



Yoga: Calm-Down

Yoga, which originated in ancient India, is a practice that links breath to movement to strengthen and calm bodies and minds. Lead children through poses by first practicing each pose, then linking them altogether in a “flow” in this calm-down routine. Prompt children to take and release 5 deep breaths in each pose. Do not correct children if their pose isn’t perfect.



Child's Pose



Table Top



Cow



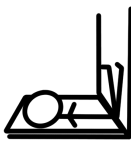
Cat



**Seated
Forward Fold**



**Supine Twist
(Right, Left)**



**Legs Up
On Wall**



Savasana