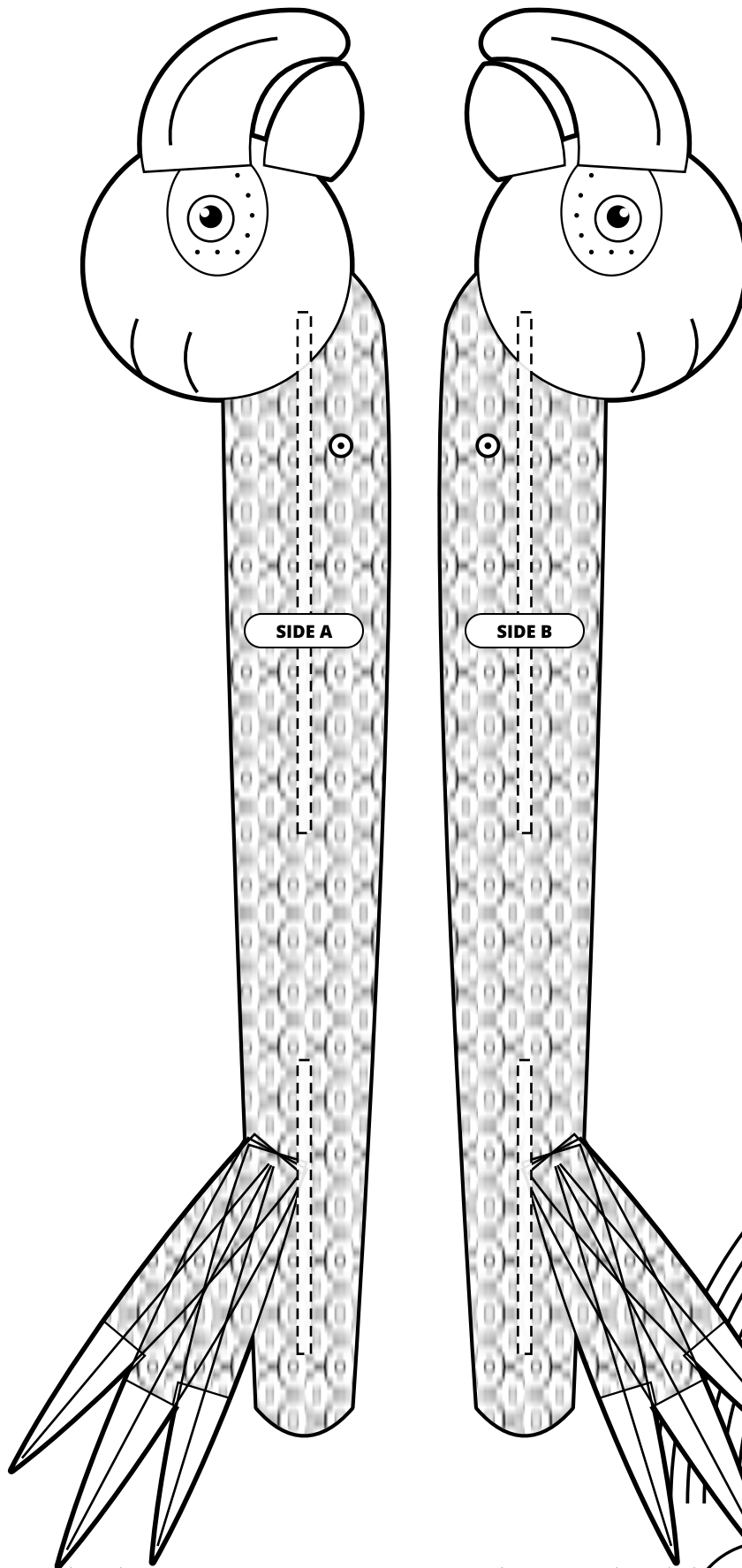
Trace a square in the air. Breathe in 4 · hold 4 · out 4 · hold 4, one side for each. Do **4 rounds**. Then tell a friend one thing you are thankful they shared with you.

Move · Flying Macaw

Airplane pose: stand on one leg, lean forward, stretch your arms wide and your back leg long. Count to 5, then switch legs.

Flight challenge: Fly Rubi with 1 paper clip, then 2. Which flies farther? Record it in your Flight Log.

My sketch & one new question



Build it

Trace **Side A** on a cereal box and cut the cardboard carefully around the long tail feathers. Glue Side A on one side and **Side B** on the other.

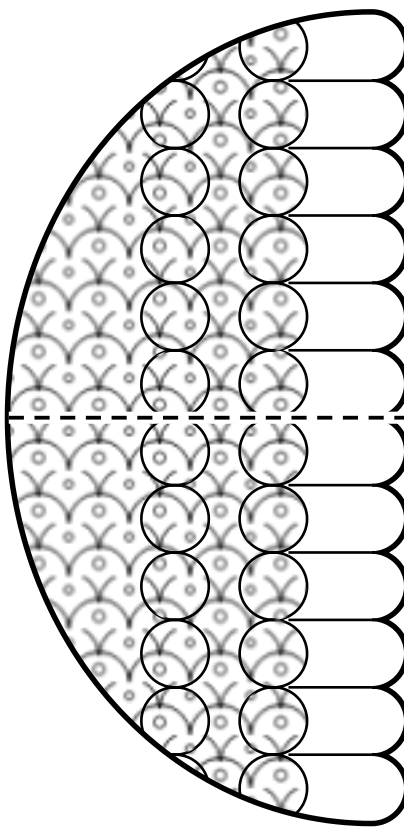
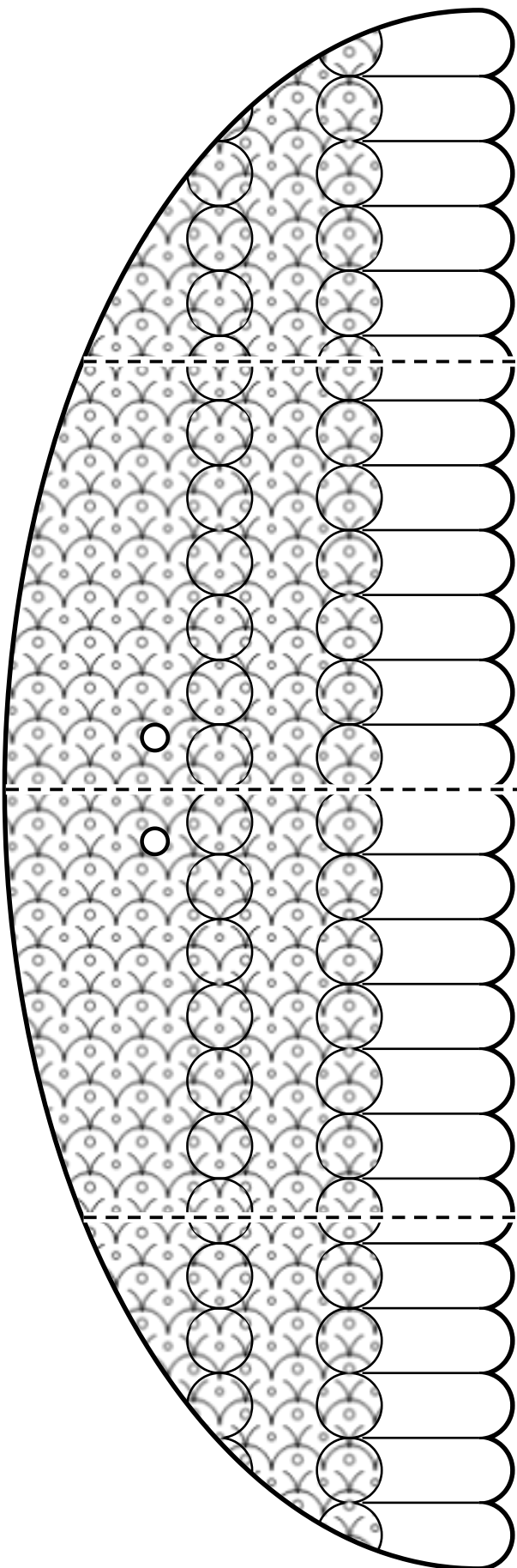
A grown-up cuts the **dashed slits**. The **red dot** is the balance point.

