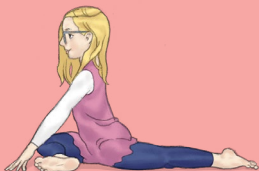




Breathe

Calm



Connect

MINIPACK

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Index

BREATHING EXERCISES

Balloon Breath

Deep Belly Breath

Flower Breath

Eagle Breath

Shoulder Breath

CALMING YOGA POSES

Extended Mountain Pose

Standing Forward Half Bend

Pigeon Pose

Extended Child Pose

Lying Twist

PARTNER YOGA POSES

Partner Crescent Moon

Partner Chair Pose

Partner Extended Side Angle

Partner Lunge Pose

Partner Hero Pose

Breathe-Calm-Connect Yoga Tips

The yoga poses in the index are sequenced specifically to invite flow from one pose to the next.

Remember to take full, deep breaths in each pose.

Focus on having fun with movement, not on practicing perfectly aligned poses.

Engage the children. Follow their passions and interests. Create authentic, meaningful experiences.

Feel free to adapt or change the yoga poses or breathing exercises to suit your needs. Cater to their energy levels and different learning styles.

Adjust the number of yoga poses and breaths depending on the time available and the ages, needs, and energy levels of the children. Tune in to your children, and you'll know what is best for them.

Breathe-Calm-Connect

Yoga Tips (continued)

Be creative and enjoy yourself—the kids will notice your enthusiasm.

Wear comfortable clothing and practice barefoot.

Make safety a top priority—clear the space of obstacles and be safe with your bodies.

Feel free to add your own calming affirmations, music, relaxation stories, or aromatherapy.

Familiarize yourself with the yoga poses and breathing techniques before introducing them to your children.

The breathing techniques can be practiced in various positions, such as sitting comfortably cross-legged on the ground, sitting in a chair, sitting on your heels in Hero Pose, or lying flat on your back in Resting Pose.

Breathe-Calm-Connect

Yoga Tips (continued)

Don't worry if you don't get the poses or breathing techniques the first time.

Go easy on yourself and keep practicing. Think of this as a lifelong practice that evolves over time.

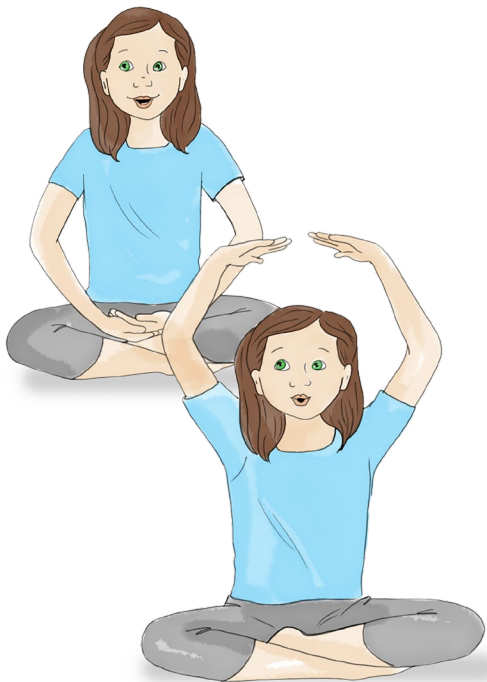
Set up the environment beforehand so the children know what to expect by practicing these yoga postures and breathing exercises.

Slow down, capture their attention, and help them focus.

Encourage the children to share their yoga experiences with their families and friends.

These yoga cards are designed to be a guide and can be adapted to suit your needs.

Make this yoga experience your own.



Balloon Breath

Balloon Breath

Take a deep breath in for three counts while raising your arms to form the shape of a balloon. With your lips closed, exhale through your nose for three counts while taking your hands back to rest on your knees. Feel the rise and fall of your chest and belly as you continue to raise and lower your arms like a balloon inflating and deflating.

IMAGINE

Being a hot air balloon
in the middle of a meadow.



Deep Belly Breath

Deep Belly Breath

Place your right hand on your belly and your left hand on your chest. Take a deep breath in for four counts then exhale through your nose for four counts, with your lips closed. Feel the rise and fall of your chest and belly. If you're on your back, you could place an object, like a stuffed animal, on your stomach to help you feel (and see) the rise and fall of your belly. Do this deep belly breathing for a few minutes.

IMAGINE

Different things you are grateful for during each inhale and exhale.



Flower Breath

Flower Breath

Imagine holding a flower. Imagine the color and smell of that flower. Then take in a deep breath through your nose, pretending to smell that flower. Then exhale through your mouth and pretend to blow the flower petals. Repeat the cycle of a strong inhale and gentle exhale for a couple of minutes, if possible. You could pretend to smell a different flower each time you inhale. You could also imagine yourself sitting in a meadow of fresh flowers.

VARIATION

Sniff and blow on hot chocolate.



