

Kid's ANIMAL POSES Yoga

Presented by:
Marshfield Child Advocacy Center



**Marshfield Clinic
Health System**

Bed & Nap Time Yoga

1.



Calming Cat

Point your back towards the moon as you take a deep and slow breath

Breathe out slowly and bring your back down/level

Try it 3 times

2.



Quiet Cow

Point your tummy towards the ground as you take a deep and slow breath

Breathe out slowly and bring your back up/level

Try it 3 times

3.



Sleepy Snake

Slowly stretch your legs back and bring your tummy down

Slowly push up on your hands as you take a deep and slow breath

Slowly bring your chest back down and breathe out slowly

Tuck-in child after 3 tries

Note: Parent/teacher may count down with fingers or whisper

Wake-Up Yoga



Snake Stretch

Slowly push up on your hands as you take a deep and slow breath

Slowly bring your chest back down and breathe out slowly

Try it 3 times



Creative Cat

Point your back towards the sun and take a deep and slow breath

Breathe out slowly and bring your back down/level

Try it 3 times



Curious Cow

Point your tummy towards the ground and take a deep and slow breath

Breathe out slowly and bring your back up/level

Try it 3 times



Giraffe

Reach for the tree top and breathe in slowly

Bring your arm down and breathe out slowly

Don't forget to switch arms



Flamingo

Stand on 1 leg, take 3 slow and deep breaths

Don't forget to switch legs

Note: Younger children may need your help

Calming & Re-Focusing Yoga



Gentle Butterfly

Gently move your knees up/down 10 times

Breathe in as you move your knees up

Breathe out when you bring your knees down



Yawning Lion

Roar without sound

Take a quiet deep breath

Yawn quietly as you breathe out