



Balloon Breath

- Sit with your legs folded and crossed, and your back straight.
- Put the palms of your hands together at the center of your chest.
- Close your eyes, and begin by taking three big balloon breaths.
- Here's how: When you breathe in deeply, raise your arms up above your head in the shape of a big balloon.
- Then breathe out and bring your arms back down so that your palms are together at the center of your chest.
- Do this at least three times.

Balloon Breath is a centering exercise. It attunes you to yourself and keeps you focused.



Bear Walk

Bear Walk imitates the movements of a lumbering bear foraging for food. Bears may look cute and furry, but they are very large and powerful animals with great strength. This pose builds strength. It also works gross motor control, strengthens the arms, wrists, legs, and ankles, and because it uses both sides of the body in opposition, it helps to coordinate the central nervous system.

- ❖ Begin in Downward Facing Dog Pose.
- ❖ Slowly begin to walk around the room, moving opposite hands and feet (step forward with your right arm and left leg, then with your left arm and right leg).
- ❖ Keep walking with arms and legs mostly straight. Try to feel like a bear moving through the forest.



Birthday Candles

- Sit with your legs crossed and your back straight.
- Breathe in deeply.
- Imagine seeing your birthday cake with all its bright candles, and blow them out, breathing out strongly through the mouth.
- As you inhale through your nose stretch the arms up and out.
- As you blow out strongly through your mouth, bring them back together at the center of your chest.

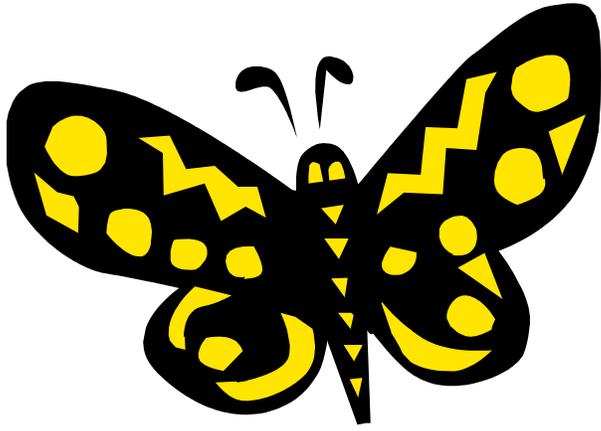
Bunny Breathing

Wiggle your nose like a bunny and use your hands, on top of your head, as floppy ears.

Inhale three times in short, consecutive breaths through your nose.

Then exhale through your mouth as you make a sighing sound. Repeat several times.





Butterfly Pose

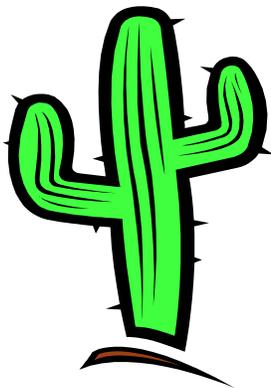
Imagine you are a beautiful, playful butterfly and your legs are the butterfly wings, gracefully flying in the wind. Kids vary widely in how far they can lower their knees in Butterfly Pose, a measure of the flexibility in their legs and hips. Anyone can do this pose, however. Lowering your knees only slightly still reaps the benefits, which include mobilization, stimulation, and increased flexibility of the knee and hip joints.

1. Come down into a sitting position on the floor or the ground.
2. Bend your knees, draw your feet in toward you, and place the soles of your feet together.
3. Hold your feet with your hands to connect the butterfly wings (your bent legs).
4. Slowly flap your “wings,” lifting and lowering your bent legs.
5. Continue for as long as you are having fun!

Cactus Pose

A cactus is sharp and prickly. Look at some pictures of cacti in the desert and notice how many prickles and funny shapes different types of cacti have. Cactus Pose puts kids in touch with each body part and enhances balance.

1. Be a cactus! Bend your elbows and knees into points. Use your fingers and toes as cactus spines. What about your ears, nose, tongue, elbows, and toes? Anything can be a prickle!
2. Balance in different cactus positions.