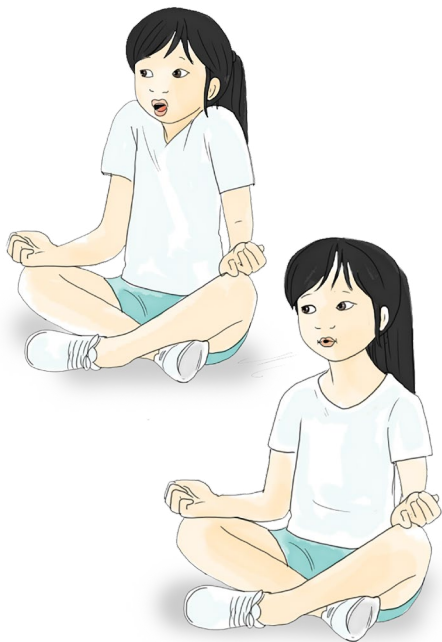
Eagle Breath

Eagle Breath

Create “eagle arms” by wrapping your right arm under your left arm, so your elbows are hooked together, and bring your palms together directly in front of your face. When you’re ready, take a deep inhale, unwrap your arms, and switch sides with eagle arms so that your left elbow will be on the bottom. Exhale deeply and relax your shoulders. Repeat the steps by linking your movement to changing sides of your eagle arms.

VARIATION

Instead of Eagle Arms, simply place your palms on opposite shoulders and touch your elbows together. Inhale, bringing your palms up to touch, then exhale, bringing your palms back down to the opposite shoulders.



Shoulder Breath

Shoulder Breath

This is a great breath exercise to release tension from your shoulders, especially after you've been sitting at a desk for a period of time. Come to a comfortable sitting position and, if it's comfortable, close your eyes. On an inhale, raise your shoulders toward your ears. After a pause, exhale while releasing your shoulders back down. Repeat these steps as long as it feels comfortable.

IMAGINE

Touching your shoulders to your eyes or that you're an elephant with big ears.



Extended Mountain Pose

Extended Mountain Pose

Stand tall in Mountain Pose, inhale, look up, and raise your arms straight up to the sky. Then exhale and bring your arms back down alongside your body. Repeat the inhale, raising and lowering your arms, for a few breaths.



Standing Half Forward Bend

Standing Half Forward Bend

Stand tall with your big toes touching and your ankles slightly apart. On an exhale, bend your upper body and drop your hands down to your toes. Hang your head, relax your shoulders, and reach for your toes. On an inhale, come up to a flat back and gently rest your palms on your calves. Look slightly forward in front of your feet and ensure your spine is straight. Hold this pose for a few breaths then release your hands back to your toes.



Pigeon Pose

Pigeon Pose

From an all-fours position, bring your right knee to rest behind your right hand, angling your right foot slightly inward. Gently take your buttocks down to the ground with your left leg extended straight out behind you. You might try placing a block under your right thigh. Keep your palms flat on the ground on either side of your right knee and look forward, keeping a straight spine. Repeat on the other side.



Extended Child's Pose

Extended Child's Pose

Sit on your heels, slowly bring your forehead down to rest in front of your knees, place the palms of your hands flat out in front of you, and take a few deep breaths.



Lying Twist

Lying Twist

Lie flat on your back. Bend your legs and bring your knees together. Take your arms out parallel to the sides. Drop your knees over to the left and turn your head to look out to the right. You could take your left hand on top of your bent legs. Come back to center and repeat on the other side.



Partner Crescent Moon Pose

Partner Crescent Moon Pose

Stand next to each other about one arm's length away from each other. Stand tall in Mountain Pose with your own big toes touching and heels slightly apart. Take your inside arm and place it gently on your partner's inside waist. Your arms will be crisscrossed, with your elbows nearly touching. Take your outside arm up overhead, tilt your torso inward, while shifting your hips away from each other. Grab each other's elbows gently overhead and feel a gentle stretch on the outer side of your body. Keep your hips and shoulders facing forward. Tilt inward only as far as feels comfortable for you. Stay in the pose for a few breaths and then signal to each other to come out of the pose at the same time.



Partner Chair Pose

Partner Chair Pose

Stand tall in Mountain Pose with your feet hip-width apart while facing each other. Reach out and grab your partner's hands in front of you. Bend your knees and keep a straight spine. Sit down into an imaginary chair and lean back, relying on the support of your partner's grasp. Sit as deeply as feels comfortable for both partners. Come out of the pose at the same time.



Partner Extended Side Angle

Partner Extended Side Angle

Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Step one foot back, angling it slightly outward. Keep your torso straight and bend your front leg. Tilt your upper body forward, rest your front elbow on your thigh (or take your hand to the floor), and reach your other arm straight up to the sky. Look up and take a couple of deep breaths. Repeat on the other side, but this time, set it up so that you and your partner are practicing the Extended Side Angle poses one in front of the other. One person has their bent leg to the left and the other partner has their bent knee to the right, so that your poses are staggered. Reach your arms up and touch palms at the top.



Partner Lunge Pose

Partner Lunge Pose

Facing each other, come to Downward-Facing Dog Pose so that your head and hands are close together and your feet are pointing opposite directions from each other. From Downward-Facing Dog Pose, step your right foot forward to rest just inside your right hand. Keep a flat back and open your chest. Drop your left knee to rest on the ground. Slowly lift your hands, come to an upright position, look at your partner, and press your palms together. Hold the pose for a few moments and then come out of the pose together. Switch sides and repeat the steps.



Partner Hero Pose

Partner Hero Pose

Come to rest upright on your heels while facing each other, with your knees almost touching. Place your palms on your knees. Lift your hands and press your palms together with your partner's palms and raise your arms together. You can either look at each other or up at your hands. Take a few moments here and then come out of the pose together.



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