Real-bird detail

The long blue-tipped tail feathers are a true scarlet macaw tail: long, pointed and graceful, perfect for steering through the canopy.

Breathe first

Riverbank Square Breath before you cut, and once more before you fly.



TAIL

Wing & tail

Trace the wing and tail on cardboard, cut, and glue the skins on top. The **round edge is the front**; the rounded feather tips are the back.

Fold the wing tips up a little along the dashed lines after the glue dries.

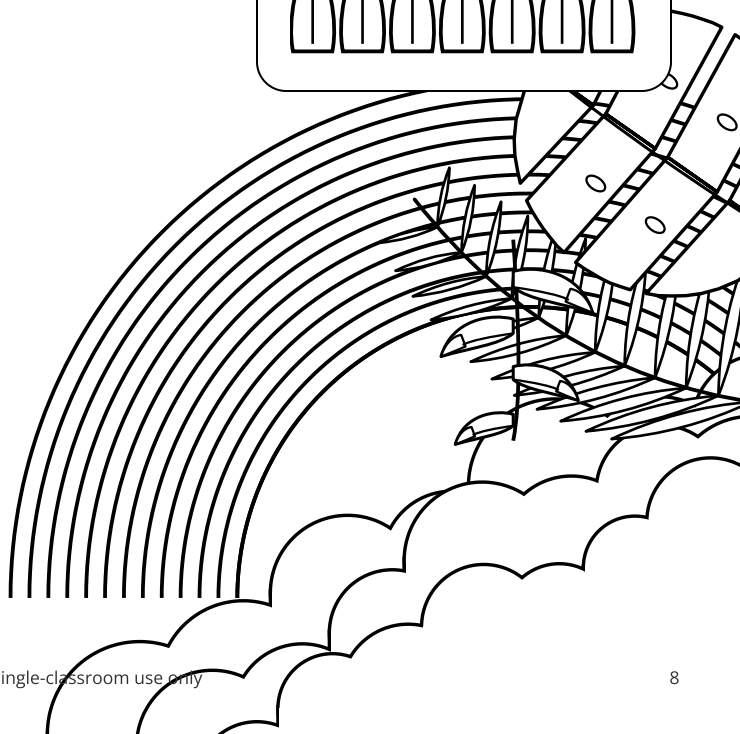
Clay-Lick Feathers

Along Amazon rivers, macaws gather on clay riverbanks called *clay licks* and nibble the clay. Scientists think it gives them salt the forest fruits don't have. Rubi's layered scallops are the stripes of that clay bank.

Breath feathers

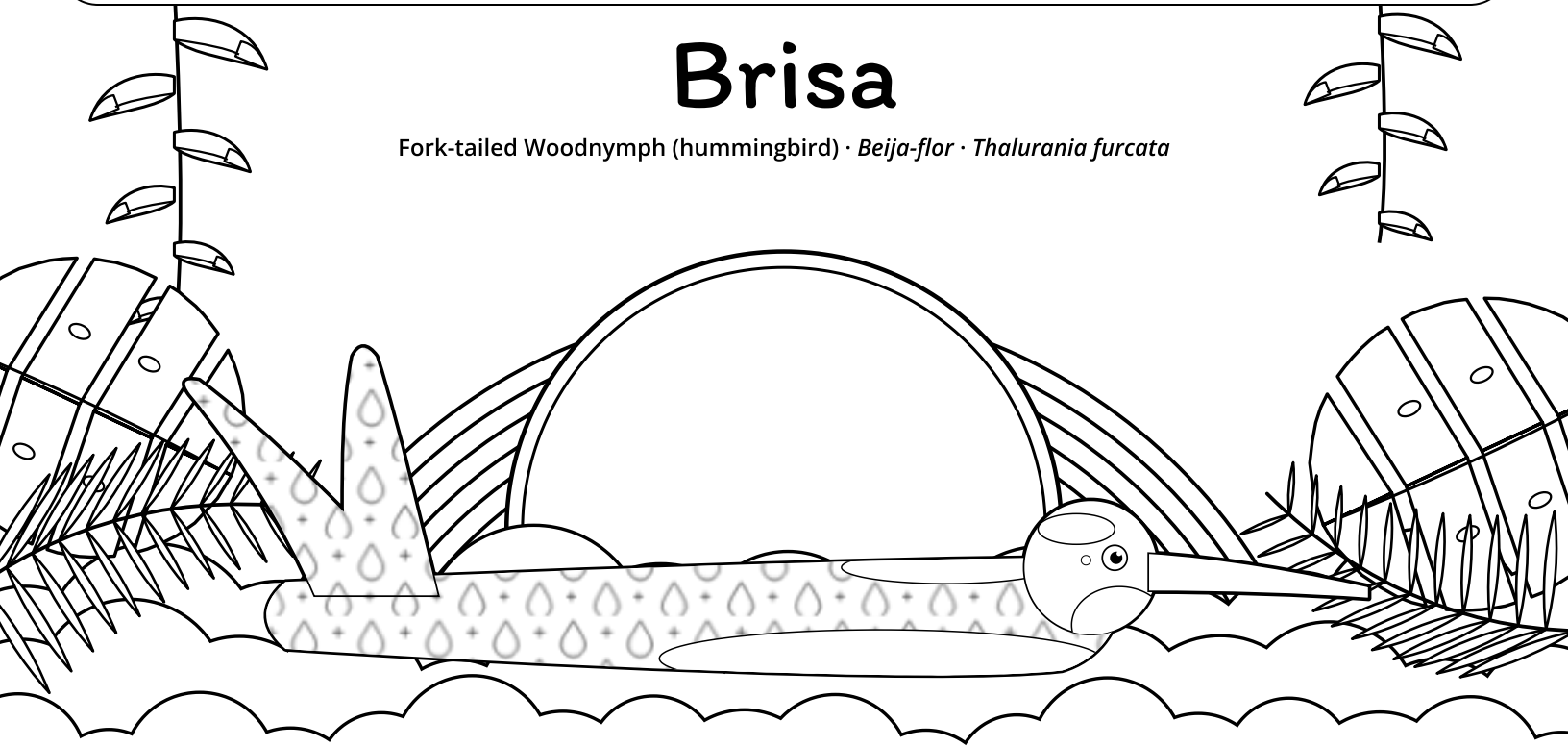
Colour one feather for every slow breath you take with Rubi.