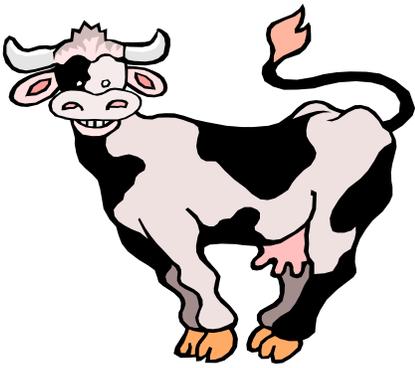




Cat Pose

Cat Pose improves circulation in the spine, elongates the spinal column, relieves gas, and improves digestion.

- Get down on all fours and spread out your paws (that is, your fingers). Make sure your hands are directly under your shoulders and your knees are directly beneath your hips.
- Round your back and let your head curl downward and in toward your lower body so you are looking toward your belly.
- Tuck your tailbone (coccyx) down and under.
- Really stretch that spine, like a Halloween cat!
- Follow with the Cow Pose.



COW POSE

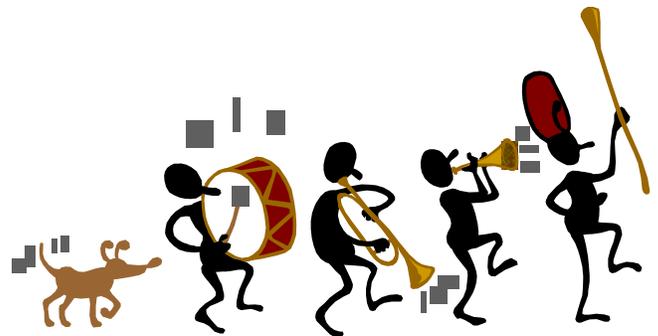
Cow Pose has the same benefits as Cat Pose, since it is really the other side of the same pose.

- Start in Cat Pose (on all fours, fingers spread out, hands under your shoulders, back rounded, head down).
- Inhale and arch your back so your tummy reaches down toward the ground.
- Lift your chest up, pressing firmly into the ground with all of your hand.
- Gaze upward. Try to look as a cow would.
- Move back in Cat Pose. Repeat about four times, back and forth from Cat Pose to Cow Pose.

Marching band

1. *Begin in Mountain Pose.*
2. *Lift one knee, then the other, alternating until you have a rhythm going, like a march in place.*
3. *When the knee lifts feel comfortable, raise both arms out to the sides and bend your elbows. Make fists that point toward the sky.*
4. *As you raise each knee, lower the opposite elbow toward the raised knee. Your arm will cross over your torso.*
5. *Once this movement is comfortable, switch to bending your knee, but raise your foot behind you, tapping each foot with the opposite hand behind your back.*

► **For More Fun:** Ask someone to be the “caller,” calling out when to tap in front and when to tap in back. When the caller says, “front,” tap in front. When the caller says “back,” switch to the back. Try not to miss a beat!





Deep Relaxation

- ❖ Lie down onto your back with your legs straight and arms at your sides. The palms of your hands are facing up, and resting on the floor.
- ❖ Close your eyes and breathe gently.
- ❖ Imagine you are lying on the beach. The warm sand feels so comfortable on your back. Feel the sun warming up your whole body.
- ❖ As you breathe in, listen! It sounds like the waves coming up the shore.
- ❖ As you breathe out, imagine the waves going back out to sea.
- ❖ Keep breathing with the waves for another moment or two.
- ❖ Now in your own hands, imagine you have some birdseed for the seagulls. Imagine the seagulls circling around you. They want to come down and take the birdseed, but they feel a little afraid. Make yourself very peaceful and quiet so they will know you are a friend. Breathe and relax for a minute, allowing the seagulls to come.

(The adult can count to 10-20 slowly as the child rests, or child can rest for longer.)

Deep relaxation after yoga helps enhance the effects of the exercises. It also promotes rejuvenation right down to the cellular level.



Downward Facing Dog Pose

Downward Facing Dog Pose strengthens and stretches the back, arm, and leg muscles. It also tones the kidneys and refreshes the mind as it allows blood to flow to the head. This pose wakes you up! Try it in the morning. (Your dog does!)

1. Get down on all four paws (hands and knees), front paws (fingers) spread wide.
2. Drop your head down so your ears are between your arms.
3. Curl your toes under your feet and slowly begin to raise your knees off the floor and reach your “tail” upward and back, straightening your back legs until you feel a nice stretch in your muscles and hamstrings (the tendons along the backs of your legs).

