

YOGA FOR CHILDREN

Dear Parents/Guardians,

Simple poses represented through an animal shape.

I have included pictures of each pose so you can copy them, and your child can look at them with you too.

Children may be familiar with some of the animals from storybooks or a previous visit to the zoo. You can name the animal and sound out the noise they make so that the children recognise them more easily before the movement.

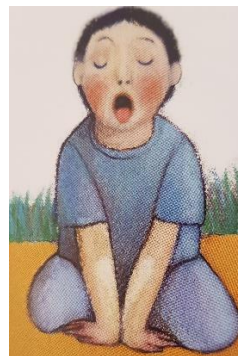
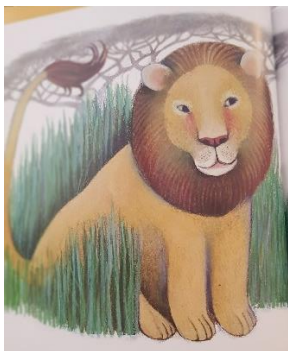
I have condensed the instructions below. If your child is non-verbal, they can still try the movements and you can make the animal sounds to them. Give lots of praise and tell your child they are doing a great job. Any attempt at the movements will be great according to your child's ability.

Try doing the poses in a quiet space or outside if the weather is good. A yoga mat is good to ensure a slip-free surface, but don't worry if you don't have one. A soft rug or blanket will do just as well. For stability and comfort, remove socks and shoes beforehand. You can play quiet, soothing music in the background if you want.

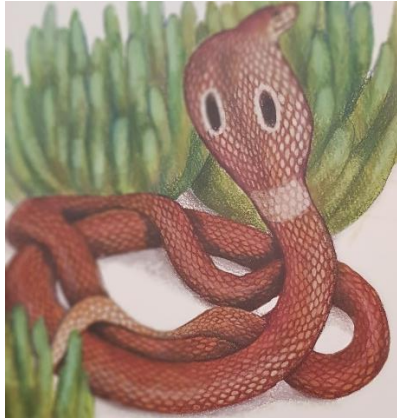
Have fun while still moving and engaging with your child!

- Pauline (Play Therapist)

1. **The Brave Lion:** Sit on heels with hands on the ground. Both hands on the ground with fingers pointing in towards the knees. Close the eyes and take a deep breath. Open the mouth and roar loudly like a lion....'rawr'. Then stick out the tongue.



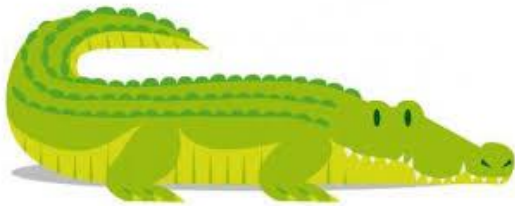
2. **The Strong King Cobra:** Lie on the stomach with the legs together and stretched out straight behind. Place the hands flat on the mat below the shoulders. Raise the head, shoulders and back upwards whilst straightening the arms completely. Make a 'hiss' sound now. After this, try to touch the head with the feet. This is a difficult part but try it anyway and see how far your child can bend backwards.



3. **The Friendly Dog**: This is a stretching exercise. Make an upside-down V by leaning forward and placing the hands out to the front on the floor. Line up the hands with the head, neck and back. Legs together and heels on the floor. Push up the hips. Bark like a dog.....'woof woof'



4. **The Great Crocodile**: Lie flat on the stomach. Place hands on top of each other and rest the head on them. Keep the feet apart with heels facing inwards. Remain in this position for as long as possible as if in a sleepy relaxing state. Make a 'snoring' sound as the crocodile snoozes.



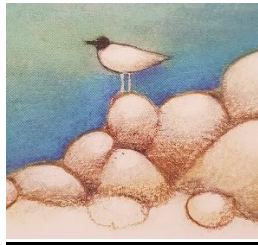
5. **The Graceful Flamingo**: The Flamingo likes to stand on 1 leg. Open 2 arms out into the flying position. Bend forward, hold 1 leg up and try to balance on the other leg. See how long your child can stay on just 1 leg. Give assistance if need be to stay steady. (If your child can stare at 1 point or item in front of them, they will keep their balance for longer). 'Honk honk'.



6. **The Friendly Cat:** On all fours-the child kneels and places hands on floor. Arch the back like a cat. Hold the position for as long as possible. Use the 'meow meow' sound.



7. **The Soaring Seagull:** Standing up straight lean forward a little and open both arms like a bird that's gliding through the air and wants to land on a rock. Use the sound 'caw caw'



8. **The Noble Tiger:** Get down on all fours on the floor. Breathe out and bring the knee up to the forehead, whilst curving the back. Then, without putting the leg back down hold it out behind. Turn the head and sound a growl. 'Grrrrrrr' Repeat on the other leg.