7 breaths



Brisa

Fork-tailed Woodnymph (hummingbird) · *Beija-flor* · *Thalurania furcata*



The Flower Map

Brisa weighs about as much as a nickel, yet she carries a whole map in her head: which heliconia opened this morning, which flowers she has already emptied, which ones will refill with nectar by the afternoon. *Zip*, to the red flower. *Zip*, to the vine. *Zip*, back to the stream for a tiny insect.

Today the map feels too full. Her thoughts race faster than her wings, and her wings already beat so fast you can only see a blur. She forgets which flowers she has visited. She bumps a leaf. She feels scattered, like rain blown sideways.

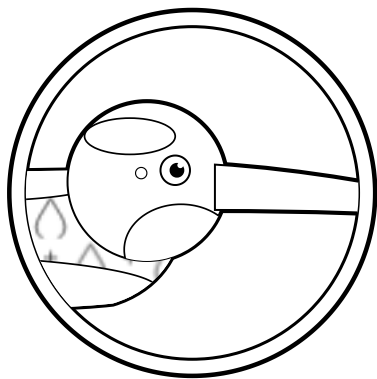
So Brisa does something hummingbirds are very good at: **she stops in the air**. She hovers, perfectly still, in front of a single flower. She listens to the hum of her own wings, *mmmm*, and lets everything else fade.

In that stillness, the map comes back, one flower at a time.

High above her, the trees breathe out water vapour that rises and travels across the sky as a *flying river*, one day falling as rain. Brisa doesn't know that. But she knows how good it feels when a raindrop lands on a leaf and everything goes quiet.

Think deeper

When your thoughts go zip-zip-zip, what helps you slow down? Notice your mind right after humming.



Field notes: Fork-tailed Woodnymph

Thalurania furcata · Beija-flor in Portuguese. Read, imagine, then become a scientist.



Guided imagining (read slowly, 2 minutes)

Close your eyes. You are tiny, as light as a nickel. Your heart beats very fast. In front of you a red heliconia flower sways in the breeze. Hover. Feel your wings humming so fast they blur. Now slow your breath and imagine everything growing still: the flower, the leaves, a raindrop sliding down a green leaf. Listen to the quiet after the hum. Open your eyes. Write one word for how you feel.

Field card

Length	about 10–12 cm, smaller than your hand
Weight	about 4–5 grams, like a US nickel
Voice	tiny, high chips, plus the hum of its wings
Food	flower nectar, plus tiny insects and spiders for protein
Superpower	hovers in one spot and can even fly backwards

Wonder questions

Why can't hummingbirds live on sugar alone?

Explore: Nectar gives energy. What else does a growing body need?

How might a hummingbird remember which flowers it visited?

Explore: Scientists have found hummingbirds learn where and when flowers refill.

Where does the Amazon's rain come from?

Explore: Look back at the 'flying rivers' on your Amazon Curiosities page.

Breathe · Humming Bee Breath

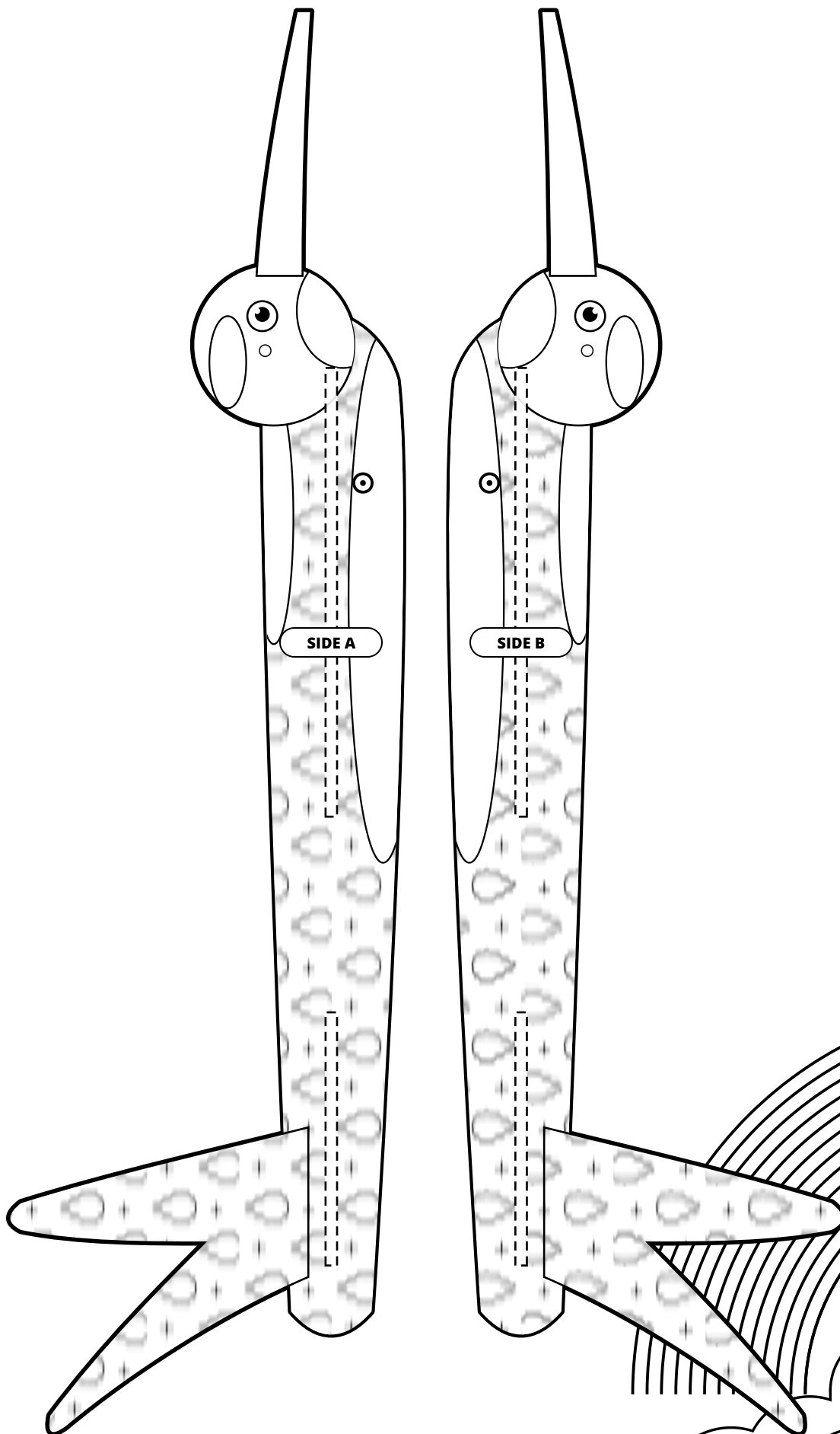
Gently close your ears with your thumbs. Breathe in, then hum the whole breath out. **5–7 rounds.** Afterwards, listen to the quiet. What do you notice?