Driving My Car

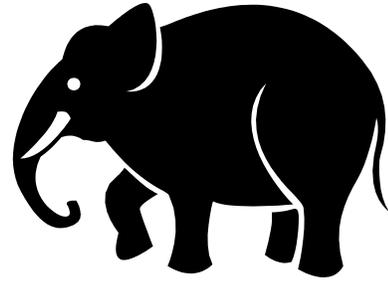


Driving My Car is a fun and different way to move around a room, a yard, or a park. It increases motor coordination and strengthens the lower body.

- Sit on the ground with your legs out in front of you. Imagine your right foot is on the gas pedal and your left foot is on the brake pedal.
- Fasten your seatbelt, start the engine by turning an imaginary key, then take hold of an imaginary steering wheel in front of you.
- Move your “sitz bones” (those two bones you can feel under you when you are sitting) alternately forward to move yourself (and your “car”) forward. Don’t let go of the steering wheel or you might get a ticket!

For More Fun: Use a paper plate for a steering wheel, or design your own steering wheel to hold while driving. Test out the horn. “Beep beep!” Rev the engine. “Rrrrrr, Rrrrrr!”

ELEPHANT



- ❖ To be an elephant stand up.
- ❖ Bend forward with your arms hanging down.
- ❖ Clasp your hands together, with fingers interlocked.
- ❖ Now walk around the room, bent over, and swinging your trunk.
- ❖ After a minute, stretch your trunk high up into the air, lean back and let out a big elephant sound like a horn!



Flamingo Pose

Flamingo Pose strengthens balance, stretches the hip flexor and quadriceps, opens up the entire body, and improves posture.

1. Stand in Mountain Pose and look at an object in front of you to help your balance.
2. When you feel balanced, slowly bend one knee and raise your foot behind you until it is pointing toward your backside.
3. Grasp your raised foot with the hand on the same side of your body.
4. Reach your opposite arm and hand high in the air, as if it is the flamingo's long, curvy neck.
5. Return to Mountain Pose and repeat on other side.



Floppy Teddy Bear

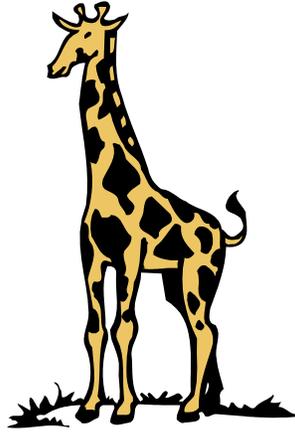
Floppy Teddy Bear is an inversion, so it sends fresh blood to your brain, helping to clear the mind. It stretches and elongates the spine and neck. Floppy Teddy Bear also releases tension and stress, helping the body to relax.

- Stand with your feet slightly apart, arms reaching way up over your head.
 - Stretch your torso as you inhale, then exhale and flop over, bending at the waist. Allow yourself to make a sound of release: “aaahhh” or “haaahhh” or “phooohhh!”
 - Allow your arms, hands and upper body to relax completely. Try not to control your movement.
 - When you come to complete stillness, roll up slowly with your chin into your chest.
 - Repeat several times.
- ▶ **For More Fun:** What else is floppy that you could imitate in this pose? A scarecrow? A floppy rag doll?

Fly Like A Bird

- Stand straight and tall with feet firmly planted and arms hanging at your sides in Mountain Pose, or sit in Japanese Sitting Pose.
- Inhale through your nose and extend your arms out to the side, then up over your head.
- Keep your arms nice and straight but make the movement graceful, as if your arms were wings.
- Then, slowly exhale through your nose as you lower your wings.
- Repeat several times until you feel centered.





Giraffe Walk

Giraffes are tall all around – tall legs, tall big bodies, and of course, those towering necks. This pose is inspired by the height of the mighty giraffe. Giraffe Walk Pose stretches and strengthens the feet, toes, ankles, and calves. It extends and opens the entire body. It also improves balance.

- ◆ Stand tall, on your tippy toes.
- ◆ Reach your arms up straight over your head, palms open and facing each other, fingers pointing up.
- ◆ Walk around the room, lifting one leg at a time, as high as possible straight out in front of you, without bending your knee.

