



Yoga: Calm-Down

Yoga, a practice that began in ancient India, links breath to movement. It can help strengthen and calm bodies and minds. First, practice individual poses, choosing ones that are appropriate for your children's age. Prompt children to take and release 3 deep breaths in each pose. Do not correct children if their pose isn't perfect. Next, move through a few poses back-to-back to make a yoga flow.

More Support: Children often naturally move into yoga like positions. Build onto this natural movement by commenting, "You look like you're doing Table Top."



Child's Pose



Table Top



Cow



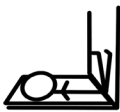
Cat



Seated
Forward Fold



Supine Twist
(Right, Left)



Legs Up
On Wall



Savasana