Move · Hovering Hummingbird

Chair pose: bend your knees, flutter your arms fast for 5 seconds, then freeze and hover, still as a raindrop.

Flight challenge: Brisa's bill is long and thin: add 1 clip at a time until she glides level, not nose-up.

My sketch & one new question



Build it

Trace **Side A** on a cereal box and cut the cardboard carefully around the forked tail and thin bill. Glue Side A on one side and **Side B** on the other.

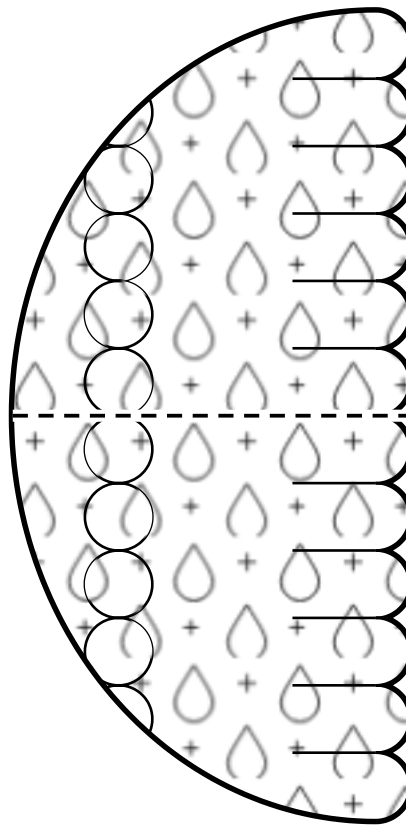
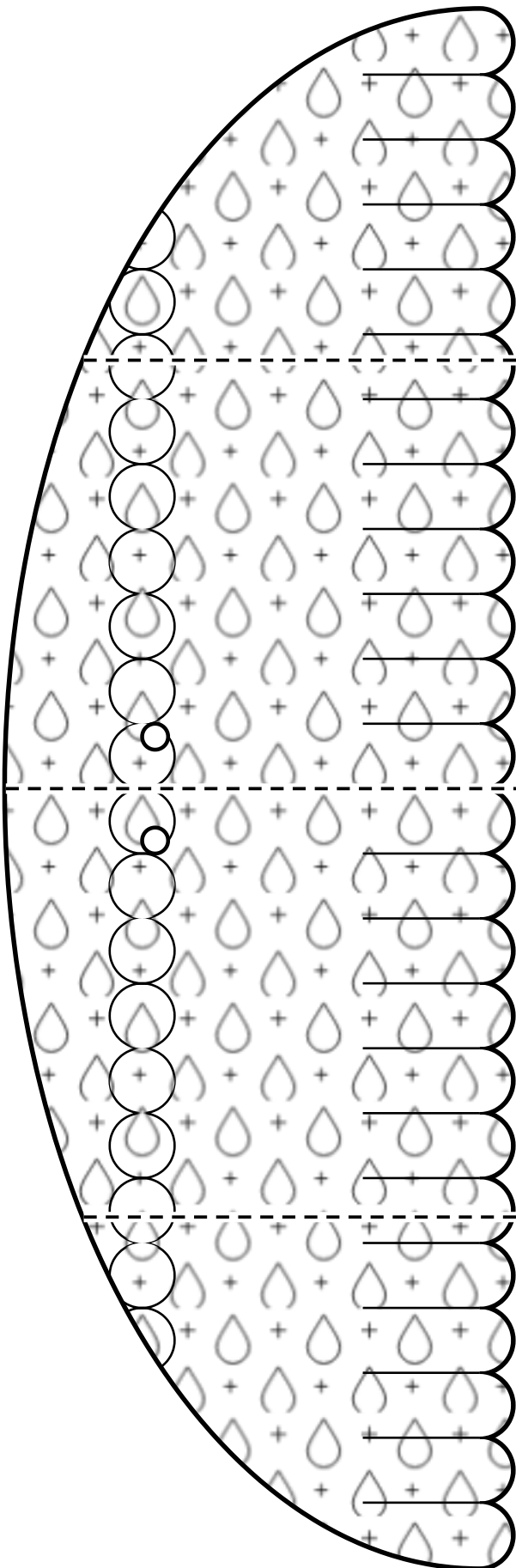
A grown-up cuts the **dashed slits**. The **red dot** is the balance point.

Real-bird detail

The forked tail, violet belly and long thin bill are true to the fork-tailed woodnymph, a hummingbird of the Amazon.

Breathe first

Humming Bee Breath before you cut, and once more before you fly.



Wing & tail

Trace the wing and tail on cardboard, cut, and glue the skins on top. The **round edge is the front**; the rounded feather tips are the back.

Fold the wing tips up a little along the dashed lines after the glue dries.

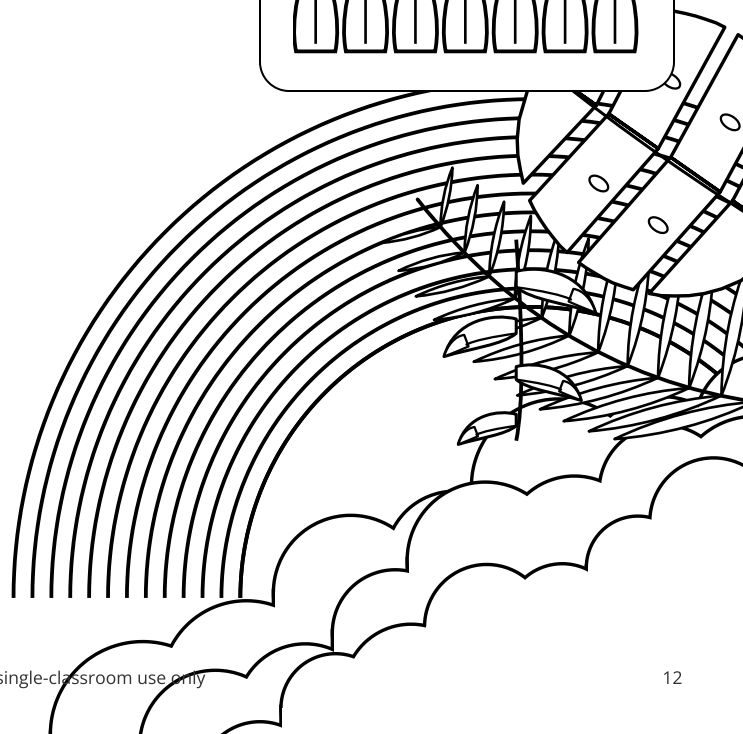
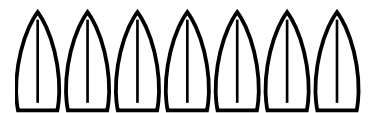
Flying Rivers

Amazon trees breathe out water vapour. It travels through the sky in huge invisible 'flying rivers' and falls as rain far away. Every raindrop on Brisa started inside a tree!