Japanese Sitting Pose

Sit on your heels

Knees bent

Keep legs together





Mountain Pose

Mountain Pose is designed to help kids feel the strength, solidity, and power of a great mountain. It is the perfect beginning pose for a yoga practice because it helps stabilize the body and focus the mind. Mountain Pose teaches proper posture and helps to straighten the back, making it strong and straight. It also put the mind into an alert state.

- Stand with both feet parallel and close together, hands hanging by your sides.
- Focus your eyes on an object in front of you and try to remain still.
- Imagine you are strong and tall like a mountain. Not even the strongest wind could blow you over!

When kids get good at standing still in the Mountain Pose test their concentration by being a bird that fly's around the mountains. This will provide a challenge to keep kids focused even with distractions.

Rock and Roll

This movement is fun, aerobic, and a great way to loosen up a tight spine or massage pulled back muscles. It's a nice way to balance out a pose that arches your back and also a great way to get your body warmed up for the day when you first wake up in the morning. Rock and Roll massages the spine and improves gross motor coordination.

1. Sit down and bring your knees to your chest. Wrap your arms around your legs, holding onto your shins, so your body forms a ball.
2. Rock backward on your spine as you breathe, then roll back up to your original sitting position. See how well you can control the rocking and rolling. Can you rock in rhythm?



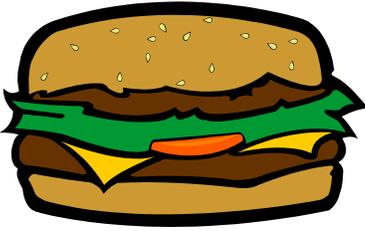
Sun Salutation Pose

- ❖ Sit with legs apart, spine straight
- ❖ Legs are stretched but not tightened, toes pointed
- ❖ Press palms of hands together salutation fashion
- ❖ Lower arms should be parallel with the floor
- ❖ Release tension; press again.
- ❖ Keeping palms together, extend hands and arms upward and over head.
- ❖ Then move hands and arms outward to the side.
- ❖ Stretch arms up again, put palms together.
- ❖ Bring hands back to prayer position. Relax. Repeat several times.



Sandwich Pose

Sandwich Pose stretches the legs, the back, the neck, and sends fresh blood to the brain. It encourages flexibility of both mind and body!



*Sit down with your legs straight out in front of you and your upper body perpendicular to your legs. Imagine that your legs are a slice of bread which you will use to build your sandwich, and your upper body is another slice which you will use later to close the sandwich. Decide what kind of sandwich you will make.

*Why, look! All the sandwich ingredients are *way* up high on the very top shelf, almost out of reach. But you can do it! Reeeeeeach up with both hands to get your first item.

*Spread the first ingredient over your toes, ankles, shins, knees, and thighs. In other words, spread it on your bread slice. Is it cheese? Veggies? Peanut butter?

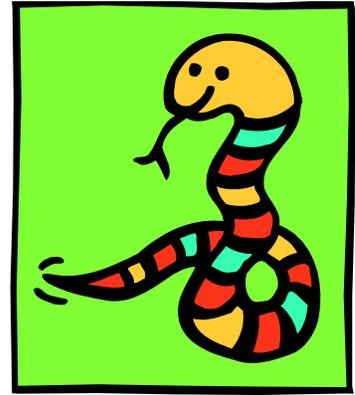
*Now reeeeeeach up to get the next sandwich item. Turkey? Mayonnaise? Jelly?

*Put sandwich fixings on your legs by touching each body part to cover the entire slice of “bread.”

*Now put the two slices of bread together! Try to put the piece of bread on your upper body on top of the piece on your lower body. Reach your hands straight up overhead, then lower yourself down, down, folding your whole body in half at the hips.

*Reach your hands toward your toes as you put the top part of your sandwich on the bottom part. If you can't reach your toes, place your hands on your shins. Smoosh your sandwich really tight!

SNAKE POSE



Lie on back, legs touching, knees bent, bottom of feet on floor, arms along side of body on floor.

Lower spine below waist presses to floor, upper back is relaxed.

Breathe in lung area.

Contract abdominal muscles, hold counts 1, 2, 3.

Relax and repeat.

Star Pose

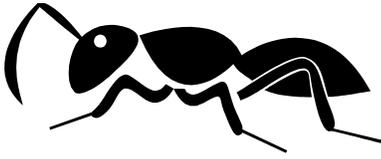


The Star Pose is a relaxing, meditative pose. It is excellent after a stressful day in helping you regain a clear-headed, alert, wakeful, energized state. Kids can imagine they are sparkling like shining stars in a clear night sky.

