



Yoga: Animal Poses

Yoga, a practice that began in ancient India, links breath to movement. It can help strengthen and calm bodies and minds. First, practice individual poses, choosing ones that are appropriate for your children's ages and abilities. Prompt children to take and release deep breaths in each pose. It is okay if their pose isn't perfect. Next, move through a few poses back-to-back to make a "flow."

More Support: Children often naturally move into yoga-like positions, so build on this by commenting, "You look like you're doing Downward Dog."



Cat



Cow



Downward Dog



Three-Legged Dog
(Right, Left)



Dolphin



Cobra



Camel



Half Tortoise