Breath feathers

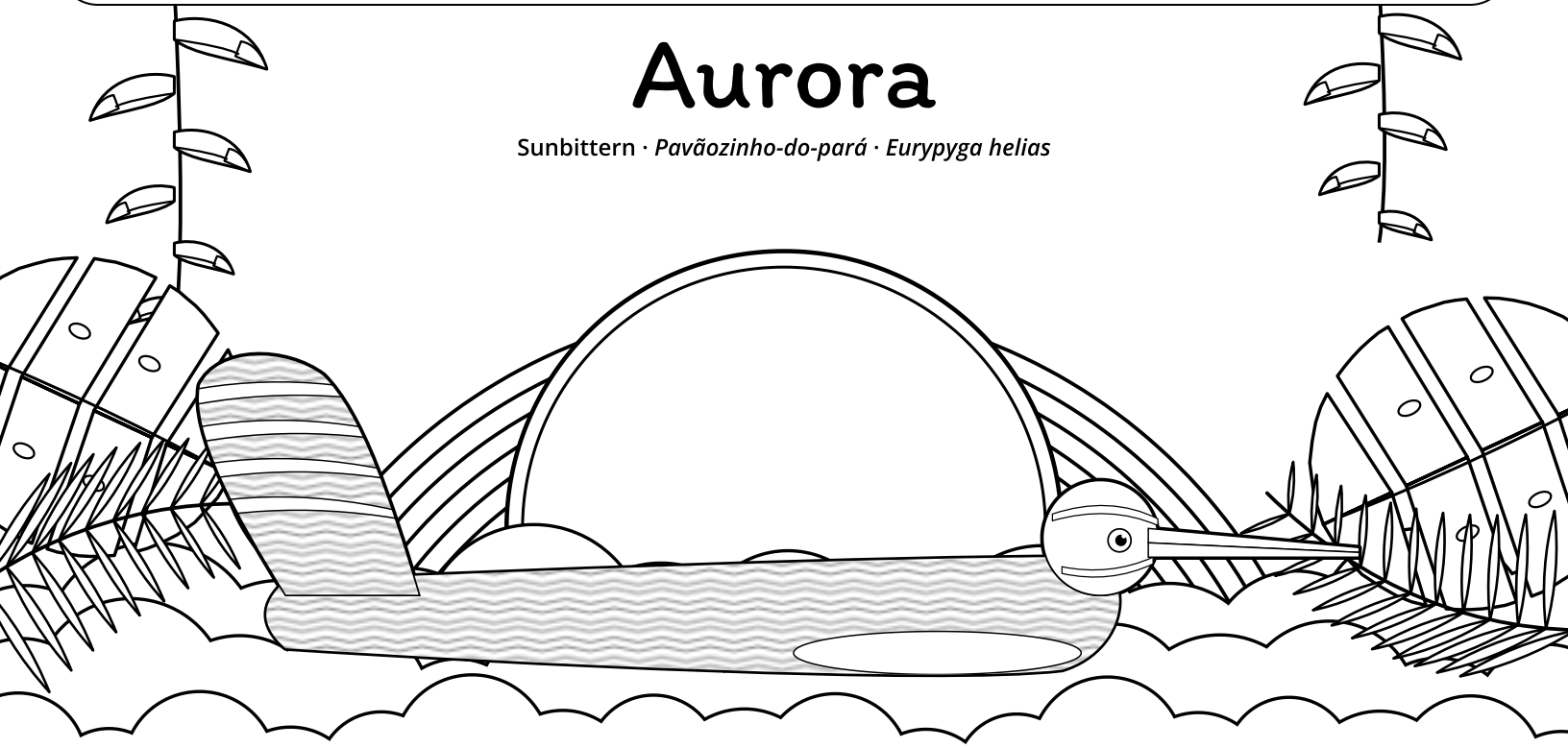
Colour one feather for every slow breath you take with Brisa.

7 breaths



Aurora

Sunbittern · *Pavãozinho-do-pará* · *Eurypyga helias*



The Sun Inside the Wings

Aurora is the quietest hunter of the igarapé. She walks the stream bank slowly: one long step, then stillness, then another step, her eyes on the dark water. A ripple. A flash of silver. Her long bill strikes, and she has a tiny fish.

At first glance her feathers are plain, brown and grey with fine stripes like ripples. On the forest floor she is almost invisible. Almost.

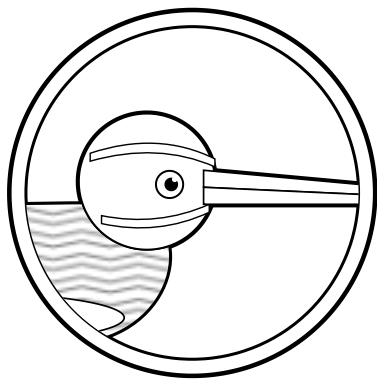
One afternoon a branch snaps behind her. Something large is moving in the shadows. Aurora's heart jumps; every feather wants to run.

Instead, she does something astonishing. She turns, stands tall and **opens her wings**. Hidden inside them is a blazing pattern of gold, chestnut and black, like two great suns, or two huge eyes staring back. The shadow pauses... and slips away.

Aurora folds her wings. Her heart is still racing, so she waits, breathing slowly, until the stream sounds return: water, frogs, wind. **She was scared, and she stayed steady.** Courage isn't the absence of fear. It's what you do while you feel it.

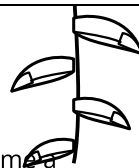
Think deeper

Think of a time you felt scared but stayed steady. What helped you? What could help next time?



Field notes: Sunbittern

Eurypyga helias · Pavãozinho-do-pará in Portuguese. Read, imagine, then become a scientist.



Guided imagining (read slowly, 2 minutes)

Close your eyes. You are standing on the bank of a narrow forest stream. The water is dark like tea and moves slowly. Sunlight falls through the canopy in thin golden beams. Somewhere a frog clicks. Take one slow step... pause... another step. Now imagine a bird beside you suddenly opening its wings: gold and chestnut suns blaze in the shadows. Breathe out slowly. Open your eyes and draw the pattern you imagined.

Field card

Length	about 45 cm (18 in), with a long neck and tail
Voice	long, soft whistles along the stream
Food	small fish, insects, crabs and frogs
Home	shady streams and rivers in tropical forest; nests in trees
Superpower	a hidden 'sunburst' on its wings, flashed to startle predators

Wonder questions

Why would a bird hide a bright pattern instead of showing it all the time?

Explore: Think about camouflage. Who might be watching a bird on the forest floor?

Why do some animals have patterns that look like big eyes?

Explore: Look up 'eyespot' on butterflies, moths and fish.

Why does a longer out-breath help us calm down?

Explore: Notice your heartbeat while you breathe out slowly. What changes?

