



## Yoga: Calm-Down

Yoga, which originated in ancient India, is a practice that links breath to movement to strengthen and calm bodies and minds. Lead children through poses by first practicing each pose, then linking them altogether in a “flow” in this calm-down routine. Prompt children to take and release 5 deep breaths in each pose. Do not correct children if their pose isn’t perfect.



**Child's Pose**



**Table Top**



**Cow**



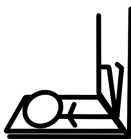
**Cat**



**Seated  
Forward Fold**



**Supine Twist  
(Right, Left)**



**Legs Up  
On Wall**



**Savasana**