The benefits of Star Pose include flexibility in the arms, back, hips, and ankles. Star Pose is also a modified inversion, which means your head is down and blood flows into your brain. This helps clear the mind.

1. Begin in Butterfly Pose.
2. Interlace your fingers to form a basket shape, then place your locked hands behind your head, stretching your elbows out to the sides.
3. Slowly lower your head and arms down toward your feet.
4. Breathe through the pose as you lower your upper body.
5. Relax in this pose for as long as it feels good.

“The Ants Go Marching” March



This game is lots of fun. We all know ants are tiny, but they are also very persistent!

This game promotes concentration and body awareness, as well as aiding good posture.

- All the kids kneel down onto all fours and form a circle. Kids can kneel around a Hula-Hoop to help keep the circle’s shape.
- Inside the middle of the circle (or inside the Hula-Hoop), place a plate containing some food for the ants, such as granola, breadcrumbs, or a sliced banana.
- All the kids look at the food and crawl around the circle to the beat of the music. This is a slow crawl. Keep your eyes on that food, as if you were salivating in anticipation of your feast!

You can sing the song – “The ants go marching one by one, hurrah, hurrah, the ants go marching one by one hurrah, the ants go marching one by one, the little one stopped to suck his thumb, and they all go marching down to the ground to get out of the rain, boom boom boom...” Then repeat with “the ants go marching two by two, the little one stopped to tie his shoe...” and continue for as long as desired, with new rhymes for each number. Make up your own!

The Bird

Sit with spine straight, soles of feet together.

Clasp hands behind lower back and pull shoulder blades together slowly, head tilted back, eyes looking up.

Hold, then release, relaxing shoulders, back, body. Repeat several times.

Next try raising clasped hands behind back, look up and bend head and body down forward. Hold, then return to upright position.



The Cricket



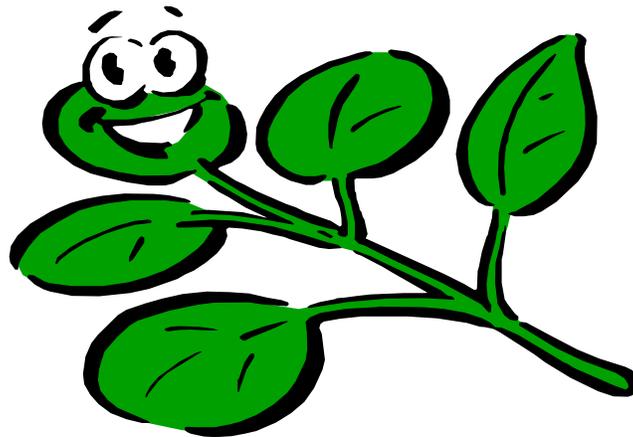
- Sit with spine straight, soles of feet together, or sit cross-legged, hands on ankles
- Head and eyes look forward, then up, then forward
- Next, lean right ear to right shoulder
- Straighten head and lean left ear to left shoulder, then straighten head
- Repeat several times

The Leaf

Sit with spine straight, soles of feet together, hands on ankles.

Gently round spine and then return to sitting straight.

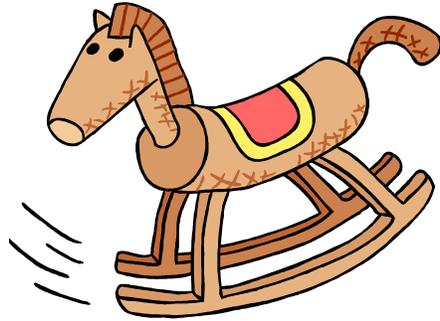
Repeat several times.



The Owl



- ❖ Sit cross-legged, hands at sides, palms on floor.
- ❖ Turn head to look to one side over shoulder, then over the other shoulder.
- ❖ If sitting on a firm enough surface, spin around once using hands to help propel spin.
- ❖ Repeat several times.



The Rocker

- Sit cross-legged with hands placed on floor at sides of body.
- Later place hands on tops of shoulders.
- Proceed to rock so balance transfers side to side.
- Back remains relaxed.
- Child should not rock so far as to fall over.