Breathe · Still Water Breath

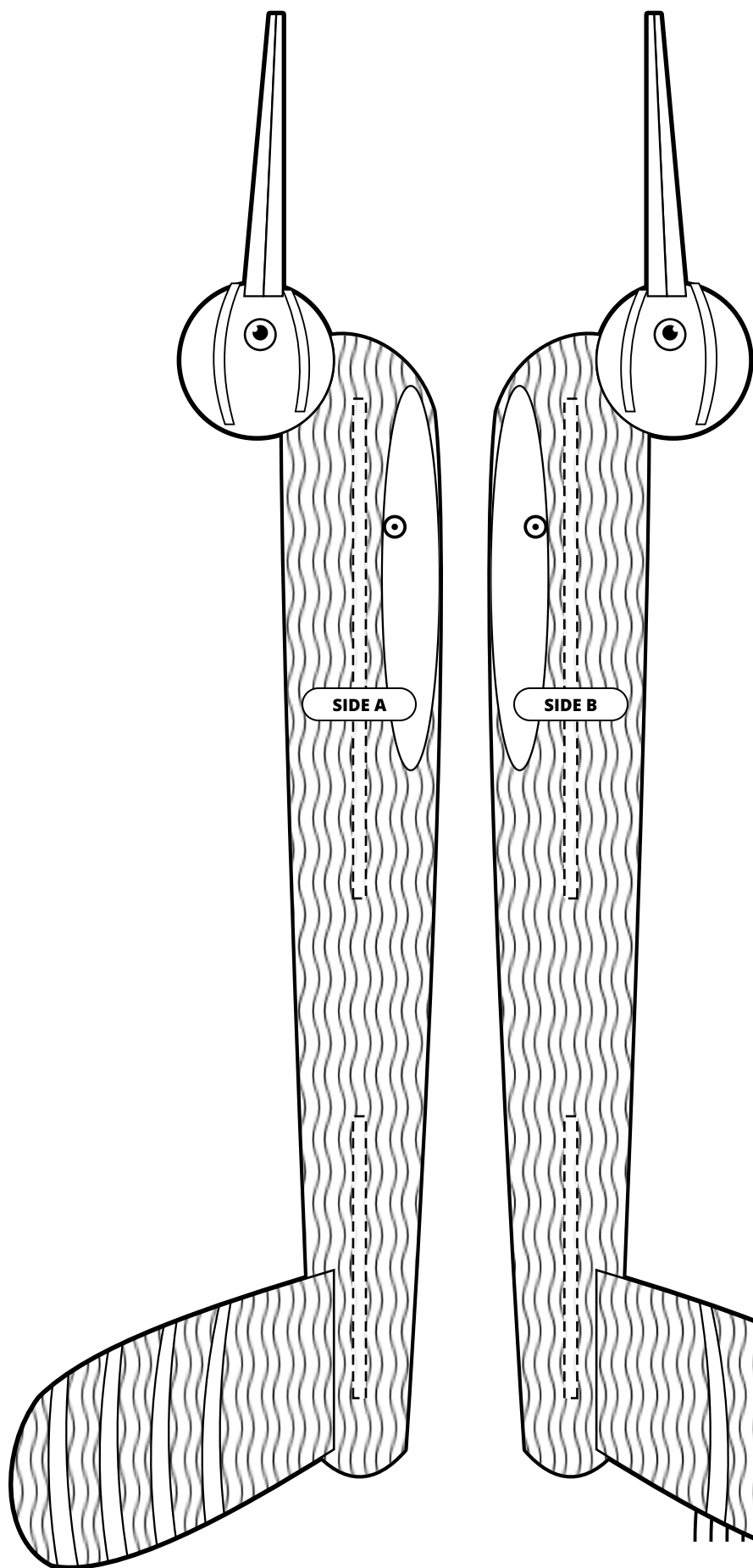
Stand like Aurora at the edge of a stream. Breathe in for 4... breathe out for 6, slower than you breathed in. **6 rounds.** A longer out-breath helps your body feel safe.

Move · Sunburst Wings

Warrior II: step wide, bend your front knee and open your arms like spreading wings. Gaze over your front hand, steady and strong, for 5 breaths.

Flight challenge: Aurora's broad tail gives her stability. Bend the tail plane up a little, then down. How does the glide change?

My sketch & one new question



Build it

Trace **Side A** on a cereal box and cut the cardboard carefully around the tail fan and long thin bill. Glue Side A on one side and **Side B** on the other.

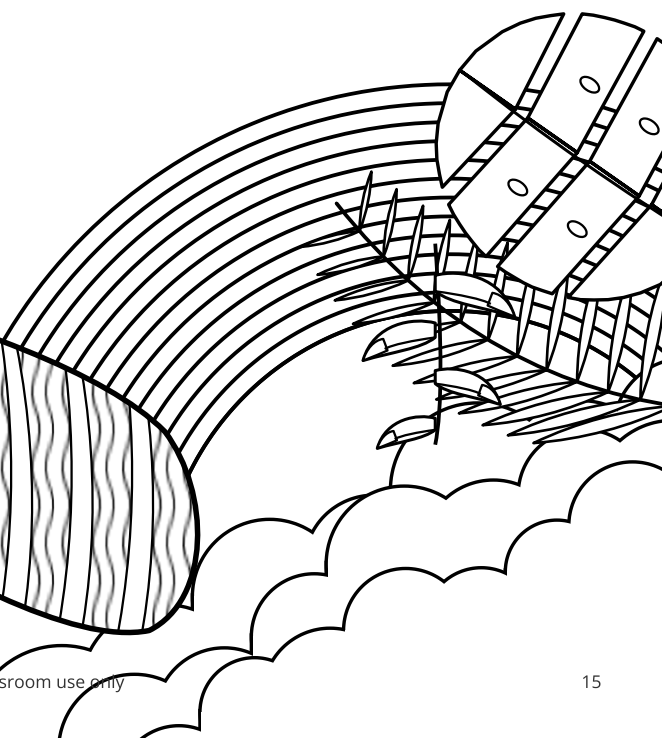
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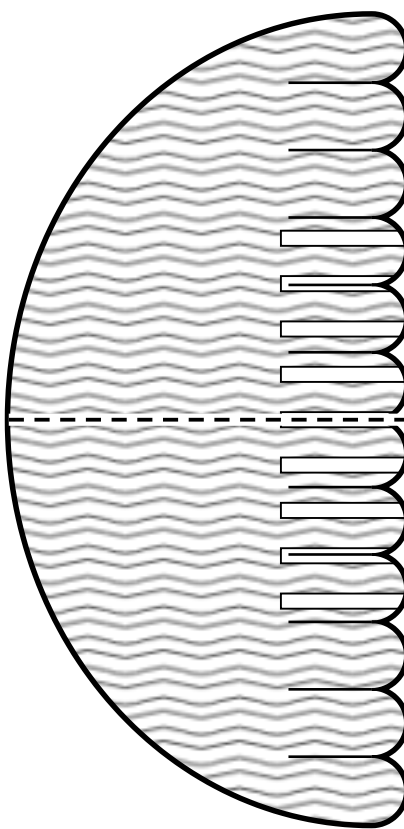
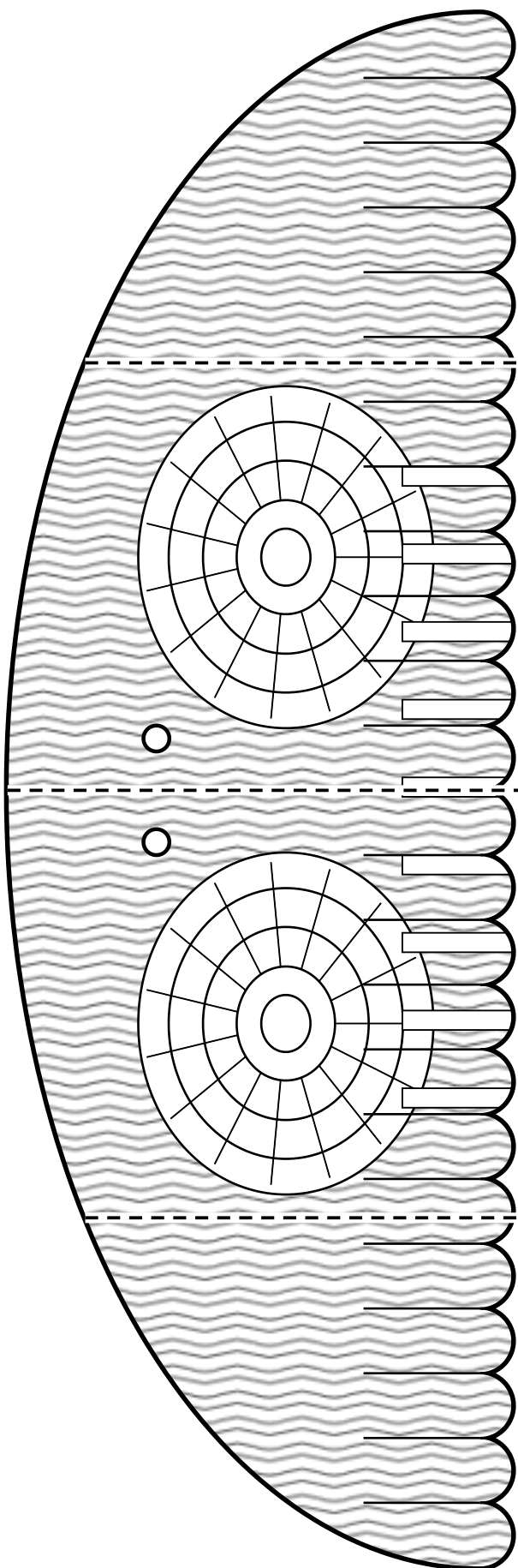
Real-bird detail

