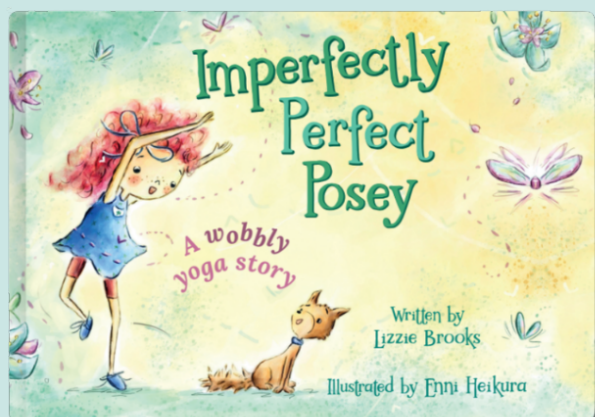


# Educator's Guide for *Imperfectly Perfect Posey: A Wobbly Yoga Story* written by Lizzie Brooks, illustrated by Enni Heikura



Posey's great at almost everything so she assumes she'll be perfect at yoga poses too—her name is Pose-y, after all!

But to her dismay, she can't do the poses like the other kids, so she quits. She tries to move on, but yoga won't leave her mind.

One brave day, she returns and does all the poses perfectly. Just kidding! She still struggles—but this time she finds fun, connection, and joy, proving that success exists outside of perfection. We're all imperfectly perfect!

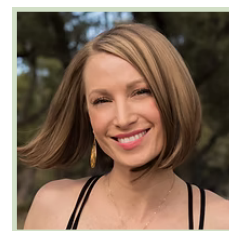
*A bighearted story with a meaningful message of perseverance.*

*Kirkus Reviews (Starred review)*



## About the Author

**Lizzie Brooks** is a mom, yoga teacher, freelance editor, and author represented by Emily Keyes.

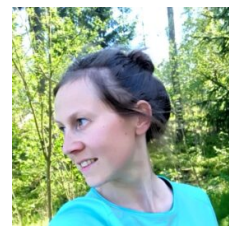


Her debut picture book, *Imperfectly Perfect Posey*, received a Kirkus starred review and was a July 2026 Kirkus book of the month. Her work can be found in the IPPY award-winning, *Spinning Toward the Sun*, *Door = Jar Literary*, *Beyond Words Literary*, *Tyger Tyger*, *Yoga International*, and more.

Lizzie runs a critique and author-advising business where she delights in helping authors take their work to new heights. She's a member of SCBWI and Courage to Create and lives in North Carolina with her family who—despite her constant puns—still loves her.

## About the Illustrator

**Enni Heikura** grew up in Finland, spending most of her childhood on the ice as a figure skater, which sparked her love for movement and the interpretation of emotion.



When she wasn't training, she enjoyed drawing tiny, detailed images, just like today. After graduating in sport science and beginning further studies in psychology, she rediscovered her passion for drawing. Her goal is to bring stories to life that children find relatable and inspiring, with a touch of humor. Inspired by music and everyday little things, she enjoys solving creative challenges and developing new ideas through working with pencil and digital color. In her free time, she loves hiking in the mountains as well as running and cross-country skiing in the nearby forest, where many of her ideas are born.

# Educator's Guide for *Imperfectly Perfect Posey: A Wobbly Yoga Story* written by Lizzie Brooks, illustrated by Enni Heikura

## Discussion Questions

**Before you start the story** – Look carefully at the front and back covers and the title page.

- What do you expect from this book?
- What do you think “Imperfectly Perfect” means?
- The subtitle says the story is “wobbly.” What else can be wobbly?
- What do you know about yoga? Do you know any yoga poses?
- What do you think about the illustrations?

**During the story** – Pause and ask questions to maintain engagement.

- “I QUIT!” – How is Posey feeling when she leaves her first yoga class? She certainly seems mad. Can you think of some other emotions she might be feeling? (Embarrassed, frustrated, disappointed, surprised)
- Have you ever tried something new that you thought would be easy, but it turned out to be hard? Did you feel any of the same emotions as Posey?
- “...she flopped backstage like spaghetti noodles” – Can you make your body like uncooked spaghetti noodles? Now, can you make it like floppy, cooked spaghetti? Which feels better in your body?
- “THUD!” (When Posey falls during the second yoga class, before you turn the page) – What do you think Posey will do now?

**After you finish reading** – Some questions for reflection:

- Ivy seems like a really good friend for Posey. What about Ivy makes her such a good friend?
- At the beginning of the book, Posey only wants to do things that she already knows how to do perfectly. By the end, she is OK with wobbly yoga poses. What do you think changed for Posey? What did she learn?
- Go back through the book and look for places where Posey actively notices her breath. How does noticing her breath affect Posey and her mood?



# Educator's Guide for *Imperfectly Perfect Posey: A Wobbly Yoga Story* written by Lizzie Brooks, illustrated by Enni Heikura

## Activities

**Breathing to Unjumble** – We often tell children to take a deep breath to help calm, but they can require more guidance than that. Here are some strategies to build that skill.