The Seal

- Sit with legs stretched wide apart, spine straight
- Turn body to face one leg
- Reach down to hold onto leg with both hands and gently lean towards the leg
- Hold for 4 slow counts
- Repeat to other leg
- Next, sit up facing forward, hold onto both legs, round back, and gently lean forward between legs, while looking toward the floor
- Next, sit straight and place palms of hands on floor alongside body for support
- Point and flex feet and ankles in unison, then try to point one foot while flexing the other foot
- Repeat rhythmically



The Squirrel



1. Sit crossed-legged, spine straight.
2. Raise both arms overhead and stretch one at a time slowly towards the ceiling, looking up.
3. Then stretch arms to side, making forward and backward arm circles, large and small, looking forward.

Train

- ▶ Sit with your legs crossed.
- ▶ Bring your arms to your sides with your elbows bent.
- ▶ Make fists of your hands.
- ▶ As you punch one arm out straight in front, breathe in.
- ▶ As you punch the other arm out, bring the first arm back to your side and breathe out powerfully through your nose.
- ▶ Keep switching arms and punching out. Listen to your breath – does it sound like train wheels?
- ▶ Now breathe in deeply, and breathe out, as your train comes home.



Tree Pose



Tree Pose is a balance pose that takes some practice. This kind of practice is fun, however. Kids think it is great to try standing on one foot, especially since falling over is half the fun! Also there are so many kinds of trees, kids enjoy choosing which tree to be. Tree Pose strengthens the back and legs. It improves the sense of balance and can help both sides of the brain work together.

- Begin by standing in Mountain Pose. Focus on something in front of you, to help maintain your balance.
- Spread your toes and imagine you have roots growing out of your feet, anchoring you to the ground
- Slowly bend one leg and place the sole of that foot on the inside of the standing leg, anywhere between the ankle and knee, as if your bent leg is a crooked branch.
- Raise your hands in front of you and place your palms together in front of your heart.
- Slowly lift your arms over your head and separate your arms and hands.
- Spread your arms wide like branches and hands like leaves. Feel the branches and leaves pulling you up to the sky while, at the same time, your roots ground you to the Earth.
- Hold for as long as you feel comfortable and then slowly lower your foot to the floor and perform the pose with the other leg raised.

Twister Pose

This relaxing pose gently twists the spine, almost as if you were wringing out all the tension in your spine. Twister Pose also relieves tension in the lower back and hips, tones the abdominal area, frees the chest and shoulders, soothes the spine and neck, improves digestion and elimination, and is overall a wonderful pose for increasing flexibility of the torso.

Lie on your back with your knees bent, and your outstretched arms resting on the floor, perpendicular to the body.

Allow your knees and legs to fall gently and slowly to one side. Try to keep your knees stacked one on top of the other.

Slowly turn your head to look in the direction opposite your knees, for a spinal twist.

Hold for about one minute, (or less for kids depending on age) really relaxing into the twist.

Straighten your neck; then slowly bring your knees back to the center.

Repeat on the other side.



Volcano Blast

This movement is great for relieving stress and can be useful for kids with built-up frustration, anger, and energy. It also loosens and mobilizes the shoulder joints.



- Begin in Mountain Pose with hands placed in front of the chest, palms together.
- Breathe in; then breathe out as you jump your feet apart.
- Imagine you are a volcano ready to explode. Feel the building heat.
- Get ready, get set, and go! Inhale deeply, as if preparing the hot lava to explode. Then, exhale fully and loudly, like a burst of lava and steam: “paaaaaaahhhh!” As you exhale, throw your hands and arms up to the sky. Explode your volcano by spreading your arms out to the sides until they come all the way back down.
- Return your hands in front of chest, palms together and repeat until you feel your volcano is fully erupted.

Windmill Pose



Windmill Pose coordinates both sides of your brain with both sides of your body in a fun and effective movement that mimics those large, wooden, old-fashioned windmills. Windmill is a midline movement that increases body awareness and gross motor coordination.

- Stand in Mountain Pose then jump your legs apart so they are straight and wide enough to give you a firm, stable base.
- With feet facing forward stretch out with one arm and then reach down to touch your opposite foot as you raise your other arm straight up to the sky.
- Hold for a few seconds, then switch and do it the opposite way. Pick up the speed when you feel comfortable.
- Repeat 15 to 20 times, or until you feel tired.