The striped tail fan, white face stripes, red eye and long straight bill are true to the sunbittern. Look at the wing page for its secret!

Breathe first

Still Water Breath before you cut, and once more before you fly.





TAIL

Wing & tail

Trace the wing and tail on cardboard, cut, and glue the skins on top. The **round edge is the front**; the rounded feather tips are the back.

Fold the wing tips up a little along the dashed lines after the glue dries.

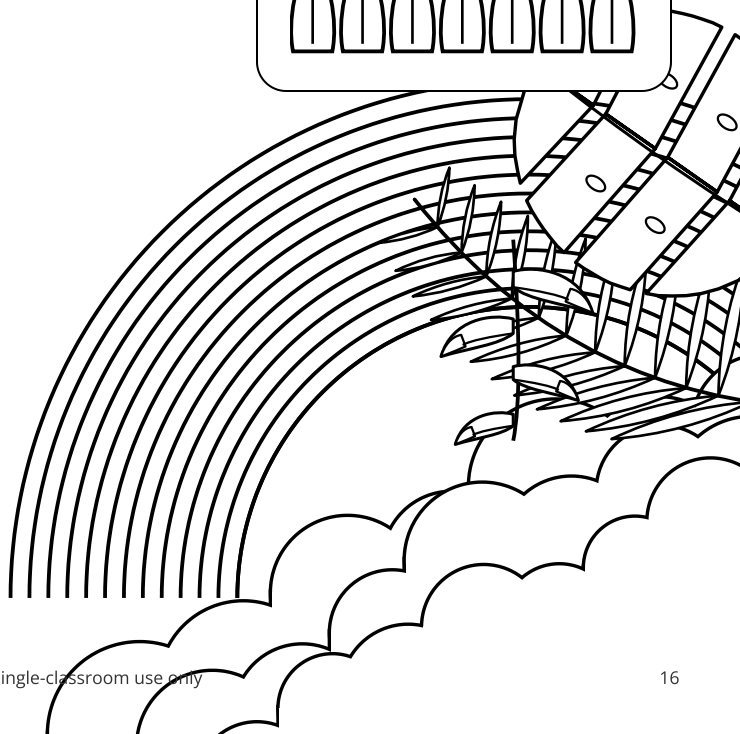
Rippling Streams

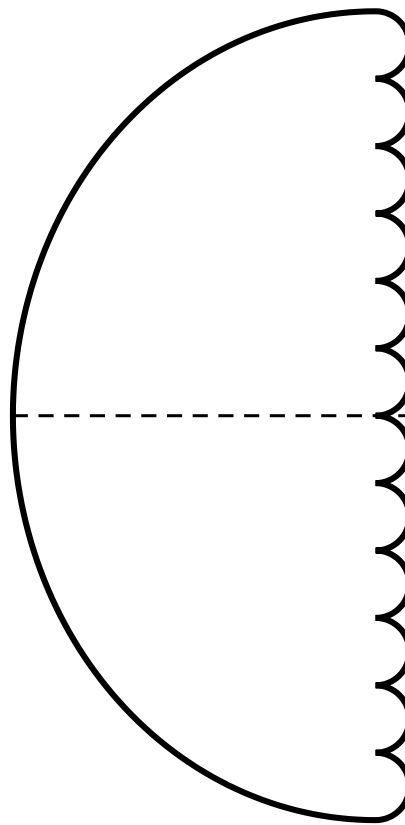
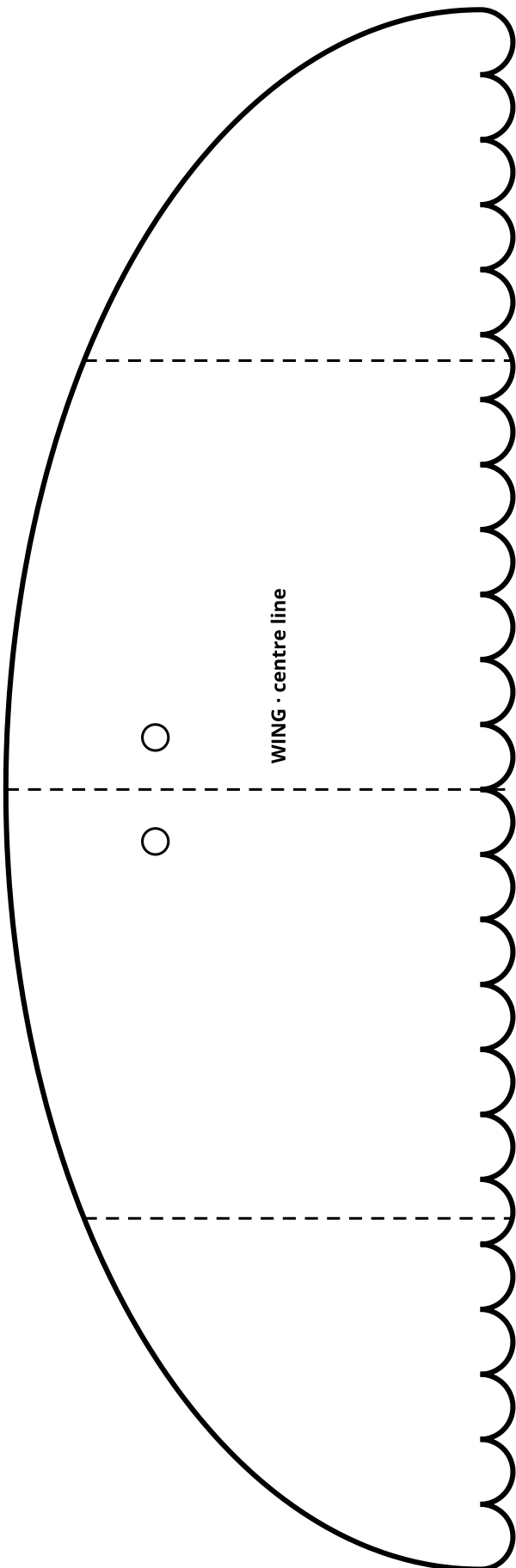
Thousands of small streams called *igarapés* ('canoe paths' in the Tupi language) wind through the Amazon. Aurora's fine stripes are the ripples on their dark, tea-coloured water.