*A Calming Bottle* – A calming bottle will show students what happens in their brains when they practice deep breathing. You need:

- a clear plastic bottle and lid
- warm water
- clear glue
- food coloring
- fine glitter, sequins, chunky glitter, and/or small beads
- strong glue and tape

Students can help make the bottles. Fill the bottle about two-thirds full with warm water. Add clear glue to fill the bottle most of the way, leaving an inch of room at the top. Add food coloring, glitter, sequins, and some small beads. Secure the top with glue and tape.

Explain that when we are upset, our thoughts and feelings can feel swirled around like the beads and sparkles in the bottle. But when we breathe deeply in and out, those swirling emotions have a chance to settle and we can think more clearly. Have students try swirling the bottle and then watching the beads and sparkles settle.

*Chest and Belly Breathing* – Have students sit in a comfortable seated position on the floor (or chair if needed), with their left hand on their left shoulder and right hand on their belly. Have them take a deep breath so their shoulders go up, pushing against their left hand. That is breathing in the chest. Next, have them try to take a deep breath with their belly pushing against their right hand. That is the start of belly breathing. Finally, have them try to take a deep, slow breath (to the count of 4) with their belly pushing against their right hand but with their shoulders staying low, so their left hand doesn't move. Keep practicing.

*Buddy Breathing* – For this activity, each student needs something small to place on their stomachs to practice deep belly breathing. You can use stuffed animals, bean bags, rolled up socks, stress balls – anything small that has a little bit of weight. Have students lie on their back and place the small item on their belly. Tell them they are going to make the item go up and down by using the belly breathing they have learned above. Start with breathing in for a count of 4, sending the item up. Then breath out for a count of 4, sending the item down. With practice, you might be able to extend both the inhale and the exhale.



# Educator's Guide for *Imperfectly Perfect Posey: A Wobbly Yoga Story* written by Lizzie Brooks, illustrated by Enni Heikura

## Activities

**Posey's Poses Cards** – In the backmatter for *Imperfectly Perfect Posey*, author Lizzie Brooks provides instructions for several yoga poses. Make a copy of those pages and cut the poses apart, mounting them on half-sheets of card stock to make Posey's Poses Cards. Use the cards to practice Posey's poses.

You can also have students make up their own poses, like Posey created Spaghetti Pose. They should choose an object to be the name of their pose and then decide what pose would go with that object. For example, Pencil Pose might be lying down with body straight and hands coming together in a point over head. Older students can draw the pose on the attached Posey's Poses Card template. Younger students can demonstrate the pose, and teachers can draw stick figures to represent the pose and add the name. Alternatively, you can take photos of students performing the pose to illustrate the cards.

**Using Your Posey's Poses Cards** – Add your students' cards to your set of Posey's Poses Cards from the book. Integrate these cards into your day:

*Transition Times* – Pull a card and practice poses when you have a few minutes to fill.

*Stop, Drop, and Pose* – Try Stop, Drop, and Pose when the classroom energy is feeling too high. Have a sound cue like a bell or chime. Pull a card and say, "Stop, Drop, and <name of pose>." Students stop what they are doing, drop any materials they are using, and take the pose.

*Outdoor Yoga* – Take your Posey's Poses Cards outside for some yoga in the fresh air. Lay the cards out on the ground, spaced far apart. Lead students on a walk, stopping to do the poses as you come to them. You can also call out a pose, have them find the card, and then do the pose.

*Yoga Stories* – Use Posey's Poses Cards to make a collaborative story. Start with "Once upon a time, there was a <pose name>", laying the card on the floor. Have each student, in turn, add their pose card to the line of cards and their pose name to the story (something like "along came a <pose name>"). Everyone does each pose together. By the end, you will be able to retell the story in words and movements. It is helpful to have an adult transcribe the story as you go. That adult can also take pictures of the class doing each pose. Print out the pictures with the transcription to make a classroom book of your story.



# Educator's Guide for *Imperfectly Perfect Posey: A Wobbly Yoga Story* written by Lizzie Brooks, illustrated by Enni Heikura

## Activities

**Yoga with Adriene** – YouTube yoga instructor Adriene Mishler provided an endorsement for *Imperfectly Perfect Posey* on the back cover. On her Yoga with Adriene channel, she has a playlist of yoga videos specifically for children. When bad weather keeps you inside for recess, try some yoga videos.

**Dancing with Scarves** – In the illustration of Posey's dance class, all the dancers are using scarves. If you have a class set of movement scarves or ribbons, break them out and put on some music for a dance party. If not, put out a call to your school community for donations of scarves or lightweight fabric that could be cut into large squares. (Cut with pinking shears to minimize fraying.)

**Experiment with Watercolors and Pastels** – The backgrounds of Enni Heikura's illustrations have a dreamy quality. Students can try watercolors to get a similar effect. Water colors are a great medium to highlight that "perfect's not the point" like the refrain from the book. Lean into the fact that water colors can move freely, and with that, we can let go of "exacts." Once the watercolor backgrounds are dry, students can add oil pastel drawings on top. They can use a cotton swab or their fingers to smudge the pastels to give soft edges like Heikura's figures.



### Guide Author

Sara Hudson has over twenty five years of experience integrating literature into learning. She has worked as an early childhood educator and for a national literacy nonprofit. She is now a bookseller and freelance writer.

Name:

My Yoga Pose is a

Name:

My Yoga Pose is a

Posey's Poses

Posey's Poses