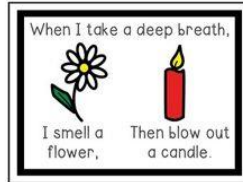


# Simple ideas for Yoga practice for relaxation

## Candle and Flower breathing



This activity is wonderful for when children need to pause, take a deep breath and relax.

### Steps:

Hold the left hand in a fist. Ask the child to imagine it is a flower.

Hold the right hand in a fist. Ask the child to imagine it is a candle.

Inhale, pretending to sniff the flower.  
Exhale, pretending to blow out the candle.

Encourage the child to breathe deeply, to really smell the flower.

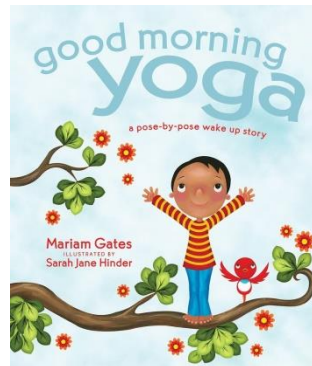
Then tell them to exhale completely, to really blow the candle out.

<https://www.youtube.com/watch?v=3Fw-4GhGXf0&feature=youtu.be>  
(demonstration)

## Good Morning Yoga by Mirriam Gates

A beautiful book Available on you tube. This is a book I use a few mornings during the week to start our day.

The book has a beautiful sequence of Stretches to wake us up and get us ready for our day ahead.

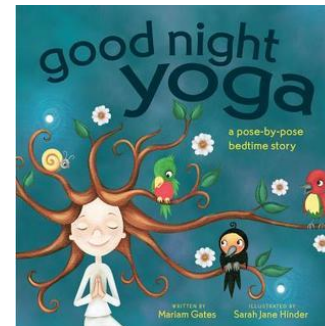


<https://www.youtube.com/watch?v=u-a4iOERMrs>

## Goodnight Yoga By Mirriam Gates

Another beautiful book to settle your little ones down into a peaceful sleep.

This book has a series of stretches to bring the children into relaxation and prepare them for sleep.



<https://www.youtube.com/watch?v=4IfjNAXGPzA>

## GARDEN YOGA FOR KIDS



### Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



### Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



### Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



### Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



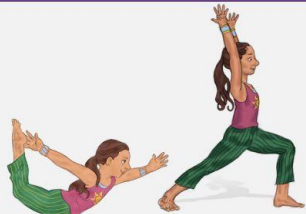
### Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



# Growth Mindset

5 yoga poses + growth mindset affirmations



**1. I AM HARD-  
WORKING.**



**2. I AM CREATIVE.**



**3. I AM FOCUSED.**



**4. I AM OPEN-  
MINDED.**



**5. I AM CURIOUS.**



**2. I AM CURIOUS.**

**MINDED.**

# Healthy Living: Yoga for Kids



\* <https://www.youtube.com/watch?v=H86obfBOrg4> Disney piano relaxation has a list of well-known relaxing music for kids. You can also get it on Spotify.