Breath feathers

Colour one feather for every slow breath you take with Aurora.

7 breaths





One wing, one tail for every bird

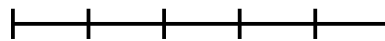
No need to cut your colour pages twice: you can trace the skins themselves. Or print this page, cut out the plain shapes and trace them.

Wing: **24 × 7.3 cm**

Tail: **10.7 × 4.8 cm**

Body: **25 cm** long

Mark the centre line and the two red balance dots on the cardboard.



Print check: this line = 5 cm. If it is shorter, print again at 100% / actual size.

Why rounded feathers?

Real bird wings and tails end in soft, rounded feather tips, never sharp zigzags. Each feather overlaps the next like roof tiles, so air flows smoothly and the bird glides quietly.

Ages 6–12 challenge: look at a real feather. Can you find the shaft and the tiny barbs that zip together?

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Test, observe, improve

Count steps from launch to landing. Change one thing at a time and record what happens, like a real scientist.

Bird	Flight 1	Flight 2	Flight 3	What I changed	Best
Rubi					
Brisa					
Aurora					

My new Amazon fact

My forest promise

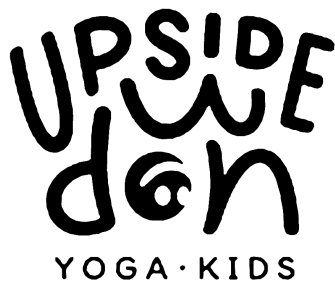
One thing I will do to care for nature:

Reflection

Which breath helped me most: Rubi's square breath, Brisa's humming breath or Aurora's still water breath? When could I use it at home or at school?

Before and after

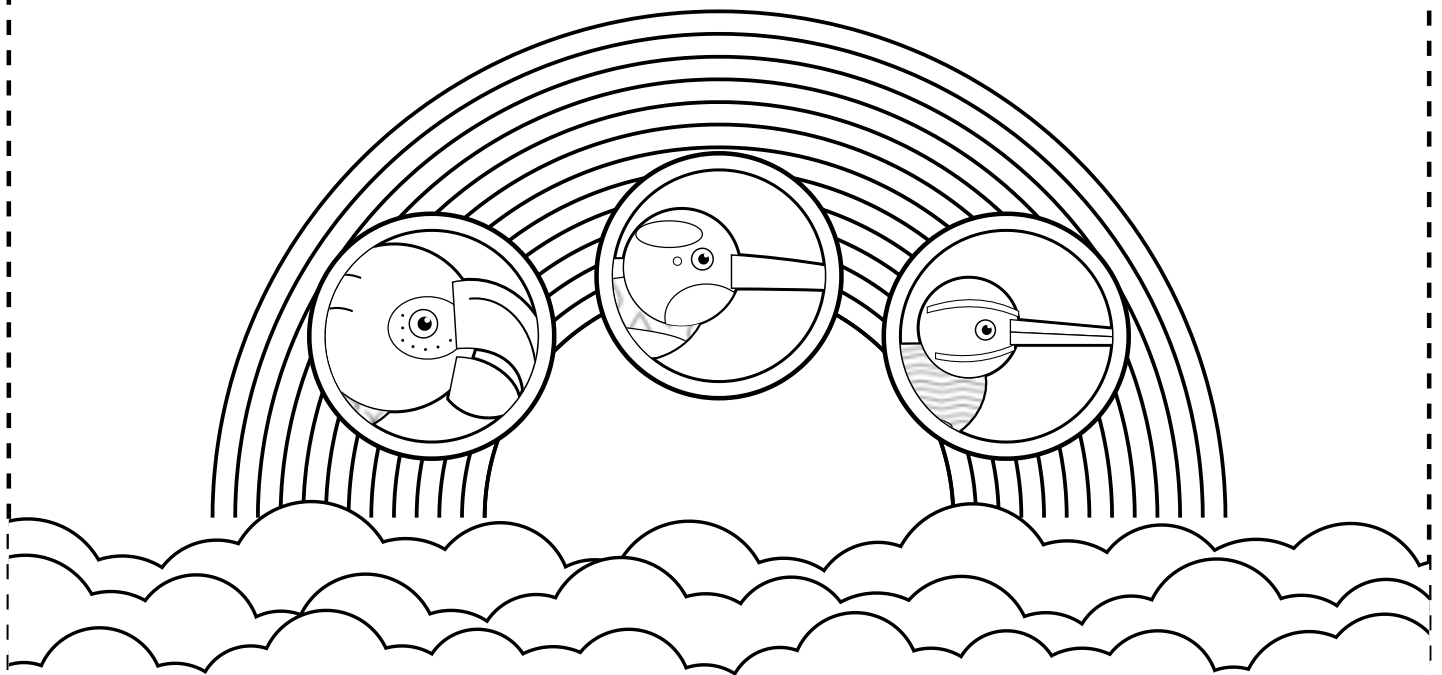
How calm do you feel (1 = not calm, 5 = very calm)? Before the breath: ☐1 ☐2 ☐3 ☐4 ☐5 After: ☐1 ☐2 ☐3 ☐4 ☐5



Rainforest Explorer Award

This certificate is proudly given to

for researching, building and flying with Rubi, Brisa and Aurora,
and for carrying a little rainforest in their heart.



Teacher / grown-up

Date